

The 3 Nervous System Foods: TOP JOI ESE

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



TOP nourishes all the functions in the head. TOP is food for the brain!

- Increased mental clarity for studying & memory with increased focus and concentration
- Increases creativity
- Helps maintain emotional & mental balance, brain chemistry
- Increases production of endorphins
- Increased confidence and positive attitude
- Promotes calmness
- Helps clear sinus congestion.
- Relief of pain, including migraine and other headaches
- Soothing To the Head- everything from shoulders up
- 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.

For mental clarity, memory, and all brain functions, “think” TOP



JOI is the Brain-Nerve-Muscle connection food:

- Strengthens the nerve connection with the ligaments, joints, discs, and entire structure – the musculoskeletal system.
- Relief of pain and discomfort in muscles, bones, and joints
- May also give relief from degenerative conditions in the spinal column.
- like a “natural muscle relaxant” is soothing soreness and tension in the entire frame from the neck down.
- For those painful joint conditions – **Joi, Calli, & NuPlus**
- For serious repair from degeneration and injuries. **TOP, ESE, SportCaps, and Sunrise**

Ingredients: Honeysuckle Flower, Yeuan Wu Root, Chinese Lovage, Angelica Root, Golden Bell Fruit.

Certainly one of life’s “joys” is to live without the stress of body pain.

ESE is the body's central nervous system food



- Help with challenging emotional struggles: Can be used for hyperactive children or nervous adults
- Can be most helpful to those with nervous systems out of balance.
- Clearer concentration: A calm and FOCUSED mind
- Natural sleep **helps** clear out the busy thoughts of the day and have a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & just to relax
- Relief of addictive cravings: Drug, alcohol & smoking 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.

ESE is a food to calm and allow you to be more “at ease” and “ease on down the road”!

“These 3 nervous system foods have become part of a beautiful daily maintenance lifestyle, of keeping our nervous system strong and balanced”

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