



SUN TEN

March/April 2006

NEWSLETTER

April 1st is the start of our new exciting seminar series on digestive disorders with Greg Bantick. One in three people that step into your practice will suffer from digestive disorders, a number too large to ignore. Learning the appropriate treatment strategies for digestive disorders offers opportunities to further help one third of your patients! Greg will be presenting his personal experiences in treating digestive disorders in his usual down to earth, highly practical manner. In preparation for his seminar, this newsletter explores pattern differentiation and modern research in the treatment of hepatitis. "TCM principles" reviews TCM digestive theory and useful formulas in the treatment of digestive disorders.

中医 Traditional Chinese Medicine

Age-old Experience and New Strategies in the Treatment of Hepatitis

By Dagmar Riley Dip. TCM



Hepatitis - inflammation of the liver - refers to a broad range of conditions with viral, toxic (including alcohol), pharmacologic, and immune-mediated causes of the disease. Viral hepatitis, the most common, can be sub-divided into a number of types (Types A, B, C, D, E and Non-A, non-B, non-C hepatitis). Hepatitis also is categorised into acute (less than six months) and chronic (longer than six months).

Type A (HAV), Type B (HBV), and Type C (HCV), the most prevalent, affect a half million Americans annually and millions world-wide. HAV is seldom fatal, but requires up to 30 days bed rest. HBV is frequently slow to resolve, thus a common cause of chronic liver disease and cirrhosis. Patients sometimes become asymptomatic carriers. The HCV virus remains in the blood for many years and is thus a common cause of liver failure, liver cancer and cirrhosis.

HAV, HBV and HCV symptoms are similar, although HBV and HCV symptoms usually are more severe. Importantly, even patients with chronic active hepatitis may be asymptomatic. Symptoms include:

- Jaundice (although most are without jaundice; jaundice is most frequently associated with hepatitis A).
- Malaise, fatigue, anorexia (loss of appetite).
- Nausea, vomiting, abdominal discomfort.
- Dark urine, colourless stool.
- Myalgia, arthralgia.
- Headache, fever, 'flu-like symptoms.

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The Western medicine treatment strategy for acute viral hepatitis is mainly rest, aggressive hydration and balanced nutrition. Chronic active hepatitis is generally treated by a gastro-enterologist with immunomodulators following a liver biopsy. Treatment progress and cure can be monitored by measuring serum levels of liver enzymes, viral DNA, antibodies to viral antigens, or viral antigens.

TCM View of Hepatitis

Hepatitis B is endemic in Southeast Asia. According to Dr Dharmananda, historical records indicate that a disease corresponding to hepatitis B was known to Chinese doctors at least 1800 years ago. Treatment records were kept through the ages and both Japan and China took these historical records as basis of their scientific evaluation of traditional Chinese herbs in the treatment of viral hepatitis, which began around 1950. This extensive clinical experience with the disorder has led Japanese medical doctors who prescribe Chinese herbs to report that a diagnosis of hepatitis is one of the main reasons for treating a patient with Traditional Chinese Medicine (TCM).¹

“A diagnosis of hepatitis is one of the main reasons for treating a patient with Traditional Chinese Medicine.”

The following pattern differentiation describes patterns commonly seen in hepatitis B patients.² However, studies have shown that although the incidence of a particular pattern seems to differ between different kinds of hepatitis, the patterns can still be considered common for all hepatitis kinds. For example, hepatitis C patients seem to have a higher incidence of blood stasis than hepatitis B patients which may reflect the higher age group of hepatitis C patients, but binding depression of liver qi (= liver qi stagnation) still tends to be the most common pattern in both.³ Another example is hepatitis A which does not become chronic and symptoms are thus likely to centre around toxic heat. As in every clinical situation in TCM, always consider the individual symptoms and signs, constitution and history of your patient.



Pattern Differentiation

Non-jaundice Type:

1. Binding Depression of Liver Qi.

Symptoms: Distension and wandering pain in the rib-side, pain exacerbated with emotional frustration or stress, oppression in the chest, shortness of breath, reduced appetite, frequent belching. Thin tongue coating and string-like pulse.

