

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

ABOUT THE AUTHOR

A traveling Chinese with love for the world and bring his knowledge to the globe from his heritage.



**FIX INFERTILITY
FOREVER WITH
TCM
For MEN and WOMEN**



SIMMONS ZHU

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

Fix Infertility FOREVER with TCM: For Men and Women

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FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

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DEDICATION

A Dummy Guide for Chinese Medicine students

Tips to use TCM like a Pro

Herbal First Aid Kit and How to Use them

Why Asians look so young

Youth Secret of Asians

These 10 Youth Fountain Herbs Travels around the world with Simmons,

A son of a Chinese Herbalist (Not a gun)

Which keeps him young and away from diseases

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

To My Dad

Zhu Xiao Jie

A Dedicated Father

Who Believed Me When I Didn't Believe in Myself

CONTENTS

	Acknowledgments	i
1	Infertility Study in Chinese Medical History	8
2	Comparison with Western Medicine	10
3	Food Recipes with TCM	12
	List of Recipes to Use with Other Chinese Medicines and Herbal Food	
4	Prescriptions with Chinese Medicine in China	32
	Benefits and Recipes to Use with Other Chinese Medicines and Herbal Food	
5	Precautions	42
6	Directory of Herbs A-Z	44
7	About the Author	96

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

ACKNOWLEDGMENTS

Herbalism is one of the most powerful legacy from ancient China.

Let's take a peek from these 10 most common herbs.

CHAPTER 1

INFERTILITY STUDY IN CHINESE MEDICAL HISTORY

Chinese medicine treatment for infertility has not been interrupted for more than 2,000 years. Spread to date. Traditional Chinese medicine has unique advantages in treating infertility. The treatments are varied and results are abundant.

Chinese medicine believes. Women's infertility is mainly caused by kidney, liver and spleen dysfunction. If the liver is not its best performance, your Qi will stuck and your blood won't flow. Therefore, women who do not ovulate on time, amenorrhea(no period at all), and eventually infertility; if the internal resistance is thick spit, the lift would be out of control. Positive energies will not rise to your head Thus the patient has dizziness and palpitations, chest tightness and dysfunction. weak spleen, dampness and sleepiness, causing abdominal distension, hot and wet feet, redundant and sticky Vaginal discharge. If the white greasy veins are slippery, It is also a sign of the wet inside. It is necessary to relieve the liver and qi, phlegm and dampness, make blood reconcile, then ovulation will return.

The clinical manifestations of infertility with kidney yang deficiency are:

infertility after married for a long time marriage, late menstruation. light color(menstrual blood), small amount or amenorrhea(no period at all), grey face, sour back and legs, low or no Sexual desire, the urine is clean and long, watery stool, pale tongue and the white veins are fine or late. General guidance for cure: warming kidney, tonifying Qi, nourish blood to flow through proper channel, boost chong meridian(in charge of menstrual) and ren meridian(conception vessels)治宜温肾补气养血、调补冲任.

CHAPTER 2

COMPARISON WITH WESTERN MEDICINE

1. Reasons from women:

- (1) Ovulation disorders: endocrine disorders caused by various reasons ovarian dysfunction, leading to ovulation disorders or no ovulation.
- (2) Systemic factors: mental, psychological, nutritional, obesity and other factors affecting reproductive system.
- (3) Congenital genital abnormalities 先天性生殖器官发育异常 : such as hermaphroditism, abnormal hymen, vagina, uterus, fallopian tube or ovarian development, etc.
- (4) genital tract infections: vulvitis, vaginitis, cervicitis, endometritis, salpingitis, oophoritis, pelvic inflammatory disease, genital tuberculosis, etc.
- (5) Other diseases of the reproductive organs: endometriosis, uterine fibroids, etc.

CHAPTER 3 FOOD RECIPES WITH TCM(TRADITIONAL CHINESE MEDICINE)

Infertility remedies(FOOD RECIPES)

Food recipe 1:

250 grams of shrimp,
100 grams of chopped leek.

Steps:

1. Stir the shrimp with oyster sauce,
2. add cooked rice wine, soy sauce, vinegar, ginger and other seasonings,
3. add the leeks and stir-fry.

This recipe is effective for infertility due to kidney deficiency.

Food recipe 2:

Ginger and brown sugar each 500 grams.

Steps:

Smash the ginger,
mix with brown sugar,
steam for 1 hour,
sun dried for 3 days.

A total of 9 steam 9 drying,
preferably during dog days(mid-July to mid-August) of summer, 3 steams and 3 dries every 10 days.
Take it at the beginning of the menstrual period, 1 spoon each time, 3 times a day, continuously take
for a month,

no sex during medication.

This recipe is effective for infertility due to cold uterus.

Food recipe 3:

250 grams of epimedium(仙灵脾(淫羊藿)),
150 grams of rehmannia,
1250 ml of wine.

Steps:

Crush the ingredients finely,
Wrapped in gauze,
and brew it in a clean, sealed container,
DO NOT VENT.

Brew it for 3 days in spring or summer
Or 5 days in autumn or winter.

Drink comfortable amount everyday but not too drunk.

This recipe is effective for infertility due to cold uterus.

Food recipe 4:

200 grams of pig spinal cord,

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

250 grams of soft shell turtle,
Some seasoning.

Steps:

Wash the pig's spinal cord,
boil the turtle with boiling water,
remove the shell, organs,
put it in an aluminum pan,
add water, ginger, onion, and pepper.
After boiling on high heat, switch to small fire til the turtle is done
then put in the pig's spinal cord in the pan,
cook with MSG,
eat meat and soup.

This recipe is effective for infertility caused by cold uterus.

Food recipe 5:

15 grams of Litchi core,
10 grams of Fennel,
15 grams of orange core,
50 grams of rice.

First simmer the lychee core, orange nucleus and cumin,
filter the liquid for later use to make soup with glutinous rice.

Good for male patients at anytime of hte day(no restriction).

