KB-C

Jian Gu (Strengthen Bones)

This combination is a tonic for stress and aging. It focuses on strengthening the structure of the body. It rejuvenates and strengthens the bones (especially the spine), kidneys, connective tissues and sexual organs. This leads to sexual vitality and relief from fatigue. It also contributes to a healthier urogenital system.

Eucommia is the key herb of KB-C. It strengthens kidney energy. It has been used to treat backache, painful urination, impotence, muscular weakness and osteoporosis.

Cistanche supports eucommia by enhancing urinary flow. It has been used to treat impotence and frequent urination.

The following herbs support the structure building properties of KB-C: **Rehmannia Root** is a bitter, astringent herb. It reduces inflammation and strengthens capillaries. It has been used to treat infertility. **Morinda** aids in the regeneration of tissues. It has been used to treat arthritis, impotence, backache, joint aches and osteoporosis. **Drynaria** strengthens connective tissue by strengthening capillaries. It has been used to treat arthritis, backache, joint pain, broken bones and osteoporosis.

Achyranthes increases the production of urine and relieves pain. It promotes menstruation. It has mucilaginous compounds that soothe inflamed tissue. It has been used to treat backache, muscle aches and painful urination.

Hoelen is a bitter sedative that increases urine flow. Its energy is neutralizing. It has been used to treat swelling, insomnia, frequent urination and water retention.

Dipsacus is a bitter root that enhances the production of urine. It has been used to treat joint pain, arthritis, rheumatism, uterine bleeding and backache.

Lycium Fruit promotes the regeneration of liver cells. It has been used to treat backache and impotence.

Dioscorea is an expectorant that also speeds healing. It has been used to treat nocturnal emission and frequent urination.

Ligustrum Fruit relieves pain, tones the heart, increases the flow of urine and strengthens immunity. It has been used to treat lower back pain, urinary tract infection, colds and flu.

Cornus Fruit promotes the flow of urine, shrinks swollen tissues, lowers blood pressure and increases immune response. It has been used to treat swollen tissues and urinary difficulty.

Dong Quai relieves smooth muscle spasms (especially in the uterus), promotes menstrual flow, reduces pain and inflammation. It is an excellent source of iron, magnesium and niacin. It has been used to treat female complaints, arthritis and headaches.

Panax Ginseng is an energy tonic. It improves mental capabilities and physical stamina, stimulates the endocrine system and reproductive organs and extends life span. It is adaptogenic. It has been used to treat impotence, forgetfulness, fatigue and gynecological problems.

Astragalus has a slightly warm energy. It increases the flow of urine and immune response. It has been used to treat fatigue, debility, urinary tract infections, edema, inflammation of the kidneys and night sweats.

Epimedium increases the flow of urine. It has been used for impotence, back pain and arthritis.

Liguidambar is a bitter herb which promotes the movement of Chi (vital energy) and increases the flow of urine. It has been used to treat pain and stiffness of lower back and knees.

Atractylodes is a general tonic and digestive aid. It has been used to treat loss of energy, bloating and arthritis.

To strengthen weak bones and kidneys it is suggested to take 3 capsules 3 times daily.

Sources

Chinese Herbal Medicine: Materia Medica by Dan Bensky and Andrew Gamble (Seattle, Washington: Eastland Press, 1993).

An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng (Sebastopol, California: GRCS Publications, 1992).

Nutritional Herbology by Mark Pedersen (Warsaw, IN: Wendell W. Whitman Company, 1994).

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