

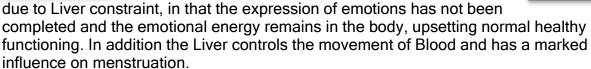
## STRESS RELIEF 1 vs STRESS RELIEF 2

Both formulas are directed to the Liver and promote the normal 'spreading' action of the Liver Qi, which maintains a smooth and even flow of Qi throughout the body. From a Western perspective, these formulas affect the interaction between a person's emotional reactions and the physical body.

ChinaMed

STRESS RELIEF

The tension that arises from emotional strain, stress, frustration, etc. is regarded in TCM as Qi stagnation



The main difference between these two formulas is that STRESS RELIEF 1 has a mild Heat clearing action, making it's calming effects stronger; while STRESS RELIEF 2 has relatively more tonifying herbs and this assists in treating patients who manifest with fatigue and feelings of being overwhelmed.

STRESS RELIEF 1 Formula (CM113)	STRESS RELIEF 2 Formula (CM130)
Stress, emotional strain	Stress, emotional strain
Menstrual irregularities	Menstrual irregularities
Liver function	Liver function
Stronger and more rapidly acting	No signs of Heat
<ul> <li>Contains herbs that more strongly address irritability and insomnia by addressing stagnant Heat.</li> </ul>	Signs of deficiency (fatigue, poor appetite, etc)

© Sun Herbal Pty Ltd www.sunherbal.com