

SLEEP & RELAXATION SELECTION GUIDE

Finding the right formula to settle the mind and restore the night.

	PRODUCT	USE WHEN	KEY SYMPTOMS	BEST FOR	DIFFERENTIATOR
Deficient & Heat Sleep					
	Lunalux <i>Suan Zao Ren Chai Hu Long Mu Tang</i>	Liver/Heart disharmony with excess heat.	Intense restlessness, anxiety, and difficulty falling asleep.	The Agitated Sleeper: Those disrupted by internal tension and active mental heat.	The Enhanced Tranquility Option: A potent evolution of the Zizyphus base, designed to settle a restless mind and anchor a floating or hyperactive Shen.
	Zizyphus <i>Suan Zao Ren Tang</i>	Liver & Heart Yin deficiency.	Difficulty staying asleep, vivid dreaming, and palpitations.	The Light Sleeper: Those who fall asleep but wake easily or feel unrefreshed.	The Liver-Heart Anchor: A classic, gentle path to nighttime tranquility without heavy sedation.
	No. Six <i>Liu Wei Di Huang Wan</i>	Foundational Kidney Yin deficiency.	Lower back weakness, tinnitus, and general dryness.	The Constitutionally Dry: Those needing long-term restoration of vital fluids and cooling reserves.	The Base Layer: The essential, six-herb foundational tonic for baseline Kidney health.
	Ren Bai <i>Zhi Bai Di Huang Wan</i>	Kidney/Liver Yin deficiency with heat.	Night sweats, hot flashes, and lower back strain.	The Overheated: Patients experiencing active heat signs or menopausal discomfort.	The Cooling Specialist: An amplified version of No. Six specifically for clearing Deficient Heat.
	Equinox <i>Er Xian + Er Zhi Wan</i>	Hormonal transition & Kidney deficiency.	Mood swings, hot flashes, and fatigue during midlife.	The Menopausal Transition: Women navigating cycle changes and hormonal insomnia.	The Hormonal Pivot: Stabilizes the internal climate by targeting the Kidney/Hormone axis during change.

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Emotional & Stress Sleep					
	Restore <i>Gui Pi Tang</i>	Spleen/Heart Qi & Blood deficiency.	Overthinking, worry, poor appetite, and restless sleep.	The Tired Overthinker: Those whose stress hits their digestion and sleep simultaneously.	The Digestive Link: Tonifies Spleen Qi to build the Blood needed to anchor a restless mind.
	Grace & Ease <i>Jia Wei Xiao Yao San</i>	Liver Qi stagnation with heat.	Irritability, PMS, and stress-induced tension.	The Tense & Irritable: Those who feel overheated and physically tight from daily stress.	The Flow Specialist: Moves stagnant Qi and cools Liver Fire to restore emotional lightness.
	Cordis <i>Tian Wang Bu Xin Dan</i>	Heart & Kidney Yin deficiency.	Anxiety, mental chatter, and emotional transitions.	The Mentally Fatigued: Those dealing with chronic stress or tired-wired mental loops.	The Heart-Kidney Bridge: Specifically harmonizes the connection between the Heart and Kidney to settle chatter.