Formula: *Chai Hu Shu Gan Tang* [Bupleurum & Cyperus Formula] to course the liver and rectify qi. Chai Hu [Bupleurum] courses the liver, Xiang Fu [Cyperus], Zhi Ke [ripe Citrus] and Chen Pi [Citrus peel] rectify qi, Chuan Xiong [Cnidium] quickens liver blood and Shao Yao [Peony] and Gan Cao [Licorice] relax tension and relieve pain.



2. Spleen Deficiency Giving Rise to Damp Obstruction.

Symptoms: Fullness and distension in the stomach duct, fatigue, no energy in limbs which may be swollen, reduced appetite, sloppy stool or diarrhoea, rib-side pain. White, greasy tongue coating; moderate or string-like pulse.

Formula: *Ping Wei San* [Magnolia & Ginger Combination] to dry dampness and strengthen the spleen. Cang Zhu [Atractylodes] dries dampness and strengthens the spleen, Hou Po [Magnolia Bark] redirects upward rebelling qi, eliminates dampness and disperses fullness, Chen Pi [Citrus peel] rectifies qi, Gan Cao [Licorice] harmonises the centre and benefits qi, Sheng Jiang [fresh Ginger] and Da Zao [Jujube] harmonise spleen and stomach.

3. Liver Yin Insufficiency.

Symptoms: Dull pain in the rib-side, dizziness, unclear vision, dry eyes, dry mouth, subjective sensation of heat in the chest area, palms and soles, easily angered. Red tongue with scant coating; wiry, fine and rapid pulse.

Formula: *Yi Guan Jian* [Glehnia and Rehmannia Formula] to nourish liver yin and soothe liver qi. This formula can be made up of the singles (all weekly dosages in grams of granules) Sheng Di Huang [raw Rehmannia] 21 to 52 g and Gou Qi Zi [Lycium Fruit] 10 to 21 g to enrich liver and kidney yin, Sha Shen [Glehnia] 10 g and Mai Dong [Ophiopogon] 10 g to nourish yin and engender fluids, Dang Gui [Angelica Sinensis] 10 g to nourish liver blood, and Chuan Lian Zi [Melia] 5 g to course the liver, rectify qi and alleviate pain.

4. Qi Stagnation and Blood Stasis.

Symptoms: Stabbing pain in the right rib-side, glomus lump (palpable abdominal mass, here signifying enlargement of liver), dizziness, numb limbs, emaciation, abdominal distension, low food intake, blackish (underlying dark tone) complexion, red or purple tongue with stasis speckles, deep rough or deep string-like pulse.

Formula: *Tao Hong Si Wu Tang* [Persica, Carthamus and Dang Gui Combination] to quicken blood and transform stasis. *Tao Hong Si Wu Tang* can be made up of *Si Wu Tang* [Dang Gui Four Combination] adding the singles Tao Ren [Persica] and Hong Hua [Carthamus]. Within the formula, Shu Di Huang [cooked Rehmannia], Dang Gui [Angelica Sinensis], Chuan Xiong [Cnidium] and Bai Shao [White Peony] nourish blood and quicken blood, Tao Ren [Persica] and Hong Hua [Carthamus] dispel stasis. To this, Chai Hu [Bupleurum] and Yu Jin [Curcuma Aromatica] may be added to course the liver and rectify qi.

Jaundice Type:

1. Yang Huang (yang jaundice), Associated with Acute Infectious Hepatitis.

Symptoms of damp-heat invading the liver and gallbladder: Vivid yellow jaundice similar to the yellow of a tangerine, heat effusion, thirst, urine the colour of strong tea, rib-side pain, abdominal distension, constipation. Slimy, yellow tongue coating; rapid, string-like pulse.

Formula: *Yin Chen Hao Tang* [Capillaris Combination] or *Da Chai Hu Tang* [Major Bupleurum Combination] if the former is not available, to clear and disinhibit liver-gallbladder damp-heat. *Yin Chen Hao Tang* can be made up of the singles Yin Chen Hao [Capillaris] 6 parts, Zhi Zi [Gardenia] 2 parts, and Da Huang [Rhubarb] 2 parts. Yin Chen Hao clears heat and disinhibits dampness, Zhi Zi and Da Huang clear heat by precipitation.

