BLACK DRAGON

Wu Long Pian

This formula is based on a contemporary weight loss formula developed by the Siping Municipal Trade & Pharmaceutical Co in Jilin, China. It has been slightly modified by Bob Flaws. Our version is a 9:1 extract. 500 mg/capsule, 60 capsules or 180 capsules available.

RX

Wu Long Cha (Folium Praeparatum Camelliae Theae)
He Shou Wu (Radix Polygoni Multiflori)
Mai Ya (Fructus Germinatus Hordei)
Dang Shen (Radix Codonopsis)
Bai Zhu (Rhizoma Atractylodis Macrocephalae)
He Ye (Folium Nelumbinis)
Shan Zha (Fructus Crataegi)
Tu Bei Chong (Eupolyphaga/Steleophaga)

CHINESE DISEASE DIAGNOSIS

Fei pang (fatness)

PATTERN DISCRIMINATION

Spleen qi vacuity with dampness and turbidity as well as qi and food stagnation and blood stasis.

THERAPEUTIC ACTIONS

Fortifies the spleen and supplements the qi, eliminates dampness and transforms phlegm, transforms food and abducts stagnation, moves the qi and quickens the blood

INDICATIONS

This formula is for the treatment of obesity due to a combination of spleen qi vacuity with dampness and turbidity as well as qi stagnation and blood stasis. It may also help in reducing serum cholesterol and blood pressure.

FORMULATOR’S COMMENTS

Because the qi moves water fluids, qi stagnation can lead to phlegm dampness. Vice versa, phlegm and dampness can obstruct the flow of qi, thus impeding the liver’s control over coursing and discharge. Liver depression and spleen vacuity go hand in hand. Where there is one, there is the other. Thus, it is said, “Liver disease is spleen disease.” In addition, qi stagnation and phlegm dampness also engender blood stasis, which then further compounds both qi stagnation and phlegm dampness. While most practitioners know that, “The spleen is the root of phlegm engenderment,” many do not give enough importance to qi stagnation and blood stasis in the disease mechanisms and treatment of obesity.
CAUTIONS & CONTRAINDICATIONS
This formula contains caffeine and should be taken with care by anyone taking MAO-inhibitors or SSRI antidepressants. People with heart problems, kidney disorders, stomach ulcers, and psychological disorders (particularly anxiety) should not take tea extracts except under the supervision of a health care professional. Pregnant women should limit their consumption of tea and tea extracts because high caffeine intakes have been associated with increased risk of miscarriage and low birth weight.

People who consume excessive amounts of caffeine (including caffeine from tea and tea extracts) for prolonged periods of time may experience irritability, insomnia, heart palpitation, and dizziness. Caffeine overdose can cause nausea, vomiting, diarrhea, headaches, and loss of appetite. If you are consuming a lot of caffeine and start to vomit or have abdominal spasms, you may have caffeine poisoning. Lower your caffeine intake and see your health care provider if your symptoms are severe.

Please note that, as with any product containing caffeine, this formula may not be appropriate for a patient with a pre-established diagnosis of high blood pressure. Further, we suggest that any person taking this product may wish to limit their intake of other caffeine sources.

THE SIGNS AND SYMPTOMS OF SPLEEN QI VACUITY INCLUDE
- Fatigue, especially after meals
- Abdominal distention after meals
- Lack of strength
- Orthostatic hypotension (dizziness standing up)
- Easy bruising

SIGNS AND SYMPTOMS OF DAMPNESS AND TURBIDITY INCLUDE
- Overweight
- Slimy tongue fur
- Water retention
- Slippery pulse

SIGNS AND SYMPTOMS OF QI STAGNATION AND BLOOD STASIS INCLUDE
- Emotional frustration
- Enduring disease
- PMS

FORMULA EXPLANATION
It is a statement of fact within Chinese medicine that, “Fat people [have] lots of phlegm and dampness.” In fact, fat is nothing other than phlegm, dampness, and turbidity in Chinese medicine. It is also a statement of fact within Chinese medicine that, “The spleen is the root of phlegm engenderment.” Basically, phlegm is nothing other than water fluids which have collected and transformed into dampness, and, if dampness endures, it congeals into phlegm. Because the spleen is averse to dampness, whether spleen vacuity lead to the engenderment of dampness, once formed, dampness leads to spleen vacuity. This means that the overwhelming majority of persons struggling with overweight present with a combination of spleen vacuity and phlegm dampness. Within this formula, Dang Shen (Radix Codonopsis) and Bai Zhu (Rhizoma Atractylodis Macrocephalae) fortify the spleen and transform dampness. If the spleen becomes vacuous and weak, it will fail to command the movement and transportation of water and grains, or foods and liquids. In that case, stagnant food will be produced which, on the one hand, adds to the
engenderment of turbidity and, on the other, further damages the spleen by inhibiting the upbearing of the clear of the qi mechanism. Within this formula, Mai Ya (Fructus Germinatus Hordei) and Shan Zha (Fructus Crataegi) disperse food and abduct stagnation. In addition, He Ye (Folium Nelumbinis) upbears the clear and arouses the spleen, thus not only helping to eliminate stagnant food but also helping to fortify and boost the spleen qi. He Ye is also able to dispel phlegm and dampness. Because phlegm dampness and stagnant food are both yin depressions, they obstruct the free flow of the qi. Therefore, whether or not the qi was stagnant, and the liver was depressed before the accumulation of phlegm, dampness, food, and turbidity, there will be liver depression qi stagnation after these yin evils are engendered. In point of fact, it is commonly pre-existing liver depression which leads to both the spleen vacuity and accumulation of phlegm dampness characteristic of aging. Tu Bei Chong (Eupolyphaga/ Steleophaga) is in the formula because many persons who are habitually overweight also have blood sta- sis. This is because the qi moves the blood and blood and fluids move together. Thus, phlegm and dampness obstruct the movement and free flow of the qi as well as the qi which moves the blood. Tu Bei Chong quickens the blood and dispels stasis. He Shou Wu (Radix Polygoni Multiflori) is in the formula because it supplements and boost the liver and kidneys. By nourishing liver blood, it helps promote the liver’s control of the coursing and discharge of the qi. By supplementing the kidney essence, it promotes the interdependence of the former and latter heavens. And finally, Wu Long Cha (Oolong tea, Chinese fermented tea) is in the formula because it arouses the spleen, transforms phlegm, abducts stagnation, and disinhibits dampness.