Female patient will take 1 dose in the morning and evening 1 day after the end of the menstrual period
for a week; and then take it again in the next menstrual cycle for 3 months.

This applies to infertility in women with liver depression.

One:

250 grams of shrimp,
100 grams of leek.

clean the shrimp and leeks,

Chop them up.

Stir fry the shrimp with oyster sauce,

add rice wine, soy sauce, vinegar, ginger and other seasonings while stirring,
then add the leeks and stir-fry.

This Recipe is effective for kidney deficiency and infertility.

Food recipe 6:

10 grams of each tangerine peel and **Grassleaved Sweetflag**石菖蒲 ,

200 grams of northern glutinous rice,

6 grams of **Sichuan lovase rhizome**川芎 ,

9 grams of **Medicated Leaven**神曲 ,

6 grams of cyperus and Atractylodes,
some rock sugar.

Put the following item in the same pot:

dried tangerine peel,

Grassleaved Sweetflag石菖蒲 ,

Sichuan lovase rhizome川芎 ,

Sichuan lovase rhizome川芎 ,
cyperus,

Atractylodes.

Atractylodes Rhizome,

glutinous rice,

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

rock sugar
add water
boil til the soup gets thick,
transfer to the end of the above-mentioned drugs,
twice a day, eat while it's warm.
This applies to dampness and infertility.

Food recipe 7:

300g of Angelica 300g,
200g of each Codonopsis pilosula, Motherwort each 200g,
75g of **Sichuan lovase rhizome**川芎, vinegar brewed cyperus醋制香附, Zeeland,
120g of Big Red Robe Tea(a type of oolong tea),
1.5 ONLY grams of benzoic acid, paraben,
1g of edible orange peel oil,
650g of sugar.

grind Angelica, **Sichuan lovase rhizome**川芎, **cyperus** into powder,
add water and stand still for 1 hour,
pass steam, collect the distillate;
filter the liquid,
add the following items to the dregs and decoct twice:

motherwort,

Codonopsis,

Dahongpao,

Zelanjia,

combine fluid from 2 decoctions,
distillate concentrated,

Add ethanol and let stand,
filter,

recover ethanol,

add benzoic acid, paraben, sugar and dissolve,
filter,

add orange peel oil, and stir evenly,

add cold water to 1000 ml,

seperate into small doses.

10 ml per serving, 3 times a day.

This applies to blood stasis caused infertility.

Food recipe 8:

30 grams of large **prepared rehmannia root** 大熟地(steam 9 times),

Each 15 grams of

Angelica (wine washed),

white peony (stir fried with wine) and

hawthorn meat (steamed).

simmer with water, 1 dose every day, divide into 2 servings, effective after using for 3 months.

Food recipe 9:

20 grams of Lei Wan/ **OMPHALIA/Rayone**雷丸 ,

20 grams of turmeric郁金,

20 grams of **Chinese Sage Herb**石见穿

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

15 grams of stemona root tuber 百部,
15 grams of **dwarf lilyturf tuber** 麦冬,
15 grams of betel nut 槟榔,
15 grams of red peony root,
15 grams of peach kernel,
15 grams of **Taiwan Sweetgum** 路路通 ,
5 grams of cassia twig,
5 grams of asarum,
10 grams of paeonol,
10 grams of pangolin scales,
10 grams of saponin.

simmer with water, 4 doses per week.

This recipe is from Yang Zongxi's prescription for infertility.

Food recipe 10:

3 grams each of Cimicifuga, **Chinese Thorowax Root** 柴胡, and **Sichuan lovase rhizome** 川芎 ,
4.5 grams each of **Cyperus** 香附 , **White Mulberry Root-bark** 桑白皮 , orange tree leaves, and white peony.

simmer with water, 1 day, 2 times a day.

This recipe is from the "River of the Miscellaneous Diseases", which is suitable for infertility caused by liver stasis.

Food recipe 11:

12 grams of
medlar,
dodder,
schisandra,
raspberry,
psyllium 车前子,
Sharpleaf Galangal Fruit 益智仁,
Combined Spicebush Root 乌药 ,
and turtle shell.

simmer with water, 1 day, 2 times a day.

This Recipe is from "Gynecology and Obstetrics" applies to infertility caused by yin and yang deficiency.

Food recipe 12:

Large rehmannia,
Bashutian decoction (dipped in salty water),
stired fried atractylodes 土炒白朮 30 grams,
15 grams of ginseng, raw scutellaria,
9 grams of hawthorn meat,
6 grams of Goqi berry,
1.5 grams of **Chinese Thorowax Root** 柴胡.

simmer with water, 1 dose a day, twice a day.

This Recipe is from the "Fu Qing Zhu Gynecology", suitable for infertility caused by lack of kidney Qi.

Food recipe 13:

