



108 Medicines

In Chinese medicine, trauma and injury affect the normal circulation of the body, causes qi and blood stasis. This will lead to the perception of pain. There is also the idea that cold and damp can penetrate areas of the body where the vital energy has been compromised. This can lead to arthritic pains with age that often increase with weather changes, and can be difficult to treat. In cases of acute trauma where ice seems necessary, use these topical formulas instead.

The sooner the injury is treated, the sooner it will get better. In most cases, medical advice is to rest and elevate. By using these liniments, an injury will recover faster. The mechanism of action is reducing inflammation while dispersing congealed blood and fluids.

All recipes are plant and/or mineral based - using no animal/insect based ingredients. All ingredients are wild-crafted or organically sourced as much as possible. Ingredients are proprietary to 108 schools only. There are no exact reproductions in existence. All medicinal use, instructions, and recipes are sanctioned, and below referenced by Sifu Brent Ramos, Dr. Johnson Chiu, and the American College of Traditional Chinese Medicine, San Francisco, CA. All medicines are hand-made by pestle/mortar, and small batch.

108 Dit Da Jow - Trauma Liniment

An ancient recipe using all natural Chinese herbs & minerals for healing bruises caused by blood clots due to striking, falling, or just general bruising. Our Dit D Jow is also great for helping to soothe sore muscles after hard training. This recipe & process has been reviewed by Dr. Johnson Chiu and *the American College of Traditional Chinese Medicine*, located in San Francisco, CA - which has been determined suitable for all ages, body types, and backgrounds. This is an organic plant, and mineral based formula.

Dit Da Jow is good for soft tissue recovery, including ligaments, tendons, and muscles. Used for bruises, swelling, strains/sprains, pulled muscles, and severe contusions.

Directions: Apply a small amount of Dit Da Jow on to bruises, or painful areas by gently massaging. Start with soft & broad pressure, and circle out as if spreading the bruise outward. Apply more liniment if needed. Repeat 1-2 times per day, or as necessary after training. Do not wash off immediately - let the liniment absorb into the skin for a few minutes at minimum.

Ingredients: Ru Xiang, Mo Yao, Sang Zhi, Tian Qi, Luo De Da, Aie Ye, Fu Long Gan, Mu Xiang, Tian San Qi, Wu Jia Pi, Xue Jie.

DO NOT INGEST - TOPICAL LINAMENT ONLY.

General Contraindications For External Use: ALWAYS CONSULT A DOCTOR BEFORE CHANGING YOUR CHANGING YOUR HEALTH OR DIET PROGRAM. Pregnancy, alcohol sensitivity, avoid any open wounds, sensitive skin/rash areas. Always test a small amount on a small area of the squint to make sure there is no irritation.

WANT TO MAKE YOUR OWN? CONTACT US FOR AN HERB KIT OR WORKSHOP!

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108 Zheng Gu Shui - Bone Mending Liniment (Iron Palm/Bone)

108 Zheng Gu Shui: An ancient recipe using all natural Chinese herbs & minerals for healing joints and strengthening bones. This recipe & process has been reviewed by Dr. Johnson Chiu and *the American College of Traditional Chinese Medicine*, located in San Francisco, CA - which has been determined suitable for all ages, body types, and backgrounds. This is an organic plant, herb, and mineral based formula. **Zheng Gu Shi is best used for occurrences of shin splints, sprains, etc. Or, used with iron palm/bone training to help strengthen bones and relax sinews. This liniment will assist with protecting the palm/bones during training, and help stimulate healing responses for striking trauma.**

Directions: Apply a thin layer of Zheng Gu Shi to the injured area, and massage. Start with soft & broad pressure, and circle out as if spreading outward. Apply more liniment if needed. Repeat as necessary after training. Do not wash off immediately - let the liniment absorb into the skin for a few minutes at minimum.

Ingredients: Dian (Yunnan) San Qi, Yan Hu Suo, Ru Xiang, Dang Gui Wei, Zi Ran Tong, Mo Yao, Chuan Xu Duan, Guang Mu Xiang, Xue Jie, Gu Sui Bu, Wu Ming Yi, Jia Pi, Jia Pi, Jiu Cai Jen.

DO NOT INGEST - TOPICAL LINIMENT ONLY.

General Contraindications For External Use: ALWAYS CONSULT A DOCTOR BEFORE CHANGING YOUR CHANGING YOUR HEALTH OR DIET PROGRAM. Pregnancy, alcohol sensitivity, avoid any open wounds, sensitive skin/rash areas. Always test a small amount on a small area of the skin to make sure there is no irritation.

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The sooner the injury is treated, the sooner it will get better. In most cases, medical advice is to rest and elevate. By using these liniments, an injury will recover faster. The mechanism of action is reducing inflammation while dispersing congealed blood and fluids.

All recipes are plant and/or mineral based (tonic uses herbs only) - no animal/insect based ingredients. All ingredients are wild-crafted or organically sourced as much as possible. Ingredients are proprietary to 108 schools only. There are no exact reproductions in existence. All medicinal use, instructions, and recipes are sanctioned, and below referenced by Sifu Brent Ramos, Dr. Johnson Chiu, and the American College of Traditional Chinese Medicine, San Francisco, CA. All medicines are hand-made by pestle/mortar, and small batch.

108 Body Strengthening Tonic:

108 Qi Tonic: An ancient recipe using all natural Chinese herbs to increase, cleanse, strengthen, and tonify body health, such as cleansing & strengthening lungs, digestive, liver, spleen, stomach, moves the blood, alleviates pain, healing of headaches, helping with fatigue, muscle spasms, shortness of breath, sweating, tired extremities, dizziness, appetite, fevers, irritability, throat pain, dry mouth, cramps, vertigo, insomnia, and much more! Further, this tonic can help mitigate the effects of poisoning, severing as an antidote to help fight against herbicides, and general food poisonings. This recipe & process has been reviewed by Dr. Johnson Chiu and *the American College of Traditional Chinese Medicine*, located in San Francisco, CA - which has been determined suitable for all ages, body types, and backgrounds. This is an organic plant, herb, and mineral based formula aged in alcohol. **This tonic is taken orally to increase over all body health and power. CONTRAINDICATIONS: Pregnancy, alcohol sensitivity, common cold.**

Directions: Take a tablespoon, or 3-10 drops once per day, or as needed. Dilute in tea or water if too concentrated.

Ingredients: Ren Shen, Bai Zhu, Huang Qi, Gan Cao, Sheng Di, Dang Gui, Chuan Xiong, Bai Shao, Fu Ling, Ji Li, Du Zhong, Xu Duan.

General Contraindications For Internal Use: ALWAYS CONSULT A DOCTOR BEFORE CHANGING YOUR CHANGING YOUR HEALTH OR DIET PROGRAM. Pregnancy, alcohol sensitivity, avoid any open wounds, sensitive skin/rash areas. **DO NOT ingest TONIC if pregnant, or have sensitivity to alcohol.**

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