



Chinese Mood Elevator

Natural Alternative to Antidepressant Medications and More

Chinese Mood Elevator is a Traditional Chinese Medicine (TCM) formula that is used to relieve sagging energy (chi). It is helpful for sadness, depression, fatigue, insomnia and anxiety. Unlike modern Western approaches to depression which focus on the neurotransmitter serotonin, Mood Elevator works in a holistic manner to relieve depression and sadness by balancing liver, digestive, intestinal and nervous functions.

The formula supports the liver, expels mucus and toxins from the liver and digestive tract, relaxes muscle spasms, stimulates circulation and energy, and eases indigestion. In TCM terms it relieves sagging chi (or energy) and disperses stagnant chi. It also expels wind (constriction and spasm) and dampness (excess fluid). So, it is useful not only for depression, but for congestion and sluggishness of the liver, abdominal bloating and pain, lymphatic congestion, anxiety and nervous tension, and muscle spasms.

Here are the ingredients in this formula and their benefits:

Perilla leaf (*Perilla frutescens*) is an aromatic herb with a pungent flavor. It is warming and stimulating, moving stagnant energy in the body and relieving intestinal bloating and distention. It helps improve the duration of sleep.

Cyperus rhizome (*Cyperus rotundus*) is used in TCM to relieve depressed liver function, depression of the chi (or energy), liver-stomach disharmony and distention and pain in the chest and the abdomen. It enhances energy, improves digestion and relieves depressed feelings.

Chih-shih fruit (*Citrus aurantium*) is the fruit of the bitter orange. It is used to expel phlegm and relieve constipation. It also breaks up and disperses stagnant energy. The formula also contains **Aurantium** peel, which is the peeling of the same fruit and expels mucus while increasing circulation.

Typhonium rhizome (*Typhonium flageliforme*) is pungent and warming, relaxes muscle spasms, and expels phlegm and dampness.

Bamboo Sap (*Phyllostachys nigra*) is a saps that comes from heated bamboo. It is sweat and cooling and affects the heart and lung energy. It clears heat and helps expel phlegm. It has been used to treat respiratory infections, lung congestion, fainting, vomiting and gastritis.

Bupleurum root (Bupleurm chinese) is a major liver remedy in TCM. It is believed to resolve “disharmony” between the liver and spleen (digestion) that results in bloating and indigestion. It reduces inflammation in the liver, regulates energy, and reduces cholesterol and liver inflammation. Emotionally, it is believed

it helps drudge up feelings of anger and sadness so they can be released. It has been used for moodiness and sagging spirits.

Cnidium rhizome (*Ligusticum wallichii*) is a warm and acrid remedy that moves energy and relaxes muscle spasms. According to TCM it affects the liver and gallbladder and relieves depression. It also has pain relieving and anti-inflammatory effects.

Gambir stem (*Uncaria rhynchophylla*) is a relative of cat's claw or una d'gato (*Uncaria tomentosa*). It is a sedative and antispasmodic and is mainly used to relieve spasms, headache, dizziness and other disorders caused by tension. It has been used in TCM to treat nervous disorders like epilepsy, hypertension, convulsion and anxiety. It calms the liver and contains a substance that protects the liver from infection.

Hoelen (*Poris cocos*) is a sedative and diuretic, used in TCM to quiet the spirit and the heart.

Ophiopogon tuber (*Ophiopogon japonicus*) is used in TCM for the lungs, stomach and heart. It is nourishing and moistening and has been used to treat insomnia and to remove “vexation” from the heart.

Mood Elevator also contains small amounts of the following herbs as balancers and catalysts.

Ginger rhizome (*Zingiber officinale*) stimulates circulation in the abdomen and improves digestion. **Panax Ginseng** (*Panax ginseng*) is an general tonic. It is adaptogenic (helping to reduce stress levels), and has been used to treat forgetfulness, fatigue and insomnia.

Platycodon root (*Platycodon grandiflorum*) is an expectorant and lowers blood sugar and cholesterol. It opens and diffuses chi (energy). **Tang-kuei** root, better known as dong quai (*Angelica sinensis*) is a mild sedative, blood builder and digestive tonic. **Coptis** root (*Coptis chinenses*) normalizes liver and digestive function. **Licorice** root (*Glycyrrhiza uralensis*) supports adrenal function and helps energy and fluid balance in the body.

For depression and nervous problems, recommended dose is 4 capsules twice daily. For digestive upset, liver problems, etc., use 2-3 capsules three times daily. Many people have been able to get off anti-depressant drugs with this formula, taking the formula along with their medication, until they begin to feel better. They then gradually reduce the dose of their medication. Never discontinue anti-depressant medications abruptly. Ideally, this process should be done under professional supervision.

Selected References

Oriental Material Medica: A Concise Guide by Hong-Yen Hsu
An Illustrated Chinese Materia Medica by Kun-Ying Yen

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