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

- 30 grams of Wine stir fried white peony,
9 grams of wine stir fried cyperus,
9 grams wine soaked **Tree Peony Bark牡丹皮** ,
9 grams Indian buead tuckahoe/poria茯苓(peeled),
150 grams of wine soaked Angelica,
150 grams of stired fried atractylodes土炒白朮,
6 grams of pollen.
- simmer with water, 1 dose per day, twice a day.
- This Recipe is from the "Fu Qing Zhu Gynecology", suitable for infertility caused by liver qi stagnation.
- Food recipe 14:
- Amethyst, Codonopsis, **Himalayan Teasel Root/Teasel川断** each 15 grams,
epimedium仙灵脾(淫羊藿) 9-15 grams,
Astragalus, Paniculate Swallowwort Root徐长卿, Dodder, Angelica, **White Peony Root白芍**, Atractylodes, Indian buead tuckahoe/Poria茯苓, licorice each 9 grams,
12 grams of rehmannia,
Sichuan pepper 1. 5 grams,
Antler cream and Sichuan lovase rhizome川芎 each 6 grams.
- simmer with water, starting from the 7th day of menstruation, taking 1 dose per day for 3 consecutive days, stop for 1 day before next 3 doses, taking 6 doses at total per month.
- Having sex after 6 doses(just in time for ovulation).
- This applies to infertility of unknown cause.
- Food recipe 15:
- 30 grams of Salvia丹参,
Cyperus香附, red peony, white peony root, peach kernel, **Fetid Star Jasmine络石藤** , safflower each 9 grams,
Angelica, Forsythia each 12 grams,
Sichuan lovase rhizome川芎, cumin, licorice each 6 grams.
- simmer with water, 1 dose per day, divide into 2 servings.
- This applies to tubal obstruction caused infertility.
- Food recipe 16:
- Amethyst 15--30 g,
Sichuan pepper 1.5 g,
Sichuan lovase rhizome川芎 6g,
Himalayan Teasel Root/Teasel川断 , **Cyathula川牛膝**, epimedium仙灵脾(淫羊藿), Angelica each 12-15 grams,
Dodder, medlar, paeonol, Cyperus, red and white peony each 9 grams,
6 grams of cinnamon.
- simmer with water, 1 dose on the 1st, divided into 2 servings.
- This applies to ovulatory infertility.
- Food recipe 17:
- Peach kernel, safflower, Sichuan lovase rhizome川芎, angelica, salvia, hawthorn, mandarin charcoal, Yanhu, licorice 40 grams each.
- simmer with water, 1 dose on the 1st, divided into 2 servings.
- The Recipe was prescribed by Zhu Feiqing from 1st hospital of Ningbo City for ectopic pregnancy.

Food recipe 18:

Dan-Shen Root/Salvia丹参 and **Ophicalcite/花蕊石** 15 grams each, red peony root and peach kernel 9 grams each, frankincense and myrrh are 5 grams each, medlar 10 grams.

simmer with water, 1 dose on the 1st, divided into 2 servings.

This Recipe is the prescription for the treatment of ectopic pregnancy by Zhou Jiayu of Tianjin Maternal and Child Health Hospital.

Food recipe 19:

30 grams of motherwort,
15 grams of angelica,
2 eggs.

Steps:

Take 2 bowls of water and simmer into 1 bowl, filter the residue with gauze, boil the eggs, cool and peel, draw a few holes on the eggs, boil the eggs with simmered juice for a couple minutes then drink the juice while eating eggs.

2 to 3 times a week, 1 month as a course of treatment.

Food recipe 20:

Half blossom Magnolia flowers, one for each year of age (such as 20 magnolia flowers for someone who's currently 20 years old).

Simmer with water every morning, and drink before breakfast.

This Recipe is effective for infertility caused by dysmenorrhea, from the "positive collection."

Food recipe 21:

100 grams of glutinous rice,
15 grams of antler jelly.

Glutinous rice porridge, porridge cooked with antler jelly, ginger rice, a little salt, eat 3-5 days for a course of treatment;

This Recipe is effective to infertility.

Food recipe 22:

240 grams of each dogwood茱萸 and **Sichuan pepper/川椒** .

Refine ingredients into pills the size of a bullet. put 1 into the vagina with the cotton wrap and change once in the morning, once at night.

After 1 month, the uterus would be warm and ready for pregnancy.

The Recipe is effective for infertility due to cold uterus.

Food recipe 23:

5 grams of Sichuan lovase rhizome/川芎,
1 gram of cinnamon,
20 grams of spatholobus,
20 grams of fried **Euryale ferox炒鸡头米**, **achyranthes root 怀牛膝** ,
30 grams of buffalo horn,
15 grams of motherwort, **Taiwan Sweetgum 路路通**, **Cowherb Seed 王不留行** ,

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

10 grams of pangolin shell and red peony,

20 grams of chorionic villi (tissue taken from the placenta where it attaches to the wall of the uterus).

Take 1 dose per day, decoct into 2 serving, for 5 consecutive days.

This recipe is a test prescription of the famous Chinese medical doctor Wu Xi from Xiamen. It clears the veins, promote blood circulation and remove blood stasis, and is suitable for primary infertility caused by the fallopian tube.

Treating the root of the disease, sooth circulation from obstruction.

Methods are always fill the gap or release the tension. and follow the symptoms.

The author has treated 3 sisters all with infertility. After treatment, both the older sister(at 36 years old) and the second sister (at 38 years old) gave birth to 1 boy, and the youngest sister (at 32 years old) gave birth to 1 girl.

Food recipe 24(FOR MEN AND WOMEN):

1 deer whip,

90 grams of canned mushrooms,

1000 grams of pork(with skin)

30 grams of seaweed,

500 grams of tender hens,

30 grams of scallops,

Proper amount of:

monosodium glutamate,

cooking wine,

pepper,

chicken oil,

onion,

ginger,

salt,

chicken soup.

Soak the deer whip with warm water.

cut it with a knife along the longitudinal direction,

cut off the end of urethra with a knife,

boil it with water til skin is gone,

put the pot in boiled water for 1 hour,

wash it with cold water,

put it in the pot,

Add following to the pot:

Chicken soup,

scallops,

small dried shrimps海米,

net tender hens,

washed pork,

onions,

ginger

stew til they all soft and chewy

Take out the deer whip and slice it.

Add following to the pot:

More chicken soup

mushrooms (chop them small),

cooking wine,

pepper,
salt,
deer whip slices,

finally add MSG, topped with chicken oil
Ready to serve

Main ingredients:

deer whip,
mushroom,
small dried shrimps海米,
scallops, etc.

The deer whip is an energy booster and kidney energizer.

Mushroom boosts appetite and flow of Chi(Qi).

The hen(female chicken) is a tonic for qi and blood circulation.

complements The yang rice kidney is strong and the small dried shrimps海米 are positive energy boosters for kidney, testicle and your body.

The combination nourishes yin and yang, benefits the kidney and warms the uterus.

Suitable for:

impotence and premature ejaculation,
sour waist and knees
chronic orchitis,
female infertility, etc.
Enhancement of physical fitness if you're not sick.

