



We all know when we feel 'stressed'

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Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



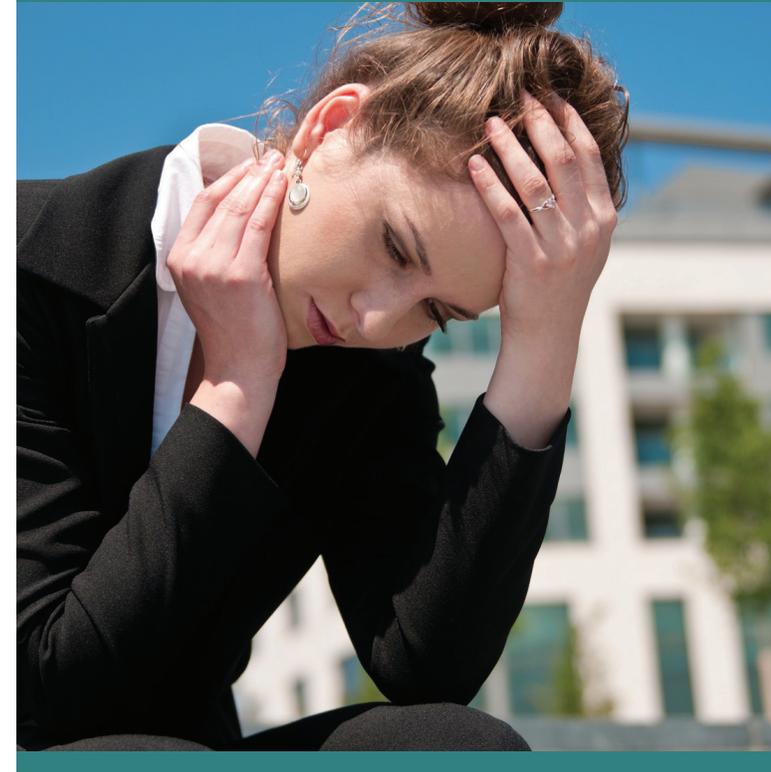
Your healthcare practitioner

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# Stress Relief

with Chinese herbal medicine.



The Sun Herbal range of concentrated Chinese herb formulas can help you manage stress.

Our Traditional Chinese Medicine (TCM) brands include:



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## One thousand years of stress management

The first recorded Chinese herbal treatments for stress come from the Song dynasty (976 – 1127). This was a period of great social and cultural development, including many important advances in medicine. The government set up medical schools and imperial pharmacies and sent medical scholars all over China to gather and record all of the effective medicinal herbal formulas.

The relatively affluent social conditions during the Song period allowed the development and expansion of the educated elite class, who were mostly involved in the public service, looking after administration, education, the arts and sciences. They had a sedentary lifestyle and were subject the same sort of pressures that we experience today - relating to work-load, time management, the struggle for personal advancement as well as the inevitable political intrigues of the imperial court.

## What is stress?

Stress has been defined in various ways, none of which are satisfactory. However, we all know when we feel 'stressed'; it is usually a mixture of several different feelings and sensations: we feel overwhelmed, anxious, worried, tired, tight, heavy, 'wound up', and 'not ourselves'.

In traditional Chinese medicine (TCM), these feelings and sensations are all related to the failure of the 'Liver' to keep our Qi flowing smoothly.

Imagine, for a minute, that the TCM organ, the Liver, is not the anatomical organ of Western medicine, but the central co-ordinator of the newly arisen Yang force in the body. In a world ruled by Yin and Yang, the human body is also viewed in terms of these two opposite forces. These two forces wax and wane in various cycles, e.g. in the diurnal cycle Yang predominates throughout the day and Yin predominates during the night; at dawn Yang emerges and Yin retreats; at dusk Yin emerges and Yang retreats.

In the body this emerging Yang quality is represented by the Liver, which 'rules' all of those activities characterised by the transition from rest or quiescence into movement and activity. In this way, the Liver ensures that our emotions, our digestion

and our muscles all operate normally; in other words, the Qi (the vital force that animates us) is able to move freely and smoothly.

The Song dynasty scholar-physicians observed that when a person has a sedentary lifestyle, together with work and family pressures, at a certain point the Liver becomes overwhelmed and is unable to keep the Qi moving normally. This results in the typical symptoms of stress, with which we are all familiar.

## Chinese herbal treatments for stress

Despite the lack of a firm academic and theoretical base, ancient Chinese physicians had been recording their effective herbal combinations for several millennia before the Song period.

Taking advantage of the art of herb preparation and herb combining that had been passed down to them, the Song dynasty doctors found that one particular herbal combination was universally effective in restoring the Liver's control over the normal movement of the Qi.

This particular group of herbs, each one specifically pre-prepared before being decocted, form the basis for several formulas that were recorded in the Song Imperial Formulary. These formulas have been passed down unchanged to the present day and are all highly effective in addressing stress and stress related disorders.

It is important to realize that with a history of around 1,000 years and an even longer development period prior to this, any unwanted side effects from the use of these medicinal herbs – if any – would have been detected and carefully avoided. The Chinese Pharmacopoeia entries for these formulas, together with modern English compilations do not note any adverse effects from taking them.

## Your practitioner's role

Chinese herbal medicine is very effective in helping to combat stress naturally and holistically. Herbal treatments are always tailored to the individual, as each individual responds differently to stress, manifesting slightly different clinical signs and symptoms.

Your practitioner's role is to provide for you the most suitable herbal formula or combination of formulas, according to your unique needs.

In general, Chinese herbal treatments for stress work quite rapidly and improvements in your sense of well being may be noted within as short a period as seven to ten days. However, if your condition is quite severe, or has been going on for a prolonged time period, then you may require a longer course, and results may be a little slower.

