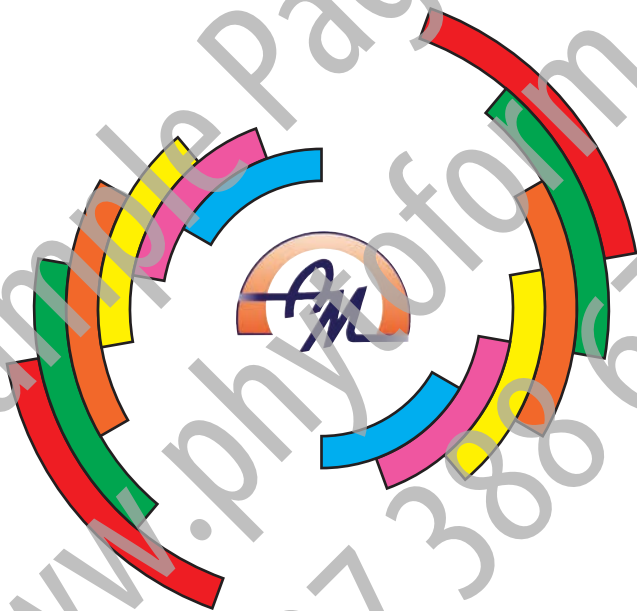


# ACUMEDIC **PHYTOFORM** SYSTEM



**Single Herb & Base Combination  
Reference Book**

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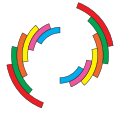
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## **ABOUT THIS BOOK:**

This book contains extensive information about all the Single Herbs and Base Combinations in the Phytoform System. It is designed as a reference and does not make any medical claims about any of the Phytoform products. Over time, this book should allow practitioners to develop their knowledge and skill in prescribing Phytoform extracts.

It is worth noting that all of the information contained in this book is in the Phytoform App which has more interactive prescribing, dispensing and stock control tools included. We highly recommend trying this app in your practice.



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Sample Page  
www.phytoform.eu  
0207 388 6704



**PHYTOFORM** is the brainchild of the amazingly influential and pioneering Professor Man Fong Mei - inventor of the world's first disposable acupuncture needle and micro-chip based CE electro-acupuncture device, and founder of the world renowned AcuMedic Clinic. Sadly, Professor Mei passed away before he could see this latest innovation in Chinese medicine reach completion but we are proud and honoured to introduce our Phytoform System to the world of Chinese medicine.

Over the past 20 years, AcuMedic Professional has been developing effective and safe herbal medicine extracts for practitioners in capsule form. In 2004, EU legislation made it illegal for anyone to supply finished herbal medicines after 2014 and so, in 2010, Professor Mei sat with his team of professors and colleagues to find a solution. It has taken 4 years of work with experts in China, AcuMedic and the Chinese Medicine Institute & Register (CMIR) to develop the Phytoform System and we have spent all of this time trying to create an elegant solution that is simple, affordable and legal, but most importantly effective and stays true to the concepts and complexity of Chinese medicine.

So what makes the Phytoform System unique?

## 1. THE QUALITY & EFFICACY OF THE EXTRACTS

The effectiveness of a herbal prescription begins with the starting material - the plant. In the same way as you will find inferior tomatoes or broccoli in a supermarket, the herbal medicine market is flooded with extracts that may be produced very well but if the starting material is cheap and low quality, the patient will not receive the desired effect. Just like any natural product, the location, climate, micro-climate, growing techniques and time of harvesting all impact the effectiveness of the herb. The Phytoform System has used the previous 20 years of AcuMedic experience to source herbs of the highest quality.

After picking and drying, our herbs are sent to one of the top GMP licensed manufacturers in China for processing into extracts. All of our herbs are water extracted instead of solvent. This means that although we can extract less per 100kg of herbs (making it less cost efficient), our process draws out the same medicinal compounds as traditional herb boiling from raw herbs. The solvent method draws out a different set of compounds and in differing ratios to the traditional method which we find unacceptable for safe clinical practice.

Once extracted, all of our products are potency and purity tested before being sealed and shipped to us. We are confident that you cannot find herbal extracts of a higher quality for your patients.

## 2. BASE COMBINATIONS

One of the difficulties when using single herb extracts is producing complex herbal formulations of 5 or more herbs. It can be messy, time consuming and prone to human

error. One of the most detailed aspects in developing the Phytoform System was to create a range of BASE COMBINATIONS that could be used as building blocks to make complex formulations easily. We looked at classic formulations and drew upon over 40 years of clinical experience to create a range of Base Combinations which would be useful for practitioners. The added advantage of Base Combinations is that practitioners are not required to purchase single herbs that they rarely use.

### 3. FULLY CUSTOMISABLE

From basic single herb prescriptions to complex multi-herb formulae, we wanted to make sure that the Phytoform System was adaptable to practitioner needs. Through extensive research we believe that our range of Single Herbs and Base Combinations makes it possible to create almost any prescription. Our unique label printing tool (available at [www.phytoform.eu](http://www.phytoform.eu)) allows practitioners to create own branded prescription labels at the time of dispensing with the exact formulation for the patient and practitioner reference.

### 4. SIMPLE DISPENSING

The last thing that any practitioner wants is an expensive, space demanding and complicated dispensing system. In developing the Phytoform System we looked at all options, from automated machines to pharmacy lathes and we worked very hard to come up with an incredibly simple solution. By standardising the density of the extracts and creating standard size scoops, a practitioner can dispense any formulation easily, with the correct level of accuracy. There is no need for weighing devices or blending machines, just a few scoops and 50cm of desk space is all that you require to dispense Phytoform properly.