PRECAUTION:

Not suitable for people with :

hyperactivity of fire due to yin deficiency阴虚火旺(Chinese medical term)

which means people who have:

dry lips,
rash,
tinnitus
night sweat
hectic cheek

Food recipe 25:

3 grams of ginseng and tangerine peel,
1 deer tail
1 hen,
50 grams of ham meat, pork lean meat and water mushroom,
cooking wine,
salt,
sugar,
onion,
ginger
broth.

Soak the deer tail with boiled water for 5 minutes only
wash off the dirt,
put it in boiling water boil for 10 minutes to get rid of the hairs
Repeat til all hairs are gone.

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

Heat the oil in a wok until it is 80% hot.

Stir with onion and ginger
add cooking wine,
add water,

boil the deer tail in a pot for 10 minutes.

Then restart the oil pan, ginger, onion, and cooking wine.

Add the dried tangerine peel, deer tail, and clear water
boil for 10 minutes.

Take out the ginger and green onion,
simmer for 10 minutes,
Take out the deer tail.

washed chicken,
remove the claws,
cut into halves,

boil thoroughly in water and remove the big bones for later use.

Cut the lean meat and the ham into 3 pieces,

pick out the lean meat when boil so it's tender. Clean it up

put the lean meat, the ham and mushroom chicken in the dish for later use.

wash the ginseng and steam til it's soft,

cut into thin slices and place in a basket with dried tangerine peel,

Cut the deer tail into halves and place on both sides of the chicken.

Pour the broth into the pot,

add sugar,

boil it and pour back to the basket,

seal it with cover and wet tissues,

cover and steam it for 1.5 hours.

The soup is made of ginseng, dried tangerine peel, deer tail and hen meat.

Ginseng is a valuable traditional Chinese medicine in China.

Because of its magical function, people can be brought back from near death to life.

The ancients called it "Shencao(Godly weed)". Ginseng is an amazing health supplement, which has the effect of nourishing and strengthening the body and persist longevity.

In "*Shen Nong's Herbal Classic*" describe it as "the main complement to the 5 internal organs, elevate eyesight, boost circulation and extend life with consistent use".

Dried tangerine peel drives Chi and strengthens spleen.

Deer tail warms waist and knees, benefits spine essence, liver and kidney.

Hen meat tonic and nourishing blood, In combination, it boosts vitality, nourishing the liver and kidney, and benefits spine essence.

Suitable for people with weak vitality, liver and kidney deficiency, waist and knee cold, impotence(erectile dysfunction), nocturnal emission(wet dream), premature ejaculation and female infertility.

For healthy people, it improves their body, brain and prolong youth.

Food recipe 26:

[Differentiation] Blood stasis in uterus, stuck chong meridian(in charge of menstrual) and ren meridian(conception vessels).

[Method] Smooth blood circulation, qi and menstruation.

[Recipe name] Shu Guan Ling.

[composition]

20 grams of Lei Wan/OMPHALIA/Rayone雷丸,

20 grams of turmeric,

20 grams of Chinese Sage Herb 石见穿,
15 grams of stemona root tuber 百部,
15 grams of dwarf lilyturf tuber 麦冬,
15 grams of betel nut 槟榔,
15 grams of red peony root,
15 grams of peach kernel,
15 grams of Taiwan Sweetgum 路路通,
5 grams of cassia twig,
5 grams of asarum,
10 grams of paeonol,
10 grams of pangolin scales,
10 grams of saponin.

simmer with water, 4 doses per week.

This recipe is from Yang Zongxi's prescription for infertility.

Fertility diet Recipes

(1) The treatment of infertility first requires the couple to have a healthy body, which is conducive to the birth of a healthy next generation. Therefore, it is necessary to actively treat various existing diseases so as not to interfere with fertility diet. Infertile couples get to see the same doctor to find out the cause of infertility, or to treat at the same time, so it won't delay the treatment.

(2) The treatment of infertility are foods rich in protein, cholesterol and vitamins A, E, B6 and trace elements such as zinc. Some Chinese medicines and foods that nourish the kidney and blood get to promote or generate gonadotropin (sex hormones). The blood circulation and phlegm-removing drugs can improve the pelvic microcirculation and improve function of uterus, fallopian tubes and ovaries. Therefore, it should be treated by balancing the principle of systematic diagnosis of Chinese medicine and syndrome oriented diagnosis of Western medicine.

(I) Kidney deficiency

1. Rice wine stir fried sea shrimp:

400 grams of fresh sea prawn,
250 grams of rice wine,
vegetable oil,
chopped green onion,
ginger dices.

Wash the sea prawn and remove the shell, add rice wine, and soak for 10 minutes.

Put the vegetable oil in a hot pot, stir til it's boiling,
then add the chopped green onion to wok,
add the shrimp, salt and ginger, stir fry until cooked.
Once a day, 50 to 100 grams each time,

suitable for kidney yang deficiency, cold limbs, sexual apathy.

B. aphrodisiac dog broth:

2000 grams of dog meat,
30 grams of rabbit silk,

15 grams of Prepared daughter root of Common Monkshood

5 grams of salt,
MSG,

scallion,
ginger,

Shaoxing saki.

Wash the dog meat,
put the whole piece in the pot,
cook fully in boiling water,
move to cold water,

clean the blood, dry out all the water and slice.

Ginger, onion washed, ginger slices, chop up onions.

Place the pot on the fire, add the dog meat, ginger, stir fry, cook into the cannon pot, and then pour it into the cauldron. At the same time, the rabbit silk and the attached piece are wrapped with gauze, put into the pot, add the soup. Salt, monosodium glutamate, scallion, boil on the fire, beat the floating foam, cover the lid, stew with simmer for 2 hours, wait until the dog meat is cooked until cooked, pick out ginger, scallion, adjust the taste, install 10 servings . 1 time a day, 1 serving each time, eat in the morning on an empty stomach, especially in winter, suitable for infertility syndrome is a kidney yang deficiency.