2. Yin Huang (yin jaundice).

Symptoms: Withered yellow facial complexion, fatigue, aversion to cold, reduced food intake, oppression in the stomach duct, or abdominal distension, unsolid stool, bland taste in the mouth, disinclination to drink fluids. Pale tongue with slimy coating, deep slow fine pulse. This pattern sometimes results from yang jaundice.

Formula: Treatment centres on fortifying the spleen and harmonising the stomach, as well as warming and transforming cold damp. In China, the formula *Yin Chen Zhu Fu Tang* is used for this purpose, however, due to Australian restrictions of Fu Zi [Aconite], this formula is not available in Australia, but can be made up in a modified version (without Fu Zi). The warming and yang restoring action of Fu Zi is hard to replace with other herbs, however a satisfactory therapeutic effect can be achieved with Gan Jiang and Rou Gui. Weekly dosages in grams of granules: Yin Chen Hao [Capillaris] 6 g can be used in treating all types of jaundice, Rou Gui [Cinnamon Bark] 2 to 3 g warms and fortifies yang, Bai Zhu [Atractylodes, white] 12 g, Gan Jiang [dry Ginger] 3 to 5 g and Gan Cao [Licorice] 6 g fortify the spleen and warm the centre.

Modern Research of TCM Treatment of Hepatitis

A] Research on Single Herbs.

Herbs for liver support:

Herbs in this category may be able to reduce the effect of viral hepatitis on the liver (alleviate inflammation of the liver) without automatically reducing the virus or the body's immune response to the virus.

- **Wu Wei Zi** (Schizandra) is hepatoprotective and promotes liver regeneration and detoxification.
- **Yu Jin** (Curcuma) is a potent anti-inflammatory herb that is also hepatoprotective.

Immune Support and Antivirals:

Herbs in this category work by inhibiting viral activity.

- **Gan Cao** (Licorice Root), particularly its extract, glycyrrhizin, is hepatoprotective. Concurrent administration of the amino acids glycine and cysteine appear to modulate glycyrrhizin's actions and prevent its aldosterone-like side-effect. This may reduce the risk of oedema and hypertension from high doses of licorice.
- **Huang Qi** (Astragalus) augments natural killer cell activity and interferon response and promotes liver detoxification.

B] Research on *Xiao Chai Hu Tang* [Minor Bupleurum Combination].

***Xiao Chai Hu Tang* [Minor Bupleurum Combination]**, one of the most frequently prescribed TCM formulae, has been used extensively in China and Japan to treat chronic liver disease. It is widely used to treat chronic hepatitis B and has shown confirmed clinical efficacy.

WARNING: This formula should not be taken with interferon due to possibly severe reactions to interferon and *Xiao Chai Hu Tang*.

1. Antioxidant/anti-inflammatory Effects: *Xiao Chai Hu Tang* acts as a free radical scavenger, preserving levels of glutathione in mice livers. It has been shown to protect the liver against a variety of toxins, including chemotherapeutic drugs.

2. Immune-modulator Effects: In *in vitro* and animal studies *Xiao Chai Hu Tang* has wide ranging effects on the immune system. The studies have shown to increase the activity of immune system components that fight viral infection.

3. Antiviral/anti-tumour Effects: *Xiao Chai Hu Tang* has been shown to have antiviral effects against hepatitis B, HTLV and HIV. Extracts from one ingredient, Huang Qin [Scute] seem responsible for most of this activity (although Gan Cao [Licorice] with its extract glycyrrhizin, another ingredient of *Xiao Chai Hu Tang*, also has documented antiviral effects).

References available upon request.

