Introduction

- “Normalizers” vs. “Effectors”

Tonics- the secret of every herbal system

- Usually start at puberty
- Taken lifelong
- Usually gender specific

Tonics (adaptogens) - definition

- Food-like, low dose
- Low toxicity
- Slow action
- Broad action for every system
- Increase stamina, immune function
- Push/pull action (normalizers)

Major Tonics

- Caution with temperature action if skin condition

Triphala (amla, bibitaki, haritaki)

- Universal tonic of Ayurveda
- Skin specific (eyes, liver, hormones)
- Safe for children
- 2 capsules per day

Amla fruit

- One of the strongest rejuvenatives
- Highest in vitamin C
- Anti-inflammatory (hemorrhoids, gastritis, colitis)
- Eye, premature gray hair
- Acute - up to 15 capsules per day
- Lifetime - 2 capsules per day

Onion, garlic, ginger

- “Trinity roots”
- Immune function
- Sexual function (garlic aphrodisiac)

Ginseng root

- Classic adaptogen
- Types, uses
- Learning, memory, cognitive decline, nerve disease
- Men - after 35, 2 capsules per day

Dong quai root

- Most used herb in world
- Main tonic for women
- Women - after puberty, 2 capsules per day

Gotu kola leaf

- Intellect, meditation
- Superior for nervous system
- Circulation, especially blood vessels of skin, mucous membranes
- Major skin healer
- Acute: max as tea or capsules
- Lifetime: 2 capsules per day

Anti-aging Herbs

Eleuthero root (Siberian ginseng)

- Not ginseng
- Either gender
- Slow acting
- After puberty - 2 capsules per day

Tienchi root

- Ginseng relative
- Circulation, bleeding

Other

Ayurveda:

Ashwaganda root - main for men
Shatavari root - main for women
Aloe vera - women’s rejuvenation
Fenugreek seed - phytohormones
Sarsaparilla root - sex function
Gokhshura fruit (seed pod) - aphrodisiac

Western:

Saw palmetto berry - general debility, especially thyroid
Prickly ash bark - adrenals

Chinese:

Ho shou wu root (“fo-ti”) - especially thyroid
Schisandra berry - especially women, lung
Astragalus root - minor tonic, immune
Bai zhi root - circulation to head (migraine)
Licorice root (Chinese, European) - universal medicine
Rehmannia root (cooked), Chinese foxglove root - blood, kidney, moisture - warming, tonic for female reproductive organs
Red dates - sex hormones
Red date seeds (Zizyphus) - sleep
Cinnamon - circulation, digestion
Poria fungus - very mild general tonic
Bupleurum root - cold-stomach, intestines, liver blood circulation, lungs, benefits legs in general - PMS
Baical scullcap root - bladder, lungs, liver - cooling

Tonic Foods

Rice, wheat, oats
Ghee
Dates
Honey
Mung beans
Flax seed

Books

Herbal Defense, Landis and Khalsa
Chinese Tonic Herbs, Ron Teeguarden
The Way of Chinese Herbs, Michael Tierra
Ayurvedic Healing, David Frawley
The Yoga of Herbs, Lad and Frawley