

## ***The 3 Nervous System Foods: TOP JOI ESE – The JET Set***

***“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.
- It helps maintain emotional & mental balance & brain chemistry.
- Increases production of endorphins.
- Increases 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 of the musculoskeletal system with the ligaments, joints, discs, and entire structure.
- Relief of pain and discomfort in muscles, bones, and joints
- It may also give relief from degenerative conditions in the spinal column.
- It is like a “natural muscle relaxant,” 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 our body's central nervous system's food



- Help with challenging emotional struggles: This can be used for hyperactive children or nervous adults.
- It can be most helpful to those with nervous systems out of balance.
- More apparent concentration: A calm and FOCUSED mind.
- Natural sleep **helps** clear out the busy thoughts of the day to experience a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & relax
- Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized.
- **ESE** is effective: 1-2 capsules at a time is 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”**

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