OVERVIEW OF FORMULAE COMMONLY USED IN THE TREATMENT OF HEPATITIS

<p>Chai Hu Shu Gan Tang [Bupleurum & Cyperus Formula].</p>	<p>Used in binding depression of liver qi pattern (non-jaundice type hepatitis). Main symptoms: Distension and wandering pain in the rib-side, pain exacerbated with emotional frustration or stress.</p>
<p>Ping Wei San [Magnolia & Ginger Combination].</p>	<p>Used in spleen deficiency giving rise to damp obstruction pattern (non-jaundice type hepatitis). Main symptoms: Fullness and distension in the stomach duct, fatigue, no energy in limbs which may be swollen, sloppy stool or diarrhoea.</p>
<p>Yi Guan Jian [Glehnia and Rehmannia Formula] formula can be made up of the singles (all weekly dosages in grams of granules). Sheng Di Huang [raw Rehmannia] 21 to 52 g, Gou Qi Zi [Lycium Fruit] 10 to 21 g, Sha Shen [Glehnia] 10 g, Mai Dong [Ophiopogon] 10 g, Dang Gui [Angelica Sinensis] 10 g, Chuan Lian zi [Melia] 5 g.</p>	<p>Used in liver yin insufficiency pattern (non-jaundice type hepatitis). Main symptoms: Dull pain in the rib-side, dizziness, unclear vision, dry eyes, dry mouth, subjective sensation of heat in the chest area, palms and soles.</p>
<p>Tao Hong Si Wu Tang, this can be made up of Si Wu Tang [Dang Gui Four Combination] adding the singles Tao Ren [Persica] and Hong Hua [Carthamus] (quantities as required).</p>	<p>Used in qi stagnation and blood stasis pattern (non-jaundice type hepatitis). Main symptoms: Stabbing pain in the right rib-side, glomus lump (palpable abdominal mass, here signifying enlargement of liver), numb limbs, emaciation, blackish complexion, red or purple tongue with stasis speckles.</p>
<p>Yin Chen Hao Tang [Capillaris Combination] to be made up of the singles Yin Chen Hao [Capillaris] 6 parts, Zhi Zi [Gardenia] 2 parts, and Da Huang [Rhubarb] 2 parts.</p>	<p>Yang huang (yang jaundice), associated with acute infectious hepatitis. Main symptoms: Vivid yellow jaundice similar to the yellow of a tangerine, heat effusion, thirst, urine the colour of strong tea.</p>
<p>Modified Yin Chen Zhu Fu Tang Weekly dosages in grams of granules: Yin Chen Hao [Capillaris] 6 g, Rou Gui [Cinnamon bark] 1.9 g, Bai Zhu [Atractylodes, white] 12 g, Gan Jiang [dry Ginger] 3 g and Gan Cao [Licorice] 6 g.</p>	<p>Yin huang (yin jaundice). Main symptoms: Withered yellow facial complexion, fatigue, aversion to cold, unsolid stool, disinclination to drink fluids.</p>
<p>Xiao Chai Hu Tang [Minor Bupleurum Combination].</p>	<p>Traditionally used to treat infectious disease that had weakened defence qi and progressed from the surface of the body into the shaoyang channel (also called midstage pattern). Used extensively today to stop the progression of viral infections such as hepatitis. Modern research has shown this formula to have antioxidant/anti-inflammatory, immunomodulator and antiviral/anti-tumour effects (see previous page for more detail). WARNING: Do not use in combination with interferon.</p>

中医基础 TCM Principles

Articles appearing under the heading "TCM Principles" are suitable for graduates of the **Sun Ten Self Study Course** and carry footnotes referring to content explained in the course. The articles are ideal to review your studies and further your knowledge in a particular area of TCM.

A TCM View of the Digestive System

By Dagmar Riley Dip. TCM

A harmonious digestive system, in Chinese Medicine, is maintained by the following organ systems:

The Spleen:

The spleen governs movement and transformation:

- This refers to extracting the nutrients from food and moving the extracted essence to relevant parts of the body. In this sense, the spleen participates in the formation of qi and blood. If this function is healthy, the person will enjoy good appetite and digestion, regular bowel movements and good absorption of nutrients.
- This function also includes the movement and transformation of fluids. For this reason the spleen must always be treated (together with other bowels and viscera if involved) if there is internal dampness or phlegm.