CHAPTER 4 PRESCRIPTIONS WITH CHINESE MEDICINE IN CHINA

3 Simple Recipes:

follicle promoting soup,
ovulation promoting soup,
corpus luteum promoting soup

Endocrine dysfunction, no ovulation, according to modern medical science, are equivalent to menstrual disease in Ancient Chinese Medical Study. Traditional Chinese medicine ovulation is still based on dialectical treatment of clinical symptoms. The clinical application of traditional Chinese medicine to promote ovulation has three basic formulas: follicle-stimulating soup, ovulation-stimulating soup and corpus luteum promoting soup. It can be used for different periods of menstrual cycle with certain effects.

Specific steps:

(1) Follicle promoting soup.

This recipe promotes follicular development.

15 grams of Angelica,
12 grams of rehmannia熟地,
15 grams of white peony,
10 grams of Ligustrum lucidum女贞子,
15 grams of Chinese yam,
12 grams of Cistanche田大云(肉苁蓉),
20 grams of Eclipta prostrata旱莲草,
15 grams of Dodder菟丝子,
12 grams of Polygonum.

Patients with obvious kidney yang(positive) deficiency should add:
仙茅curculigo,

epimedium仙灵脾(淫羊藿)
and 补骨脂psoralen;

those with kidney yin(negative) deficiency add:
yam,
sakura,
hazelnut.

Spleen deficiency add:

Codonopsis党参,
Astragalus,
Atractylodes白朮.

Blood deficiency add:

spatholobus stem 鸡血藤
Polygonatum sibiricum 黄精,
A LOT OF angelica
rehmannia熟地

Patients with lower back pain add:

Teasel Root续断,
Eucommia杜仲,

Chinese Taxillus Herb桑寄生 .

Fat people with a lot of spit add:

tangerine peel,

Pinellia半夏,

Submature Bitter Orange枳壳 ,

Atractylodes.

Liver Qi stagnation add:

香附Cyperus ,

Chinese Thorowax Root 柴胡,

turmeric root郁金,

Trichosanthes Fruit全瓜蒌.

Take it from the 5th day of your menstrual cycle, one dose a day for 6 consecutive days.

(2) ovulation-promoting soup.

This recipe mainly promotes the ovulation of mature follicles.

Angelica 12g,

red peony 10g,

salvia miltiorrhiza 15g,

Zeeland 10g,

hazelnut 15g,

rehmannia 12g,

golden sakura 15g,

Wang Wuliuxing 15g,

香附Cyperus 9g,

Carthamus tinctorius(NOT SAFFRON番红花)红花 15g,

12 grams of 羌藟子/益母子 Motherwort Fruit,

15 grams of epimedium仙灵脾(淫羊藿) .

See the above Follicle promoting soup recipe for extra ingredients due to different symptoms

Starting from the 11th day of the menstrual cycle, one dose per day, even for 6 days.

(3) ovulation-promoting soup:

10 grams each of Angelica,

Radix Paeoniae Alba,

Radix Salviae Miltiorrhizae,

Zeeland,

Safflower红花,

Cyperus香附

simmer with water

Promoting blood circulation and stagnation. It is effective for secondary amenorrhea and poor ovulation. ("Chinese Traditional Chinese Medicine Patent Encyclopedia")

3 corpus luteum promoting soup. This side mainly promotes the formation of the corpus luteum and enables it to secrete a sufficient amount of progesterone.

12 grams of turtle shell,

15 grams of Salvia miltiorrhiza,

20 grams of Eclipta prostrata,

12 grams of **Himalayan Teasel Root/Teasel**川断 ,

15 grams of **Cistanche**田大云(肉苁蓉) ,

20 grams of hazelnut,

15 grams of dodder,

10 grams of Ligustrum lucidum,

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

12 grams of Basil,
15 grams of **epimedium**(仙灵脾(淫羊藿) ,
6 grams of aconite,
3 grams of cinnamon (additional blunt).
Put extra cinnamon, add 乌药 black medicine ,元胡 Yuanhu if you got menstrual pain;
those got blood bruise: add 泽兰 Japan Bogorchid and peach kernel桃仁;
those got cold feet:
put in extra aconite,
the bark, and add
canned ginger and
hawthorn meat.
Other additions see the follicle-stimulating soup.

From the 17th day of menstruation, take 1 dose every other day, a total of 5 doses.

Infertility due to cold uterus

250 grams of **epimedium**(仙灵脾(淫羊藿) ,
150 grams of rehmannia,
1250 ml of 醇酒wine.
Crush the herbs finely, wrap them up with 纱布gauze, put in a clean jar with wine and seal it(do NOT vent).
Brew it for 3 days in spring or summer, 5 days in autumn or winter.
The right amount of warm drink every day, often with the same amount of alcohol, but not too drunk.
This applies to women's infertility due to cold uterus.

Recipe for Women's infertility due to obesity

10 grams of dried tangerine peel,
10 grams of Pinellia半夏,
15 grams of medlar,
6 grams of licorice,
10 grams of **aucklandia root**木香 ,
10 grams of Atractylodes,
10 grams of Atractylodes,
9 grams of Cyperus香附,
9 grams of **Sichuan lovase rhizome**川芎 ,
12 grams of Angelica.
simmer with water
One dose a day or every two days, divide into three times or drink and refill like tea. Atractylode clears dampness and spleen.
aucklandia root flows your Qi; **Sichuan lovase rhizome** boosts blood circulation, Angelica improves quality of blood.
Together clears spleen, phlegm and blood circulation, cures women's infertility due to obesity.

Chinese medicine prescription (1)

[Differentiation] Qi deficiency and blood deficiency.

[治法] Nurture Yin energy and generate blood.

[Composition]

25 grams of turtle shell,
25 grams of turtle shell of Chinese softshell turtle鳖甲,
25 grams of medlar,
25 grams of white peony,
25 grams of rehmannia,
15 grams of ginseng,
15 grams of Atractylodes,
15 grams of angelica,
15 grams of Poria,
15 grams of Schisandra五味子,
10 grams of Polygala远志,
10 grams of licorice.

