

Fertile Garden®

One Stack Herbal Supplement

Modified Yi Guan Jian

Therapeutic Actions

1. Addresses problems that many women face when attempting to conceive in their middle thirties and early forties
2. Regulates the menstrual cycle

Chinese Therapeutic Effects

Replenishes the yin of the liver and kidneys

Regulates the flow of liver qi

Administration

Internal: 2 to 4 tablets TID, between meals

90 tablets, 750mg, 15 day supply

Ingredients

Loranthus stem <i>sang ji sheng</i>	Pseudostellaria root <i>tai zi shen</i>	Lycium fruit <i>gou qi zi</i>	Baked Licorice root <i>zhi gan cao</i>
Ligustrum fruit <i>nu zhen zi</i>	Shatavari root <i>Asparagus racemosus</i>	Poria sclerotium <i>fu ling</i>	
Glehnia root <i>sha shen</i>	Tang Kuei root <i>dang gui</i>	Ashwagandha root <i>Withaniae somniferae</i>	
Cuscuta seed <i>tu si zi</i>	White Peony root <i>bai shao</i>	Melia fruit <i>chuan lian zi</i>	

Formula Rationale

Fertile Garden addresses factors that hinder the process of conception. Insufficiency of blood and liver qi stagnation with heat signs are common in women when they reach their mid-thirties. The menstrual cycle may present with early or scant periods, breast distention, and depression.

The formula is a modification of the traditional Chinese formula One Stack Fertility Promoting Tablets. In addition to the Chinese herbs, the formula includes ashwagandha, an Ayurvedic medicinal which retains the essence and calms the spirit. Rehmannia (*shu di huang*) has been removed because of its cloying nature. Loranthus (*sang ji sheng*), ligustrum (*nu zhen zi*), and cuscuta (*tu si zi*), have been added to tonify kidney yin and blood as well as kidney jing. White peony (*bai shao*) nourishes the blood.

Clinical Notes

Fertile Garden primarily treats a yin deficient pattern, therefore, some women may want to add **Eight Treasures** postmenstrual, **Woman's Balance** premenstrual, and **Channel Flow** for dysmenorrheal.

Additional Formulas

- Consider **Maternal Herbal** for yin and yang deficiency with cold signs
- Consider **Clear Phlegm** (*Wen Dan Tang*) with excessive phlegm
- Consider **Woman's Balance** for liver qi stagnation
- **Stomach Tabs** for dampness and cold signs
- **Quiet Digestion** for food stagnation
- Consider **Chiroin** for PCOS