Examples of possible pathological changes if this function is impaired: Bad digestion, loose stools, abdominal distention, nutritional disorders, bad appetite, internal dampness, phlegm, water swelling.

Formulae that address a weakness in this area are formulae that supplement spleen qi, such as **Si Jun Zi Tang** [Four Major Herb Combination], the base formula for spleen qi supplementation, **Liu Jun Zi Tang** [Six Major Herb Combination], built on **Si Jun Zi Tang** with additional herbs that deal with internal dampness and phlegm, **Shen Ling Bai Zhu San** [Ginseng & Atractylodes Formula], built on **Si Jun Zi Tang** with additional herbs that stop diarrhoea and percolate dampness, or **Bu Zhong Yi Qi Tang** [Ginseng & Astragalus Combination], which, in addition to digestive weakness, addresses other effects of weak spleen qi such as frequent colds and infections or poor muscle tone.

Stomach

The stomach stands in exterior-interior relationship with the spleen. The stomach's functions of intake and decomposition of food are the prerequisite for the spleen to be able to extract nutrients from the food. In this sense, the relationship between spleen and stomach is very close. The stomach essentially:

- Governs intake of food;
- Governs decomposition of food;
- Governs downbearing of the turbid which means releasing food down to the intestines.

Examples of pathological changes are symptoms in the epigastrium for example pain, fullness, distension or other discomfort in the epigastrium, changes in tongue coating in the centre of the tongue, nausea, vomiting, sour regurgitation, belching, hiccup, no appetite, bad breath.

A formula that supplements spleen qi but also addresses the stomach's function of intake and decomposition of food is **Xiang Sha Liu Jun Zi Tang** [Saussurea & Cardamon Combination].

The Liver:

The liver governs free coursing:

This function ensures free flow of qi and blood, unobstructed mental and emotional activity, the unobstructed secretion of bile and the smooth function of the spleen's moving and transformation. If the liver's free coursing is impaired, this often impacts on the spleen's function of moving and transformation. This very common pattern of disharmony is known as "liver qi invading the spleen".

Formulae that address this pattern are **Xiao Yao San** [Bupleurum & Dang Gui Formula] for liver qi stagnation with spleen and blood deficiency (a very common pattern in women) and **Chai Hu Shu Gan Tang** [Bupleurum & Cyperus Formula] in cases where liver qi stagnation is the predominant problem and spleen deficiency signs are usually mild.

Gall Bladder

The gall bladder stands in exterior-interior relationship with the liver. It receives bile from the liver and the liver's function of free coursing of qi assists in bile secretion.

Examples of pathological changes are rib-side pain, bitter taste in the mouth, inability to digest fat and nausea. A formula often used to improve gallbladder function is **Da Chai Hu Tang** [Major Bupleurum Combination].

Large Intestine

The function of the large intestine is to discharge waste from the body and to absorb further water from waste.

Examples of pathological changes are disturbances of bowel movements: Constipation, diarrhoea, burning sensation in anus, swelling in anus, difficulty in defecating.

A formula often used to improve chronic constipation is **Ma Zi Ren Wan** [Apricot Seed & Linum Formula].

This formula can be combined with another formula to address the underlying problem, for example if constipation is exacerbated with fatigue, combine with **Bu Zhong Yi Qi Tang** [Ginseng & Astragalus Formula], if exacerbated with stress, combine with **Xiao Yao San** [Bupleurum & Dang Gui Formula] or **Chai Hu Shu Gan Tang** [Bupleurum & Cyperus Formula].

To maintain a healthy digestion, a good "spleen diet" is important. Generally, a spleen strengthening diet consists of regular, cooked meals prepared from fresh ingredients and eaten in peace (not "on the go" or under stress). For further information on a good spleen diet refer to article "When the Herbs Don't do Anything - the Importance of Strengthening the Spleen", Sun Ten newsletter March/April 2005 available at www.sunten.com.au

OVERVIEW OF FORMULAE COMMONLY USED IN THE TREATMENT OF DIGESTIVE DISORDERS

SUPPLEMENTING SPLEEN QI

Si Jun Zi Tang

[Four Major Herb Combination].

