

Four Winds Natural Healing Center

TCM 5:1 Powdered Extracts

Single Herb Dispensary

(Note: All herbs and formulas are only dispensed to current patients or those with licensed healthcare provider prescription)

Pin Yin	Herb	TCM Action
Chi Shao Yao	Red Peony Root	Blood Stagnation
Da Huang	Rhubarb Root	Blood Stagnation
E Zhu	Curcuma Root	Blood Stagnation
Hong Hua	Safflower Petals	Blood Stagnation
Niu xi	Cyathula Root	Blood Stagnation
San Qi	Tienchi Root	Blood Stagnation
Tao Ren	Persica Seed	Blood Stagnation
He Huan Hua	Albizza Flower	Calm Shen
He Huan Pi	Albizza Bark	Calm Shen
Ling Zhi	Reishi Mush	Calm Shen
Suan Zao Ren	Zizyphus Seed	Calm Shen
Ye Jiao Teng	Polygonum Stem	Calm Shen
Yuan Zhi	Polygala Root	Calm Shen
Bai Hua She She Cao	Oldenlandria	Clear Heat, Drain Damp
He Huang Lian	Picrorrhiza Rt	Clear Damp Heat
Ze Xie	Alisma Root	Clear Damp Heat
Bai Jiang Cao	Patrina	Clear Heat
Ban Lian Gen	Isatis Root	Clear Heat
Chuan Xin Lian	Andrographis Hb	Clear Heat
Hong Teng	Sargentodoxa Vine	Clear Heat
Huang Bai	Phellodendron Brk	Clear Heat
Huang Lian	Copits Rt	Clear Heat
Huang Qin	Chin. Skullcap	Clear Heat
Huai Niu Xi	Achyrrathes Rt	Clear Heat
Ku Shen Gen	Sophora Rt	Clear Heat
Lian Qiao	Forsythia Fl	Clear Heat
Lu Gen	Phragmites	Clear Heat
Sheng Di Huang	Rehmannia, Raw	Clear Heat
Zhi Mu	Anemarrhena	Clear Heat
Zhi Zi	Gardenia	Clear Heat
Bai Mao Gen	Imperata Root	Clear Heat, Cool Blood

Han Lian Cao	Eclipta Hrb	Clear Heat, Cool Blood
Xuan Shen	Scrophularia Root	Clear Heat, Cool Blood
Wu Wei Zi	Schizandra Berry	Consolidate Surface
Bei Xie	Dioscorea Hypoglauca Root	Drain Damp
Fu Ling	Poria	Drain Damp
Yi Yi Ren	Coix	Drain Damp
Shan Zhu	Hawthorn Berry	Food Stagnation
Shen Qu	Massa Fermentata	Food Stagnation
Bai Ji Li	Tribulus Fruit	Internal Wind
Gou Teng	Uncaria Stem	Internal Wind
Chuan Xiong	Ligusticum Rt	Move Blood
Yan Hu Suo	Corydalis Rt.	Move Blood & Chi
Chai Hu	Bupleurum Root	Move Chi
Chen Pi	Orange Peel	Move Chi
Huo Po	Magnolia Bark	Move Chi
Ji Xue Teng	Milletia Root	Move Chi
Wu Yao	Lindera Root	Move Chi
Xiang Fu	Cyperus Rt	Move Chi
Zhi Shi	Auranti Peel	Move Chi
Wu Mei	Mume Plumb	Parasites
Jie Geng	Platycodon Rt	Rebellious Chi
Bo He	Peppermint Leaf	Release Exterior
E Bu Shi Cao	Centipeda Herb	Release Exterior
Ge Gen	Kudzu Rt	Release Exterior
Sheng Jiang	Ginger, Fresh	Release Exterior
Fang Feng	Siler	Release Exterior
Gui Zhi	Cinnamon Twig	Release Exterior
Jing Jie	Schizonepeta Herb	Release Exterior
Ju Hua	Chrysanthemum Fl	Release Exterior
Qiang Huo	Notopterygium Rt	Release Exterior
Sheng Ma	Cimicifuga Rt	Release Exterior
Zi Su	Perillia Leaf	Release Exterior
Bai Shao Yao	White Peony	Tonify Blood
Dang Gui	Dang Gui Rt	Tonify Blood
Bai Zhu	Atractylodes	Tonify Chi
Dang Shen	Codonopsis	Tonify Chi
Gan Cao	Licorice Rt	Tonify Chi
Hong Zao	Jujube Date	Tonify Chi
Huang Qi	Astragalus	Tonify Chi
Shan Yao	Chin. Yam Rt	Tonify Chi
He Shou Wu	Polygonum Vine Root	Tonify Ching
Hong Jing Tian	Rhodiola Root	Tonify Ching
Suo Yang	Cynomorium Root	Tonify Ching
Ba Ji Tian	Morinda Root	Tonify Yang
Du Zhong	Eucommia Bk	Tonify Yang

Gu Sui Bu	Drynaria Root	Tonify Yang
Rou Cong Rong	Cistanches	Tonify Yang
Rou Gui	Cinnamon Bk	Tonify Yang
Tu Si Zi	Cuscuta Seed	Tonify Yang
Xu Duan	Teasel Root	Tonify Yang
Yi Zhi Ren	Alpinia Fruit	Tonify Yang
Yin Yang Huo	Epimedium	Tonify Yang
Bai He	Lily Bulb	Tonify Yin
Dan Shen	Red Sage Rt	Tonify Yin
Gou Qi Zi	Lyci Berry	Tonify Yin
Mai Men Dong	Ophiopogon Rt	Tonify Yin
Nan Shan Shen	Adenophora	Tonify Yin
Nu Zhen Zi	Ligusticum Berry	Tonify Yin
Sheng Di Huang	Rehmannia Prep	Tonify Yin
Shi Hu	Dendrobium Nobile	Tonify Yin
Tian Men Dong	Asparagus Rt	Tonify Yin
Chuan Bei Mu	Fritillary Bulb	Transform Phlegm
Jie Geng	Platycodon	Transform Phlegm
Tian Hua Fen	Trichosanthes Root	Transform Phlegm
Zhu Ru	Bamboo Sap	Transform Phlegm
Du Huo	Angelica Pubescent	Wind Damp Cold
Wu Jia Pi	Acanthopancis	Wind Damp Cold