Nervous Fatigue Formula

Nervous Fatigue Formula is an herbal combination that Traditional Chinese Medicine would consider a fire-enhancing formula. Weakness in the fire element usually manifests itself as fatigue coupled with disturbed restless sleep, mental confusion and loss of short term memory, feelings of extreme stress, emotional sensitivity, loss of enthusiasm and sex drive and a general feeling of “burn-out.”

Nervous Fatigue Formula helps normalize nervous and glandular functions, relieving stress and promoting feelings of well-being. The formula enhances circulation, improves digestion, invigorates the body, relieves depression and promotes sleep. It has adaptogenic qualities, helping a person cope better with stress, and helping them to heal feelings of anxiety and “broken-heartedness.”

The ingredients responsible for these benefits are:

Schizandra Fruit (Schizandra chinensis) is the main herb of this combination. It helps the body function more efficiently by increasing blood circulation. It quickens the body’s response to stress and increases the contraction of cardiac muscles. It has been used to treat heart palpitation, nervous exhaustion, chronic diarrhea, insomnia and anxiety.

Dong Quai or Dang Gui Root (Angelica sinensis) is an adaptogen and a mild sedative. It increases the production of digestive fluids and lowers cholesterol. It nourishes the blood and is an excellent source of iron, magnesium and niacin. It has been used to treat constipation, palpitations, indigestion, anemia and headaches.

Cistanche Stem (Cistanche salsa) and Biota Seed (Biota orientalis) are herbal laxatives. Biota Seed is also a sedative that has been used to treat heart palpitation, insomnia and heart problems.

Succinum Amber (Succinum resin) is an aromatic sedative and diuretic that increases blood circulation. It has been used to treat insomnia and heart problems.

Ophiopogon Root Tuber (Ophiopogon japonicus) helps regenerate pancreas cells. It is a nerve and an expectorant that has been used to treat insomnia, coronary disease and fear.

Lycium Fruit (Lycium chinense) lowers blood sugar and cholesterol and promotes the regeneration of liver cells. It has been used to treat atherosclerosis, backache, vertigo, poor eyesight and diabetes.

Hoelen Sclerotium (Poria cocos) is a sedative that decreases blood sugar. It has been used to treat insomnia and heart palpitations.

Cuscuta Seed (Cuscuta chinensis) increases the flow of urine, detoxifies the kidneys, lowers blood pressure, enhances heart action and regulates the liver.

Ginseng Root (Panax ginseng) improves mental capabilities and energy levels as it stimulates the function of the adrenals and pancreas. It is adaptogenic and cardio tonic. It has been used to treat forgetfulness, fatigue, cardiac arrhythmia, chronic diarrhea and insomnia.

Polygonatum Rhizome (Polygonatum sibericum) increases bile production and urine flow, lowers blood pressure and shrinks inflamed tissues. It has been used to treat urinary infections, dysuria (difficulty urinating), jaundice and inflamed skin.

Dioscorea Rhizome (Dioscorea batatas) speeds healing, has a nourishing effect on the lungs and increases the production of digestive fluids. It has been used to treat poor appetite, diarrhea, diabetes and inflamed skin.

Astragalus Root (Astragalus membranaceus) increases the production of digestive fluids and boosts immunity. It also increases heart action and lowers blood pressure and blood sugar. It has been used to treat fatigue, debility, nephritis and night sweats.

Lotus Seed (Nelumbo nucifera) is a mucilaginous herb that absorbs digestive toxins. It has been used to treat chronic diarrhea, poor appetite, insomnia, inflammation and heart palpitations.

Polygala Root (Polygala tenuifolia) is an expectorant and a sedative that lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

Acorus Rhizome (Acorus gramineus) is a sedative that increases the production of digestive fluids and lowers blood pressure. It has been used to treat nervous tension, depression, epilepsy, poor appetite, gastritis and muscle spasms.

Jujuba Seed (Zizyphus spinosa) is a sedative that relieves pain, reduces fever and lowers blood pressure. It has been used to treat insomnia, heart palpitations and nervous tension.

Rehmannia Root Tuber (Rehmannia glutinosa) reduces inflammation (especially in the digestive system) and strengthens capillaries. It has been used to treat ulcers, constipation and anemia.

Suggested Use
For feelings of “burn-out,” nervous exhaustion, restless sleep and other related symptoms, take three capsules three times daily with meals. The formula is also available in a TCM concentrate. Take one capsule twice daily of the concentrated formula.

Selected references:
Chinese Herbal Medicine: Materia Medica by Dan Bensky and Andrew Gamble
Oriental Materia Medica: A Concise Guide by Hong-Yen Hsu
The Illustrated Chinese Materia Medica by Kun-Ying Yen
Nutritional Herbology by Mark Pedersen
The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light

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Handout prepared by Tree of Light, P.O. Box 911239, St. George, UT 84791 (treelite.com). Seek appropriate professional assistance for all serious health problems.

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