This is the base formula for spleen supplementation on which all spleen qi supplementing formulae are built. Supplements qi and strengthens the spleen. Often used as add-on formula for stronger qi supplementation. Key symptoms: Chronic digestive weakness e.g. abdominal distension, loose stools (may have occasional constipation), tired after meals. No energy, pale complexion. Tongue: Pale and flabby with a thin, white coat.

Liu Jun Zi Tang

[Six Major Herb Combination].

As *Si Jun Zi Tang* above, but additionally transforms phlegm-damp. Key symptoms as *Si Jun Zi Tang* above, plus symptoms for phlegm-damp: Puffy face/fingers in the morning, feeling heavy, tendency to mucous, nausea, tendency to fluid retention.

Shen Ling Bai Zhu San

[Ginseng & *Attractylodes* Formula].

As *Si Jun Zi Tang*, but with severe damp. Helps to relieve diarrhoea. Key symptoms as *Si Jun Zi Tang*, plus symptoms for severe damp: Undigested food in stools, chronic diarrhoea, borborygmus, fluid retention, feeling of heaviness. Women may have copious white or turbid leucorrhoea. Also used for children who are fussy eaters, pale, underweight, tend to loose stools and are lacking energy.

Bu Zhong Yi Qi Tang

[Ginseng & *Astragalus* Combination].

As *Si Jun Zi Tang*, but additional indications include frequent colds and infections, or centre qi fall (e.g. poor muscle tone, prolapse). Key symptoms as *Si Jun Zi Tang*, symptoms exacerbated with mental and physical fatigue.

SUPPLEMENTING SPLEEN YANG

Li Zhong Tang

[Ginseng & Ginger Combination].

Warms and strengthens spleen and stomach and dispels cold. Key symptoms: General symptoms of spleen qi deficiency (see *Si Jun Zi Tang* above) plus signs of cold: Abdominal pain which is aggravated by cold and relieved with warmth, no thirst or mainly drinks warm beverages, cold extremities and abdomen, clear copious urine. For digestive symptoms which are exacerbated by cold, the consumption of cold or raw foods and ice-cold drinks. Tongue: Pale with a greasy white coat.

Xiao Jian Zhong Tang

[Minor Cinnamon & Peony Combination].

Relieves spasms and helps to relieve pain, warms the spleen and stomach. Key symptoms: General symptoms of spleen qi deficiency (see *Si Jun Zi Tang* above) plus abdominal pain (often pain due to spasms in the umbilical area or colicky pain) which is relieved with warmth or pressure and aggravated by cold or raw foods.

FOOD STAGNATION

Xiang Sha Liu Jun Zi Tang

[*Saussurea* & *Cardamon* Combination].

As *Si Jun Zi Tang* above but also transforms phlegm, moves qi and is indicated in food stagnation. Key symptoms: Indigestion, bloating, flatulence, belching, borborygmus, tiredness after meals, abdominal and epigastric discomfort, bad breath.

LIVER SPLEEN DISHARMONY

Xiao Yao San

[*Bupleurum* & *Dang Gui* Formula].

Liver qi stagnation, spleen and blood deficiency (irritability, depression, mood swings with fatigue, may be pale). Digestive symptoms which appear due to or are exacerbated by mental stress or emotional changes. Combine with other formulae if needed.

Chai Hu Shu Gan Tang

[*Bupleurum* & *Cyperus* Formula].

Liver qi stagnation (irritable, mood swings, tension headaches, upper back tension) in otherwise robust patient. Epigastric or abdominal pain. Combine with other formulae if needed.

LIVER/GALLBLADDER

Da Chai Hu Tang

[Major *Bupleurum* Combination].

Qi stagnation and damp-heat in liver and gallbladder, manifesting as rib-side and abdominal pain, nausea, aversion to/inability to digest fat, constipation. Tongue: Greasy yellow coating. Often used to strengthen gallbladder function.

CONSTIPATION

Ma Zi Ren Wan

[*Apricot Seed* & *Linum* Formula].