### 5. EXTENSIVE RESOURCES

Rather than simply supply the Phytoform System, we have pooled all of our knowledge and created impressive resources for all Phytoform practitioners. This print-on-demand book contains an incredible wealth of information for your clinical practice. This is further enhanced by the Phytoform app which gives practitioners resource, prescribing, dispensing, stock control and ordering tools at their fingertips. The CMIR has created Herbal Prescriber courses specifically on the Phytoform System to allow practitioners to become masters of this unique system to the benefit of their patients. Please contact [www.cmir.org.uk](http://www.cmir.org.uk) to find out about these courses.

We hope that you find this book an indispensable resource to enhance your clinical practice and we are here to help so please contact us via [www.phytoform.eu](http://www.phytoform.eu) for any questions or comments.



Don Mei  
Director AcuMedic Professional

# PART I: BASE COMBINATIONS





# Lotus Stamen Base Combination

**Syndrome:** Kidney deficiency failing to consolidate the essence

**Function:** Tonify the Kidney to consolidate the vital essence

**Indications:** Nocturnal emissions, premature ejaculation, leukorrhagia

**Clinical Manifestations:** 1. Nocturnal emissions, premature ejaculation, tiredness, sore waist, tinnitus  
2. Pale tongue, thready and weak pulse

**Syndrome Acupoints:** BL23, CV6, ST36, BL51; plus GV4, CV4 for Yang deficiency; plus SP6, KI3 for Yin deficiency

**Notes:** C014 can be used for Kidney Qi deficiency failing to consolidate the essence. It can be used with C020 if the syndrome is complicated by Yin deficiency and with C080 if the syndrome is complicated by Yang deficiency

Based on the classical formula Jin Suo Gu Jing Wan (金锁固精丸)

**G19** (H148) Lian Zi

**G30** (H253) Wu Wei Zi

**B8** (H191) Qian Shi

**B11** (H238) Suo Yang



# Major Four Herbs Base Combination



**Syndrome:** Spleen and Stomach Qi deficiency

**Function:** Tonify Spleen Qi

**Indications:** Indigestion, chronic gastritis, gastric ulcer, IBS and any disease relating to Spleen Qi deficiency

**Clinical Manifestations:** 1. Poor appetite, abdominal distention, loose stool, fatigue, dizziness  
2. Pale tongue with white coating, weak pulse

**Syndrome Acupoints:** BL20, BL23, ST36, CV6, SP6

**Notes:** C015 is a standard combination for Spleen Qi deficiency

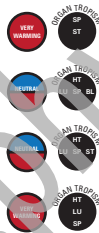
Based on the classical formula Si Jun Zi Tang (四君子汤)

**R3** (H018) Bai Zhu

**R13** (H082) Fu Ling

**R14** (H087) Gan Cao

**R25** (H200) Ren Shen





# PART II: SINGLE HERBS





Common Name: **Cinnamon Twig**  
Latin Name: **Ramulus Cinnamomi**  
Chinese Name: 桂枝

Used Part: **Twig or ramulus**  
Properties: **Warm**  
Flavour: **Pungent, sweet**  
Meridian-Tropism: **Heart, Lung, Urinary Bladder**  
Herbal Category: **Warm pungent herbs that release exterior pathogens**

Functions:

- 1. Induces sweating to relieve exterior syndrome**
- 2. Warms the channels and collaterals**
- 3. Activates Yang and circulates Qi**

Indications:

- 1. Exterior syndrome due to wind and cold pathogens, either excess or deficiency syndrome**
- 2. Pain syndrome due to blood stasis caused by cold coagulation**
- 3. Phlegm and fluid retention or water retention**
- 4. Palpitation**

Caution and Contraindication:

**Syndromes such as febrile disease, hyperactivity of Yang due to Yin deficiency and bleeding due to blood heat. Use with caution during pregnancy**

Pharmaceutical Actions:

- 1. Antibacterial – inhibits the growth of E.coli, Bacillus subtilis and Staph.aureus**
- 2. Antiviral**
- 3. Diuretic**



Common Name: **Rehmannia Root**

Latin Name: **Radix Rehmanniae**

Chinese Name: 生地黃

Used Part: **Tuberous root**

Properties: **Cold**

Flavour: **Sweet, bitter**

Meridian-Tropism: **Heart, Liver, Kidney**

Herbal Category: **Herbs that clear heat and cool the blood**

Functions:

- 1. Clears heat and cools the blood**
- 2. Nourishes Yin and promotes the production of body fluids**

Indications:

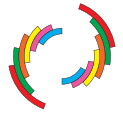
- 1. Seasonal febrile disease with pathogenic heat in the Ying and blood system, manifested as restlessness, thirst, eruptions, haematemesis, epistaxis and a crimson tongue**
- 2. Consumptive fever and bone steaming due to Yin deficiency caused by internal heat**
- 3. Thirst, diabetes, constipation due to the consumption of body fluids**

Caution and Contraindication:

**Spleen deficiency with dampness and epigastric fullness with diarrhoea**

Pharmaceutical Actions:

- 1. Antibacterial and antifungal**
- 2. Haemostatic – promote the coagulation of the blood**
- 3. Lower blood sugar**
- 4. Cardiotonic**
- 5. Protect the Liver**



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For Phytoform orders & enquiries:

[www.phytoform.eu](http://www.phytoform.eu)

[info@phytoform.eu](mailto:info@phytoform.eu)

0207 388 6704

For Phytoform courses:

[www.cmir.org.uk](http://www.cmir.org.uk)

[info@cmir.org.uk](mailto:info@cmir.org.uk)

0207 874 1801

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