Formulas for Phase Support of Women’s Fertility

PHASE 1
Menstrual Phase

Chong Release Formula (Jia Wei Tao Hong Si Wu Tang) nourishes and supplements qi and blood, invigorates blood flow, supports heart-blood, and uterine connection, encourages the complete elimination of uterine lining.

Tang Kuei and Peony Formula (Dang Gui Shao Yao San) supports spleen qi and eliminates dampness while supplementing blood and smoothing liver qi. Helps to regulate menses when there is a combination of qi and blood deficiency with blood stagnation and chronic dampness.

Tang Kuei and Salvia Formula (Jia Wei Si Wu Tang) is a classical formula to build blood, regulate menses, and invigorate blood flow.

Women’s Precious Formula (Ba Zhen Tang) is based on the classical formula for qi and blood deficiency, Eight Treasures Decocction (Ba Zhen Tang), our version of this formula includes the traditional combination of Four Gentlemen Decocction (Si Jun Zi Tang) plus Four Substances Decocction (Si Wu Tang), but adds herbs to regulate menses and prevent qi stagnation. Use with generalized and persistent signs of qi and blood deficiency.

PHASE 2
Follicular Phase

Nourish Ren and Chong Formula (Jia Wei Gui Shao Di Huang Wan) strongly nourishes the yin and blood, supports ren and chong vessels, relieves heat in the heart and liver that begins to build up during this phase.

Women’s Precious Formula (Ba Zhen Tang) See left panel.

Nourish Essence Formula (Zi Jing Di Huang Wan) is an augmentation of Liu Wei Di Huang Wan, adding herbs that gently support yang and astringe the essence.

PHASE 3
Ovulatory Phase

Mobilize Essence Formula (Fu Ren Ba Yin Pian) specifically designed to support the energetics during ovulation by facilitating the necessary transition from a yin to a yang state and opening the collaterals. Also calms the spirit.

Yin Valley Formula (Yin Gu Fang) this formula eliminates toxin, clears both deficiency heat and heat in the blood, and breaks up stasis in the uterus.

PHASE 4
Luteal Phase

Yuan Support Formula (Jia Wei Jian Gu Tang) supplements qi and yang aspect of luteal phase by providing support for uterine contractility; strengthens receptivity of endometrium, directs liver blood to the uterus.

Vital Treasure Formula (Zhen Bao Fang) strongly supplements yang and qi, mildly invigorates blood flow. Use when there are marked signs of yang deficiency, such as cold abdomen, pale complexion.

EFFECTIVE COMBINATIONS

The formulas below readily combine with the main formulas (above) to enhance and customize treatments:

Free and Easy Wanderer Plus (Jia Wei Xiao Yao Wan) is an excellent formula to relieve tension and stress that are accompanied with heat signs.

Bupleurum and Tang Kuei Formula (Xiao Yao San) Same as Free and Easy Wanderer Plus, but without the ability to clear heat. Use for the same indications as Free and Easy Wanderer Plus when heat signs are absent.

Two Immortals Formula (Jia Jian Er Xian Tang) For women over 35 who may be experiencing an imbalance of both yin and yang.
PHASE 1
Menstrual Phase Considerations
- Ensure good quality of qi and blood
- Manage amount of blood
- Attend to heart-blood ↔ uterine connection
- Facilitate complete elimination of tissue

PHASE 2
Follicular Phase Considerations
- Support the ovaries
- Supplement yin and blood and support the ren and chong vessels in order to help build a stable environment for fertility

PHASE 3
Ovulatory Phase Considerations
- Facilitate a quick and smooth transition from yin to yang
- Emphasize blood invigoration and yang support
- Continue supporting yin and blood

PHASE 4
Luteal Phase Considerations
- Help make endometrium receptive to implantation
- Support qi and yang
- Support blood flow to the uterus

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Thank you for your interest in our company.

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Herbal Strategies for Supporting Women’s Fertility
Considerations for the Four Phases of the Menstrual Cycle

Supporting Women’s Fertility with Chinese Herbs

In all 4 phases, the heart and emotional components need to be supported.