

E) SENIORS (above 60 years) during this time, the functions of the various organs have all begun their decline. Based on the individual's needs and condition, herbal medicines at this time can assist the organs to continue their normal function, to benefit the QI, to nourish the heart blood, to strengthen the spleen, to promote urination, and to strengthen blood and bones.

WHAT ARE THE GENERAL REQUIREMENTS OF DA BU GAO?

1 Please describe any of the medical symptoms listed on the order sheet so that the doctor may then select the proper formula for you.

1 Depending on the varying health conditions of the patients, the doctor will check the tongue and feel the pulse before giving the herbal tonic.

1 In the case of high blood pressure, diabetes, constipation, liver disease, kidney disease, heart disease or a strong thirst, please ask the doctor for the appropriate herbal tonic.

1 If you order the herbal tonic for your relatives, friends, or children as holiday gifts, please inform the doctor of their ages and health conditions. They should only take the general vitalizing formula if they are unable to visit the doctor. If the patient has health problems, he should be advised to see the doctor personally.

CLINICAL USE AND DOSAGE

It is better to take the tonic on an empty stomach, in the morning, and again in the evening before going to bed. At the beginning, the dosage should be taken one tablespoon a day. After the first week, the dosage could be increased to one tablespoon, twice a day. Before and after the dose of tonic, it is inadvisable to drink cold water or other liquids, eat greasy foods, or overeat, as this will adversely affect the absorption of the herbal medicine.

During the period of time you are taking the tonic, you should NOT EAT the following foods: Shell fish (Prawns, Shrimps, Lobsters, Crabs, etc), Radishes, Mung Beans, spicy foods, sour foods, strong tea, or coffee.

Please do not take DA BU GAO in the following situations:

1 When you have a cold, flu, or running fever

1 When you suffer from constipation

1 When a woman is pregnant or menstruating.



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What is DA BU GAO?

Da Bu Gao is a special herbal combination in tonic form prescribed and formulated by a Chinese Traditional Medical doctor. This tonic is made from 50 to 60 different kinds of herbs depending on a patient's health condition. It is an extract cooked down according to prescription, from a solution of herbal tea to concentrated syrup. It tastes good, is easy to take, and is suitable for all age groups. Traditionally, the best time to take DA BU GAO is during the winter so it can help the body conserve energy. The proverb says, "If you take DA BU GAO once in the winter, you will have the strength to fight a tiger in the spring."

Da Bu Gao is a very good and natural way to balance the body's YING AND YANG, build up the QI energy, enhance the blood, JIN (body fluids), and JING (bone marrow), thereby preventing disease and promoting longevity. Additionally, DA BU GAO can stimulate the body's hormone system and is commonly used for boosting growth from childhood to adolescence, for enhancing male sexual energy, and for renewing the youthful vitality and skin tone of women.



How Many Kinds of Formulas Are Used?

Therapeutic Formula

Besides revitalizing and nourishing the body, DA BU GAO can be used to target specific health conditions. For example, for a patient with hypertension, it is advisable to add herbs to the formula that decreases blood pressure; for diabetes, to decrease the blood sugar level; for coronary heart disease, the formula should have herbs that tone the heart's QI. For patients experiencing menopause, it is advisable to choose herbs that can enhance the hormonal level, relieve stress, nourish the heart, and ease emotional tension. You should see your Herbalist to get the special prescription for this kind of formula.

Vitalizing Formula

The major functions of the revitalizing tonics are to nourish the QI and the blood, to enhance immunological responses, to regulate hormonal level, to improve metabolism, to strengthen the constitution, and to delay the onset of senility. The development needs of different age groups are met by varying the herbal medical formulas.

A) CHILDHOOD (up to 12 years old). It benefits the development of the skeletal and nervous system, promotes rapid growth and development generally, and strengthens the functions of the various organs.

B) ADOLESCENCE (13 to 24 years old). It promotes secretion of sexual hormones in males and females relative to the developmental needs of the sex organs and regulates the endocrine system so there is a good transition into puberty. Furthermore, a certain quantity of herbal medicine is needed to stimulate the formation of bone marrow and to promote growth of the brain cells.

C) ADULT (15 to 40 years old). People in this age group, in the course of establishing careers and families, require physical strength and energy in order to meet everyday stress. In this group, lack of attention to and negligence of bodily needs usually results in exhaustion and burnt out. Early and prompt correction avoids damage to the YUAN QI (the source of one's strength and energy) and avoids the onset of early senility.

In Chinese medicine, "to treat disease before its onset" is strongly emphasized. Therefore, it is advisable to undertake certain measures such as DA BU GAO tonic, in order to nourish the QI, build up the blood, and to regulate the YIN and YANG. This will result in enough energy and physical strength for life, study, and work. Males can still have sufficient energy for sexual activity, even after intense physical and mental work. Even after childbirth, breast feeding, taking care of the family and working, females can still have a trim physique and maintain high sexual activity.

D) MIDDLE-AGE (40 to 60 years old) the physiological functions at this age tend to decrease. As females cope with menopause, the skin loses its resilience and hair can become sparse. In several cases, many additional health problems may arise such as soreness or pain in shoulders and back, excessive perspiration, hot flashes, etc. Males at this age may feel deficient in their physical strength and energy, weaker in their mental capacity and sexual performance. Middle-age is the stage at which the bodily functions of various organs may start to decline. This is an excellent time when herbal medicines like DA BU GAO can be selected to nourish the blood, supplement the body essences, maintain health, and postpone senility.