

We will be using granules for ease of use, but of course, raw herbs are the traditional method. Either are fine for the purposes of our course together. I am recommending 100 g of each formula, which is enough for a week and more, twice daily. The herbs are gentle, messages of change. Some may need only the aroma for fruition, but for most a week is a good estimate. There should be plenty left to revisit the protocols after the series is done as well.

100g as granules.  
If raw herbs, 3-4 bags.

1) Formula #1

Ling Zhi 9.0 g

Tian Men Dong 6.0

Cang Zhu 6.0

2) Formula #2

Yu Zhu 9.0

Sheng Di Huang 6.0

Shi Chang Pu 6.0

3) Formula #3

Yuan Zhi 9.0

Ze Xie 6.0

Shan Yao 6.0

4) Formula #4

Ju Hua 9.0

Gan Cao 6.0

Ren Shen 6.0