Earth Dragon

(Hypoallergenic)

Item # 73990
Available in bottles of 150 capsules

The Possible Benefits of Earth Dragon, a Dietary Supplement

- Promotes digestion and assimilation, and helps regulate gastrointestinal inflammation
- Enhances hepatic detoxification and antioxidant activity, relieving liver congestion

Description

Earth Dragon was formulated by Ba Hoang MD, PhD, based on the work of three generations of medical doctors versed in western medicine, traditional Chinese medicine (TCM) and the herbal tradition of Vietnam. Earth Dragon is designed to support digestion and assimilation, and help regulate inflammation of the gastrointestinal tract. As a tonic, it supports the digestive function of the stomach and the gastrointestinal tract by balancing the sympathetic and parasympathetic functions of the central nervous system, which can extend benefit to the liver and other organ systems. It supports liver function by relieving liver congestion, and enhancing hepatic anti-oxidant function and detoxification. For extra support, some practitioners combine this product with Colon-Well (Item no. 74210).

For thousands of years, *Lumbricus rubellus*, or earthworm powder, has been used for its therapeutic benefits, throughout Asia and Southeast Asia, including China, Korea, Vietnam. Earthworms have a dense nutritional content because of their soil-based origin. According to the ancient Chinese medical publication Ben Cao Gang Ma (Compendium of Materia Medica), *Lumbricus* was said to unblock the body's meridians and channels, and was used to improve blood circulation and in the treatment of limb numbness and hemiplegia. *Lumbricus* supports muscle relax-ation and tonification of the sympathetic nervous system, potentially benefiting diges-tion, and it also has antioxidant properties.

Atractylodes alba, or bai zhu, is a digestive, liver and gall bladder tonic. It is anti-inflammatory and anti-allergenic, as well as supporting detoxification. In TCM, it is thought to support the functions of the stomach and spleen, the organs responsible for food digestion. Its actions also include promotion of phagocytosis, adversely affecting viruses, and nurturing the function of the adrenal cortex. Besides its use for digestion, traditionally Atractylodes is used for other things including phlegm-retention syndrome and cough.

Poria cocos, or fu ling, is a solid fungus that grows on the roots of dead pine trees. It has been widely used in TCM since ancient times, and has traditionally been used as a tonic for the internal organs, including the spleen, lung, kidney, triple warmer, heart, bladder and gall bladder, and for skin health. As a yin tonic, it helps regulate body fluids and supports the circulation of chi in the triple warmer. It is calming to the nervous system, is considered a heart and lung tonic, has diuretic effects, and plays a role in blood sugar regulation. Active ingredients of *Poria cocos* include polysaccharides, ergosterol, tetracyclic triterpenic acid, tumulosic acid, dehydrotumulosic acid, eubricoic acid, pinicolic acid, poricoic acid, pachymic acid, chitin and choline.

Acorus gramineus, or shih chang pu, grows near streams and ponds throughout East Asia, and the root has been used as a ginger

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substitute. It is used in TCM as a digestive tonic that promotes circulation of digestive juices, for abdominal bloating, achiness, ringing in the ears, and to support memory. It is considered to be anodyne, antibacterial and antifungal, antirheumatic, antispasmodic, cardiac, carminative, diaphoretic, stomachic and tonic. The powder is also applied to bleeding gums. One active component of interest is asarone, which has shown capacity to help regulate blood pressure and microbial balance.

Each 3 capsules contain:	Proprietary blend	1500 mg
	Atractylodes alba (root) extract	
	Earthworm powder	
	Poria cocos extract	
	Acorus gramineus (root) extract	
Other ingredients:	Magnesium stearate, silicon dioxide.	
Suggested Use:	As a dietary supplement, 3 capsules two times per day between meals, or as directed by a healthcare practitioner.	

Selected References

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