**DOSAGE**

Two capsules three times per day equal not less than 27 grams of bulk medicinals. However, because our extraction process is so much more efficient than stovetop decoction, we believe this amount of our extract is actually more like the equivalent of 40-54 grams of bulk-dispensed herbs.

**CLINICAL RESEARCH**

On pages 760-762 in issue #10, 2004 of the Zhong Yi Za Zhi (Journal of Chinese Medicine), Li Yue-hua, Zhou Wen-quan, Wang Wei et al. published an article titled, “A Clinical Audit of the Treatment of 64 Cases of Simple Obesity with Wu Long Jiao Nang (Oolong Gelatin Capsules).” Oolong Gelatin Capsules consisted of all the same ingredients as in our Blue Poppy Herbs’ formula except for Shan Zha and Mai Ya. In this study, a total of 104 overweight patients were randomly divided into two groups. These two groups, a treatment group of 64 and a comparison group of 40, were considered statistically comparable in terms of sex, age, body mass index (BMI), circumference of the waist and hips, and thickness of subcutaneous fat. The treatment group were administered two capsules three times per day of the Oolong Gelatin Capsules 10-15 minutes before meals. Successive administration of these capsules for two months equaled one course of treatment. The comparison group received 20mg of fenfluramine tablets 10-15 minutes before meals, also for two months.³ At the end of that time, mean losses of weight and reductions in BMI were as good or better with the Chinese formula as the Western drug. Similarly, mean reductions in abdominal circumference, hip circumference, subcutaneous fat

**BLUE POPPY ENTERPRISES © 2018**
thickness, and percentage of fat were as good or better with the Chinese formula. What the Chinese formula did not do which the Western drug did was reduce the weight of muscles and the weight of water. (This is a good thing.) Further, the Chinese medical formula was effective for lowering mean blood glucose levels, raising insulin levels, and improving the ratio between testosterone and estradiol (also all good things). In general, the Chinese medicinal formula achieved a 41.19% markedly effective rate and a 92.19% total effectiveness rate compared to the phen-fen which only achieved 7.5% markedly effective and 37.50% effectiveness rates. And finally, among the patients who took the fenfluramine there were such side effects as indigestion, diarrhea, lack of strength, and somnolence, whereas, in the Chinese medicinal treatment group, only two patients had slight diarrhea. In terms of heart rate, blood pressure, EKG, and liver and kidney function, there were no obvious disturbances from the Chinese medicinals. However, two cases on the fenfluramine had moderately high liver enzymes (ALT).

WESTERN PHARMACODYNAMICS

*He Shou Wu, Shan Zha,* and *He Ye* are all known for reducing weight, lowering cholesterol, and lowering blood pressure. Further, *He Shou Wu* strengthens the immune system and combats aging. In particular, Oolong tea is a well-researched metabolic stimulant. For instance, the authors of one study state: “. . . These data suggest that oolong tea may promote weight loss by increasing energy expenditure [increase rate of metabolism] 10-20%.” Further, “It is clear that consumption of oolong tea stimulates both energy expenditure [thereby burning calories] and fat oxidation . . .”¹ Scientists now believe that the antioxidants in tea polyphenols keep “bad” cholesterol (LDL, low-density lipoprotein) from letting plaque accumulate in the arteries. In one study, researchers found that women ages 55 and older were 54% less likely to have atherosclerosis, which can lead to heart attack or stroke, than women who did not drink a cup or two of black tea every day. In fact, the more tea they drank, the less they were at risk for disease, the study concluded. Tea polyphenols are thought to fight cancer because they 1) prevent free radicals from damaging DNA, and so can stop the cancer before it starts; 2) slow the development of cancer cells by curtailing uncontrolled cell growth; and 3) destroy cancer cells while sparing the surrounding healthy cells. Research shows that the risk of cancers of the stomach, bladder, esophagus, and prostate are reduced by the consumption of tea. A recent study reported at the American Chemical Society meeting in New York City on September 8, 2003 showed that five to six cups of black tea daily boosted the part of the immune system that fights against infection. The researchers found that tea had the specific types of molecules that could activate the immune system’s gamma, delta, T-lymphocytes that defend against infection and tumors. After drinking five to six cups of tea a day for two or four weeks, the blood samples of their volunteers were able to react against bacteria five times better than before the volunteers drank the tea.²

MY PATIENT DOES PRESENT WITH

- Spleen vacuity □ Yes □ No
- Phlegm dampness □ Yes □ No
- Qi stagnation & blood stasis □ Yes □ No

BLUE POPPY ENTERPRISES © 2018
This drug increases amount of the neurotransmitter norepinephrine. In the brain, this reduces appetite.