

Evergreen Herb Formulas Help with Anxiousness/Low Mood and Feeling Flat

Anxiousness/Tension/Irritability associated with two or more of following:



A
Solution

Easily angered, restless, worry; Irregular bowels worsened by stress; Comfort eating; Sweaty hands or nervousness; Tension and stiffness in head, neck, joints and shoulder; Busy mind, hard to sleep; Stomach acid imbalance with bloating sensation; Bitter taste and/or bad breath; Ringing ears, buzzing; Itchy eyes or blurred vision; Bloodshot eyes. These conditions are triggered or worsened by stress. **Tension Free I** is a comprehensive solution for extended use.



B
Solution

Restlessness, irritability, worry; Temperature swings, often tender red/hot face and sweaty night, dry mouth; Hard to sleep, waking up early; Lack of stamina, easily exhausted; Fine ear ringing; Stomach acid imbalance, impatience with food craving; Bad breath, dry mouth; Low tolerance to heat; Prone to dry stool and/or scanty yellowish urine. These conditions are triggered or worsened by stress/busy life. **Tension Free II** is a comprehensive solution for extended use.



C
Solution

Easily angered, frustrated; Tension and stiffness in head, neck, joints and shoulder; Impatience, comfort eating; Sweaty hands or nervousness; Itchy, blurred, bloodshot eyes; Ear ringing/buzzing; Busy mind, hard to sleep; Stomach acid imbalance with bloating sensation; Bad breath/bitter taste. These conditions are aggravated by emotional upset. **Inner Calm I** is to quickly work on conditions in short term.



Low mood/Sadness/Feeling flat associated with two or more of following:



E
Solution

Worry/sadness; Low confidence; Indecisiveness; Poor clarity and focus; Lethargy. Sleepiness; Feel distended in the rib cage or chest; Feel constrained, often long sigh; Pale and puffy face; Low tolerance to coldness; Low libido; Prone to loose bowel movement.



F
Solution

Tension related tense muscles and stiff joints; Feel constrained; Tension, frustrated; Irregular bowels, worsened by stress; Feel distended in the rib cage/chest; Tension and stiffness in head, neck joints and shoulder; Busy mind, hard to sleep.

D
Solution

Restlessness, worry; Irritability with temperature swings, often tender red hot face and sweaty night; Red and dry lips, often cracked; Often lips, mouth and tongue breakouts; Fine ear ringing; Stomach acid imbalance, impatience with food craving; Bad breath, dry mouth; Low tolerance to heat; Prone to dry stool and/or scanty yellowish urine; Acne. **Inner Calm II** is to quickly work on conditions in short term.



Notes: Anxiousness/Irritability (A, B) and Low mood/Sadness (E, F) have sometimes transition from one to another. Please refer to the conditions listed for **Mood Lift I, II** or **Tension Free I, II** to differentiate if majority of anxiousness or majority of low mood/sadness. If poor digestion occurs during taking **Tension Free I, II** and **Inner Calm I, II**, take **Better Digestion** (refer to leaflets of each product for details).