[Usage] simmer with water, 1 dose per day, use in 3 times a day.

[Source] Han Bai Ling Fang.

Chinese medicine prescription (2)

[Differentiation] Yin deficiency and insufficient essence, kidney deficiency and blood deficiency.

[Method] Boost Kidney and nourishing blood.

[Name] Seed Boosting soup.

[Composition]

30 grams of large rehmannia (steam 9 times),
15 grams of angelica (soaked in wine),
15 grams of white peony (stir fried with wine),
15 grams of dogwood fruit山茱肉 (fully steamed).

[Usage] simmer with water, effect kicks in 3 months.

[Source] "Fu Qing Zhu Gynecology" volume 1.

Chinese medicine prescription (3)

[Differentiation] Qi won't flow through liver.

[Function] Sooth the clog in channels of spleen, liver, heart and kidney, and open the door for pregnancy

[Name] Clog Soothing soup

[Composition]

30 grams of wine stired white peony,
9 grams of wine stir fried cyperus香附,
9 grams of wine soaked **Tree Peony Bark牡丹皮** ,
9 grams of Poria(peeled),
150 grams of wine soaked angelica,
150 grams of stir fried atractylodes土炒白朮,
6 grams of pollen.

[usage] simmer with water.

[Source] "Fu Qing Lord Female" volume 1.

Chinese medicine prescription (4)

[Differentiation] Kidney Yang deficiency.

[Function] Replenishing kidney and tonifying the spleen and stomach.

[Name] Double boost soup.

[Composition]

30 grams of large rehmannia,

30 grams of Basil巴戟 (soaked in salty water),

30 grams of stir fried atractylodes土炒白术,

15 grams of ginseng,

15 grams of raw astragalus,

9 grams of dogwood fruit,

6 grams of Goqi berry,

1.5 grams of **Chinese Thorowax Root柴胡** .

[Usage] simmer with water, 1 dose each day, twice a day.

[Source] "Fu Qing Lord Female" volume 1.

Chinese medicine prescription (5)

[Differentiation] Both yin and yang deficiency.

[治法] tonic kidney boost.

[name] nourishing kidney

[Composition]

12 grams of Goqi berry,

12 grams of dodder,

12 grams of Schisandra,

12 grams of raspberry,

12 grams of psyllium车前子,

12 grams of Sharpleaf Galangal Fruit益智仁,

12 grams of Combined Spicebush Root乌药,

12 grams of turtle shell.

[Usage] simmer with water, 1 dose/day, twice a day.

[Source] "Gynecology and Obstetrics"

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

1. Pay attention to menstrual hygiene, improve the quality of gynecological surgery, strengthen post-operative anti-inflammatory treatment, prevent infection, vigorously promote contraceptive measures and strengthen guidance to reduce the flow rate of people.
2. Through universal education, the woman will master the method of measuring ovulation and increase the chance of pregnancy. Z5Z old Chinese medicine online.
3. For those with abnormal ovulation function, observe BBT during the treatment of traditional Chinese medicine. For example, if the body temperature rises in the luteal phase for more than 14 days, the ban will be banned, and the traditional Chinese medicine for tonifying kidney and qi will be taken to prevent abortion.



CHAPTER 7
DIRECTORY OF HERBS A-Z

Alisma 泽泻
Amur Cork-tree Bark 黄柏 Latin: Phellodendri Chinensis Cortex
Antler cream 鹿角霜
aucklandia root 木香 Latin: Rosa banksiae
Beautiful Sweetgum Fruit, Taiwan Sweetgum 路路通
betel nut/areca 槟榔
Caltrop, Puncturevine Caltrop, Puncture Vine 白蒺藜
Chinese Honeylocust Spine 皂角刺
Chinese Sage Herb 石见穿
Chinese Taxillus Herb 桑寄生
Chinese Thorowax Root 柴胡
Cistanche 田大云(肉苁蓉)
clove 公丁香



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

Codonopsis 党参, Astragalus, Atractylodes 白术
Combined Spicebush Root 乌药 Latin: linderae
Common Anemarrhena Rhizome 知母
curculigo 仙茅 Latin: Curculigo orchioides
Cyathula 川牛膝
Cyperus 香附 Latin: Cyperus rotundus
Dan-Shen Root/Salvia 丹参
Dendrobium leaf 石斛叶
Dodder 菟丝子
dogwood fruit 山茱萸肉, 茱萸
dwarf lilyturf tuber 麦冬 Latin: Ophiopogon
Eclipta prostrata 旱莲草
Fetid Star Jasmine/Confederate Jasmine, Chinese Star Jasmine 络石藤
Flos Caryophyllata
Goqi berry/medlar 枸杞
Grassleaved Sweetflag 石菖蒲 Latin: Acorus gramineus
Himalayan Teasel Root/Teasel 川断/川续断
Indian beead tuckahoe 茯苓 Latin: Poria
Japan Bogorchid 泽兰 Latin: HERBA LYCOPI

large prepared rehmannia root 大熟地
Latin: Cornus officinalis
Made from the yellow into dark ones