Habitual constipation, geriatric constipation, post-partum constipation, post-surgical constipation. Tongue: Dry, yellow coating.

HAEMORRHOIDS

Yi Zi Tang

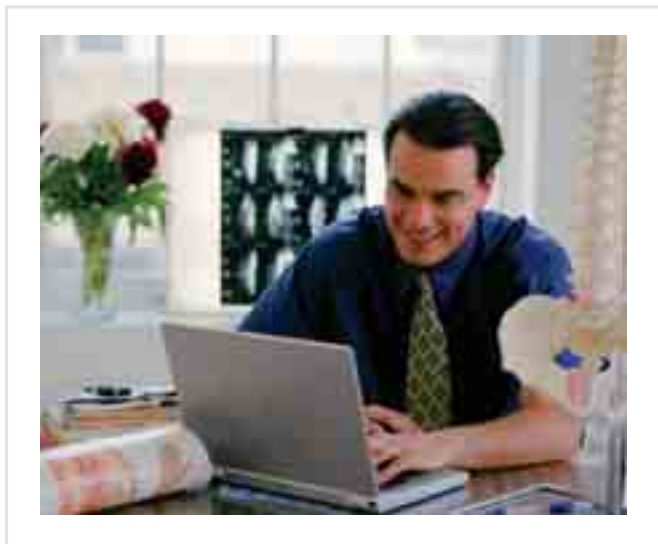
[*Cimicifuga* Combination].

Used in constipation complicated by haemorrhoids, haemorrhoidal pain and bleeding, and prolapse of rectum. Antibacterial, anti-inflammatory, mild purgative. In TCM terms, this formula removes intestinal heat and damp, promotes smooth bowel movement and lifts qi.

Introducing the Sun Ten Website

A website that supports Practitioners using Traditional Chinese Herbal Medicine, whether they are novices or have years of experience. Health World Limited is proud to present to you the Sun Ten Website.

www.sunten.com.au



Much planning and thought has gone into the website's content and we are confident that you will find this website a wonderful clinical tool to help support you in your daily practice.

Quality

With the use of Traditional Chinese Herbs, one of the primary concerns of both Practitioners and patients alike, is the quality and purity of the herbal preparations. The website contains extensive information, which you can share with your patients, on the quality of Sun Ten manufacturing and testing procedures.

Products and Research and Development

Sun Ten stands out from other manufacturers of concentrated Chinese herbal extracts in that they run their own professional research and development institutes. By visiting this website you can find out more about these institutes and exactly how product quality, safety and efficacy is monitored.

Education

This section contains notification of up-coming seminars and back issues of the Sun Ten Newsletter. The newsletter provides Practitioners with information based on original Chinese TCM publications including articles on clinical experience of famous TCM Practitioners and the classics, insightful reviews of clinical research on TCM and articles for Practitioners just starting on their TCM journey. This is the type of information that you will want to return to time and time again.

Need To Know More?

Research into particular TCM formulae has increased over the past two decades, by clicking on the Research page you can access article abstracts and articles which scientifically validate TCM. Many of our patients come to see us with a Western medical diagnosis. Articles such as these, can lend further support to the use of the particular formula you choose.

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Upcoming Sun Ten Seminar Dates

Sun Ten Seminars 2006

April

Brisbane - Saturday 1st

Sydney - Sunday 2nd

Melbourne - Sunday 9th

November

Brisbane - Sunday 5th

Melbourne - Sunday 12th

Sydney - Sunday 19th

One Day Seminar

Running From: 2:00 to 7:00 pm

Dinner Served: from 7:00 pm

Sun Ten Pearls Seminar 2006

July

Melbourne - Sat. 8th and Sun. 9th


Sydney - Sat. 15th and Sun. 16th

Brisbane - Sat. 22nd and Sun. 23rd

Two Day Seminar

Day One: Running from 1:00 to 5:00 pm

Day Two: Running from 10:00 am to 5:00 pm

To find out more information or to book your place, call
 **SUN TEN** / Health World Limited on 1800 777 648.

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