



Spleen Activator, Chinese

Chinese digestive tonic to strengthen the thin, pale and weak

In Chinese medicine, the earth element is associated with digestion, especially the stomach, spleen and pancreas. When a person has an inability to properly digest and metabolize food, they tend to lose muscle mass. They may become very thin and pale, or simply overweight with a lack of muscle tone. The Chinese associate these symptoms with a deficiency of spleen chi (or energy). The Chinese name, Wen Zhong means “warm the center” referring to the power of this formula to warm up or enhance digestive energy.

Spleen Activator is a formula for strengthening the earth element by tonifying the spleen chi. It improves the digestion and metabolism of proteins, minerals and other nutrients to enhance muscle tone, improve physical development, enhance energy and increase appetite for healthy foods.

Emotionally, a lack of earth element energy will lead to chronic worries and fears, a sense of hopelessness, lack of control over one's own life and sluggish thought processes. Physical symptoms may include difficulty gaining muscle weight or losing fat, easy bruising, fatigue, sinus congestion, chronic diarrhea, hemorrhoids, hernia or hiatal hernia, intestinal inflammation, intestinal cramping, menstrual cramping and abdominal bloating. It can be very helpful for people who have a hiatal hernia, too.

By restoring the ability to digest food and enhancing circulation and immunity, Chinese Spleen Activator can improve general health. Here is a breakdown of the ingredients in this formula:

Panax Ginseng root is a general tonic and an energy tonic. It is an adaptogen, strengthening the body for times of stress. It has been used to treat fatigue, balance blood sugar, improve digestion and increase stamina and endurance.

Astragalus root increases the production of digestive fluids. It is a tonic and an immune stimulant. It also increases heart action and lowers blood pressure and blood sugar. It has been used to treat debility and edema.

Actractylodes rhizome is a digestive tonic and an energy tonic. It increases low blood pressure and enhances the production of digestive fluids. It stimulates the liver, and is both a laxative and a carminative. It has been used for treating poor appetite, diarrhea and indigestion.

Hoelen sclerotium decreases blood sugar and improves urine flow. It has been used to treat edema, hepatitis and heart palpitations.

Dioscorea or **Chinese yam rhizome** is a tonic for poor digestion and appetite.

Lotus seed is a mucilaginous herb that absorbs digestive toxins and has an anti-inflammatory action. It has been used to treat chronic diarrhea and poor appetite.

Chaenomeles or **Chinese quince fruit** relieves muscle spasms and increases the production of digestive fluids. It has been used to treat dyspepsia and diarrhea.

Citrus peel is traditionally used as an appetite and digestive stimulant. It enhances digestive secretions and blood circulation.

Galanga rhizome is a relative of ginger and has similar properties. It increases blood circulation and the production of digestive fluids and has been used to treat dyspepsia, gastritis and flatulence.

Ginger rhizome increases the production of digestive fluids and stimulates intestinal motility. It has been used to treat indigestion, gas and nausea, as well as to improve blood circulation.

Hyacinth bean is used to warm the digestion and relieve diarrhea.

Licorice root is soothing to irritated digestive membranes and has been used to treat ulcers and ease intestinal inflammation.

Magnolia bark is a warming digestive tonic which aids intestinal motility and relieves gas, bloating, diarrhea, acid stomach and appetite loss.

Tang-kuei root or **dong quai** nourishes the heart, liver and digestive system, thereby supporting the blood. It increases the production of digestive fluids, promotes menstrual flow, lowers cholesterol and reduces pain.

Typhonium rhizome is a Chinese herb used to relieve coughing. It also has analgesic and anti-inflammatory action.

Cardamom is an aromatic fruit that increases the production of digestive fluids and reduces smooth muscle spasms, especially in the intestines. It has been used to treat diarrhea, dyspepsia and gas.

Zanthoxylum seed hull is a laxative that has been used to treat dyspepsia, abdominal pain, intestinal worms and dysentery.

Suggested Use

To improve chronic digestive system weakness, take 3 capsules Spleen Activator three times daily. Spleen Activator is also available as a TCM concentrate. Take 1 capsule of the concentrate two to three times daily. Spleen Activator works well with Food Enzymes for elderly people with poor digestion who are not maintaining normal weight.

Selected References

Chinese Traditional Herbal Medicine, Volume 2: Materia Medica and Herbal

Resource by Michael Tierra and Leslie Tierra

Chinese Herbal Medicine: Materia Medica by Dan Bensky and Andrew Gamble

Oriental Material Medica: A Concise Guide by Hong-Yen Hsu

The Illustrated Chinese Materia Medica by Kun-Ying Yen

The Comprehensive Guide to Nature's Sunshine Products, 6th edition by Steven Horne and Kimberly Balas

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