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

magnolia 辛夷
Medicated Leaven神曲
millettia/Net Cliffbean 鸡血藤 Latin: suberect spatholobus stem
Motherwort Fruit 茺蔚子/益母子 Latin: FRUCTUS LEONURI
Ophicalcite 花蕊石 Latin: Serpentine
pangolin scales穿山甲,
Paniculate Swallowwort Root徐长卿
peach kernel 桃仁
Pinellia 半夏
Polygonatum sibiricum 黄精
prepared rhizome of rehmannia/health rehmannia 生熟地
processed aconite root制川乌
Processed Polygonatum sibiricum 制黄精 Made from the yellow into dark ones
psoralen 补骨脂
psyllium车前子
Pyrolae 鹿衔草
Root of Chinese Sawwort/Cimicifuga升麻
Root of Pilose Asiabell 党参 Latin: Codonopsis
Safflower 红花
Schisandra 五味子
SEMEN ASTRAGALI COMPLANATI沙苑子 Latin: Astragalus complanatus R.Brown
Sharpleaf Galangal Fruit益智仁 Latin: Alpinia oxyphylla Miq
Sichuan lovase rhizome 川芎 Latin: Chuanxiong Rhizoma
Sichuan lovase rhizome川芎
spatholobus stem鸡血藤
stemona root tuber 百部 latin: Stemona japonica
stired fried atractyodes 土炒白术 Method: Heat up the pan,put in some bran(1/10 of the amount of atractyodes)put in atractyodes after the smoke comes up. stir it evenly till the atractyodes are light yellow. take everything out, get rid of the bran and cool the atractyodes 炒白术：先将麩皮撒于热锅内，候烟冒出时，将白术片倒入微炒至淡黄色，取出，筛去麩皮后放凉。（每白术片100斤，用麩皮10斤）
Submature Bitter Orange 枳壳zhigiao Latin: FRUCTUS AURANTII
Thinleaf Milkwort Root-bark远志 Latin: Polygala tenuifolia
Tree Peony Bark牡丹皮,
Trichosanthes Fruit 全瓜蒌quangualou
turmeric root tuber 郁金
turtle shell of Chinese softshell turtle鳖甲
Weeping Forsythia 连翘 Latin: Forsythia suspensa
White Mulberry Root-bark桑白皮

White Peony Root 白芍/芍药

Sichuan pepper 川椒

Latin: *Euryale ferox* 芡实/鸡头米

achyranthes root 怀牛膝

Cowherb Seed 王不留行

Latin: *Vaccariae Semen*

Lei Wan/ OMPHALIA/Rayone 雷丸

Prepared daughter root of Common Monkshood 黑顺片/附片/附子

Almonds 杏仁

Aloe 芦荟

Angelica sinensis 当归

Astragalus 黄芪

Aristolochia debilis 马兜铃

Aconite Root 川乌

Atractylodes 白朮

Blighted wheat 浮小麦

Castor Bean plant 蓖麻子

Chrysanthemum 菊花

Cinnabari powder 朱砂

Cinnamomum Cassia 桂皮

Codonopsis 薯蓣

Cordyceps sinensis 冬虫夏草

Duzhong(*Eucommia ulmoides*) 杜仲

Ephedra Root 麻黄根

Goqi Berry 枸杞

Hawthorn 山楂

Licorice 甘草

Ligustrum lucidum 女贞子

Motherwort (*Leonurus Artemisia*) 益母草

Peony 牡丹

Tree Peony Bark (or CORTEX MOUTAN) 牡丹皮

Poria 茯苓

Sophora Japonica Tree 槐花树

Siberian Solomonsea 熟地黄

Siler 防风

Venenum Bufonis 蟾酥

Yam 山药



Almonds: Silky skin, a young and smooth face
杏仁：润养肌肤，容颜不老白嫩嫩



Aloe: Cleopatra of Egypt wouldn't conquer the world without it
芦荟：埃及艳后靠它征服世界

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Angelica 当归

Angelica sinensis: Nourishing women's blood reproduction, Youth Fountain for women

当归：养血圣物，保女人一生平安



Dried Astragalus 黄芪

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Astragalus Plant



马兜铃 *Aristolochia debilis*

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



马兜铃 *Aristolochia debilis* plant



Dried Aconite Root 川乌

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Aconite Root Plant 川乌



Dried Atractylodes 白朮

FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Atractylodes 白朮



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

Atractylodes 白朮



Blighted wheat 浮小麦



Blighted Wheat plant 浮小麦

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Castor Bean plant蓖麻子



Castor Bean plant蓖麻子

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Castor Bean plant 蓖麻子



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Chrysanthemum菊花

Chrysanthemum (Mature Daisy): the best modern tea drink for your liver. Chrysanthemum also known as chamomile

菊花：现代人最佳保肝茶饮 杭白菊又称甘菊

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Cinnabari powder 朱砂





Cinnamomum Cassia 桂皮



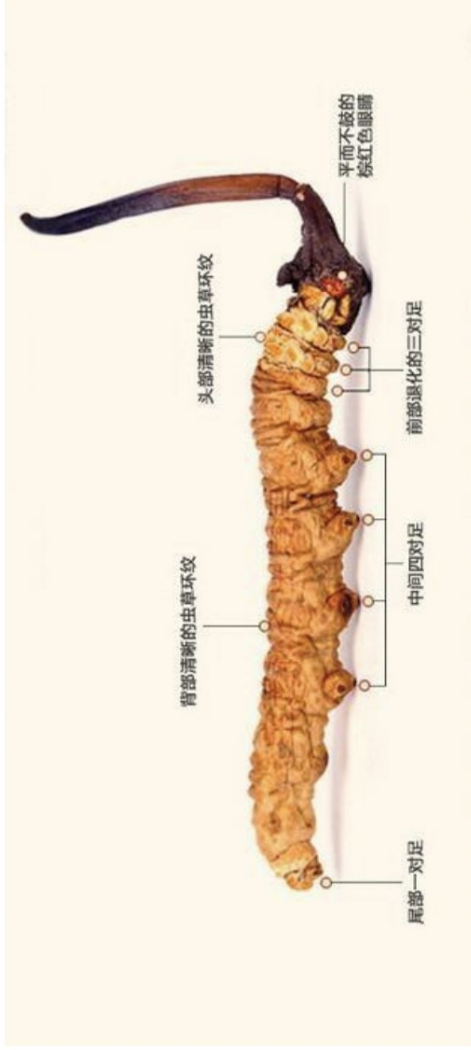
FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Codonopsis 黨參



