

## ***The Nervous System Foods—Mind Focusing Formulas***

***“TOP in the Morning, JOI at noon, and ESE at bedtime!” Dr. Oi-Lin Chen***

### ***TOP—Soothing To the Head...(A Nervous System Food)...***

**TOP** is designed to help you feel well and think clearly. **TOP** contains nourishing herbs to help maintain emotional and mental balance. For “top” mental clarity and brain function, always “think” **TOP!** **TOP** nourishes the production of endorphins; helps balance the brain chemistry, promotes calmness; reduces pain; and helps clear sinus congestion. In general, **TOP** nourishes all the functions in the head. **TOP** helps us stay on “top” of everything we need to remember and do! **TOP** is food for the brain! Complements **JOI** and **ESE**. **Ingredients:** Mint Herb, Honeysuckle Flower, Chinese Lovage, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb, White Willow Bark.

#### **Possible benefits:**

- Relief of pain, including migraine and other headaches
- Increased focus and concentration
- Increased confidence and positive attitude

### ***JOI—Soothing To the Joint, Muscles and Skeletal Systems.. (A Nervous System Food)...***

**JOI**, a concentrated, regenerative whole food group of vegetables, nourishes the muscles and joints. **JOI** helps your musculoskeletal system stay in control. May also give relief from degenerative conditions in the spinal column. Certainly one of life’s “joys” is to live without the stress of body pain. **JOI** nourishes the body’s ability to soothe soreness and tension in the entire frame—from the neck down. **JOI** feels, to many, like a “natural muscle relaxant”. **JOI** strengthens ligaments, joints, discs, and structure throughout the body! Complements **TOP**, **ESE**, **SportCaps**, and **Sunrise** (for serious repair from injuries) **Ingredients:** Honeysuckle Flower, Yeuan Wu Root, Chinese Lovage, Angelica Root, Golden Bell Fruit. **Possible benefits:**

- Relief of pain and discomfort in muscles, bones and joints

### ***ESE—Soothing To the Mind and Entire Body... (A Nervous System Food)...***

**ESE** is a concentrated, regenerative whole food that strengthens the body’s central nervous system. **ESE** especially focuses on regenerating the nerves. Can be used for hyperactive children or nervous adults or just about anyone with a stressful lifestyle – in other words, just about anybody! **ESE** is a food to calm and allow you to be more “at ease” and “ease on down the road”! **ESE** helps one clear out the busy thoughts of the day and have a restful sleep. A calm and focused mind serves us no matter what we choose to do. **ESE** is especially soothing at bedtime. Drug and alcohol withdrawal is minimized. **ESE** is very powerful: 1-2 capsules at a time are sufficient. Complements **TOP** and **JOI**. **Ingredients:** Gou Teng, Ji Tsau Root Herb, Japanese Sophora Flower, Yeuan Wu Root, Mandarin Orange Peel, Pinellia Root.

#### **Possible benefits:**

- Natural sleep
- Helps one to relax
- Clearer concentration
- Increased capacity to handle stress
- Relief of addictive cravings

