



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.



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

due to Liver constraint, in that the expression of emotions has not been completed and the emotional energy remains in the body, upsetting normal healthy functioning. In addition the Liver controls the movement of Blood and has a marked influence on menstruation.

The main difference between these two formulas is that **STRESS RELIEF 1** has a mild Heat clearing action, making its 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)
<ul style="list-style-type: none"> • Stress, emotional strain 	<ul style="list-style-type: none"> • Stress, emotional strain
<ul style="list-style-type: none"> • Menstrual irregularities 	<ul style="list-style-type: none"> • Menstrual irregularities
<ul style="list-style-type: none"> • Liver function 	<ul style="list-style-type: none"> • Liver function
<ul style="list-style-type: none"> • Stronger and more rapidly acting 	<ul style="list-style-type: none"> • No signs of Heat
<ul style="list-style-type: none"> • Contains herbs that more strongly address irritability and insomnia by addressing stagnant Heat. 	<ul style="list-style-type: none"> • Signs of deficiency (fatigue, poor appetite, etc)