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



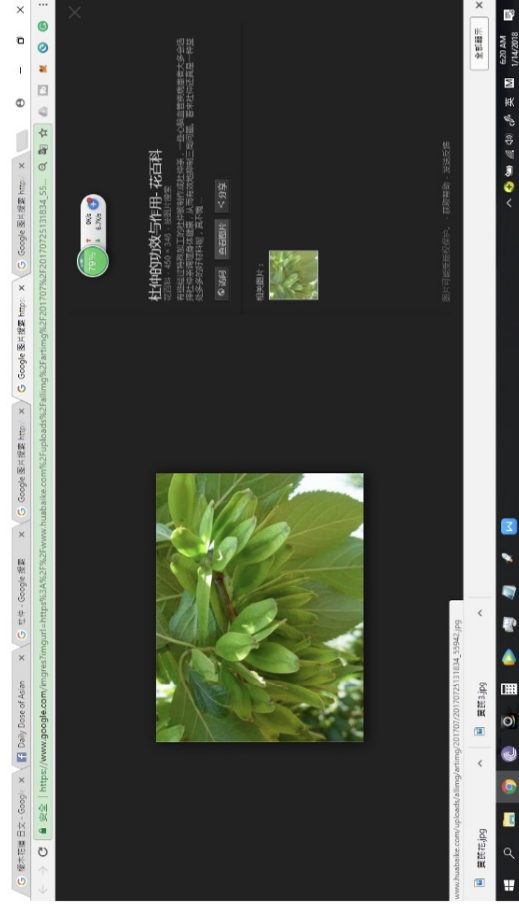
Cordyceps sinensis: A tonic craved by Aphroditite. Boost both Yin and Yang Energy

冬虫夏草：世间有、天上无的阴阳双补药

FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Dried Duzhong(Eucommia ulmoides) 杜仲



Duzhong(Eucommia ulmoides) 杜仲

FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Ephedra Root 麻黄根



Ephedra Root Plant 麻黄根

FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Goqi Berry 枸杞



Dried Goqi Berry 枸杞





Hawthorn Fruit 山楂



Dried Hawthorn 山楂干

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Licorice甘草

Licorice: Elevate your body and FACE, common people's tonic medicine
甘草：养人又养颜，平民百姓的补益药

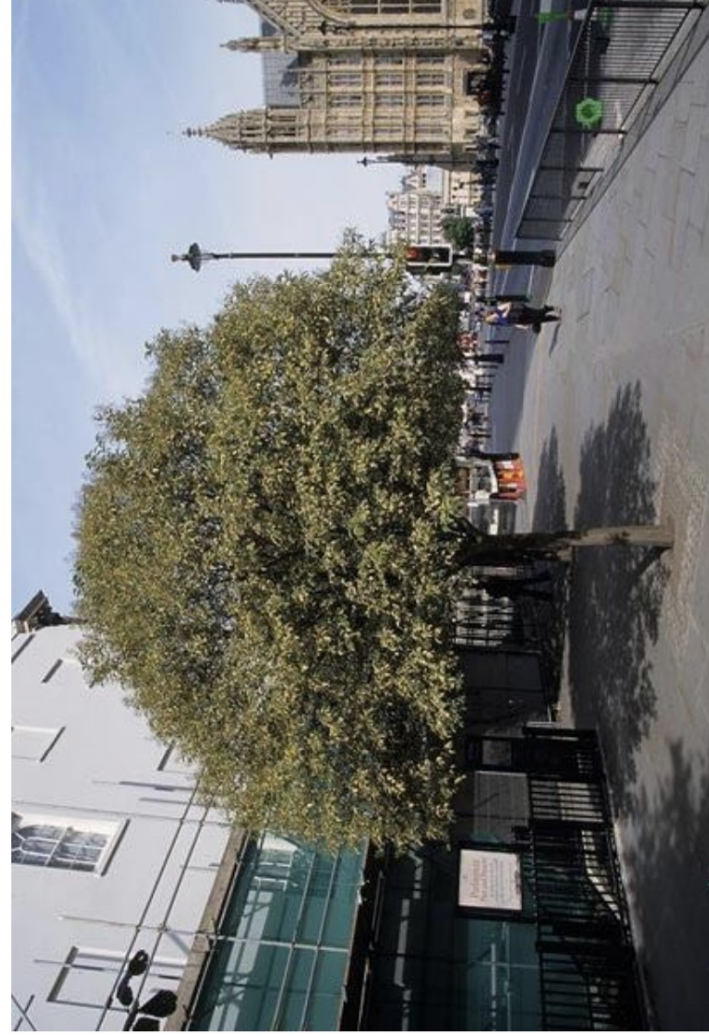


FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Ligustrum lucidum 女贞子

Ligustrum: Tonic for liver and kidney, the perfect harmony between human and nature



Tree of Ligustrum lucidum 女贞子

FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Ligustrum lucidum 女贞子



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Motherwort (Leonurus Artemisia): Empress Wu Zetian Beauty Manager
益母草：女皇武则天的驻颜美容师



Peony 牡丹

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



绿GRAZIA

Tree Peony Bark(or CORTEX MOUTAN)牡丹皮



Poria 茯苓

White Poria: Boost spleen function, made Queen Elizabeth "Rejuvenate"
白茯苓：健脾补中，连慈禧都能“返老还童”

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Poria plant 茯苓

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Sophora Japonica Tree槐花树



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...

Siberian Solomonsea 熟黄精



Siler 防风



Siler plant防风



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



How Venenum Bufonis was Acquired 蟾酥



Venenum Bufonis 蟾酥





Venenum Bufonis 蟾酥



Yam 山藥

Yam: 'immortality' food, Set solid foundation for growth
山药：神仙药食，养足我们的后天之本

FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Yam 山藥



Sichuan pepper 川椒



打捞鸡头



连壳鸡头米



剥壳前后



净鸡头米



过水上桌



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Latin: *Euryale ferox* 茺实/鸡头米



achyranthes root 怀牛膝



FIX INFERTILITY FOREVER WITH TCM: FOR MEN...



Cowherb Seed 王不留行
Latin: *Vaccariae Semen*



Lei Wan/ OMPHALIA/Rayone 雷丸



FIX INFERTILITY FOREVER WITH TCM: FOR MEN A...



Prepared daughter root of Common Monkshood 黑顺片/附片/附子

