

Assignment

dietary rejuvenation project

Three-F Formula

– to speed the cleaning of excess mucus condition
project for 4 weeks-

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14 May 2018

What is Three-F Formula?

Good for excess mucus

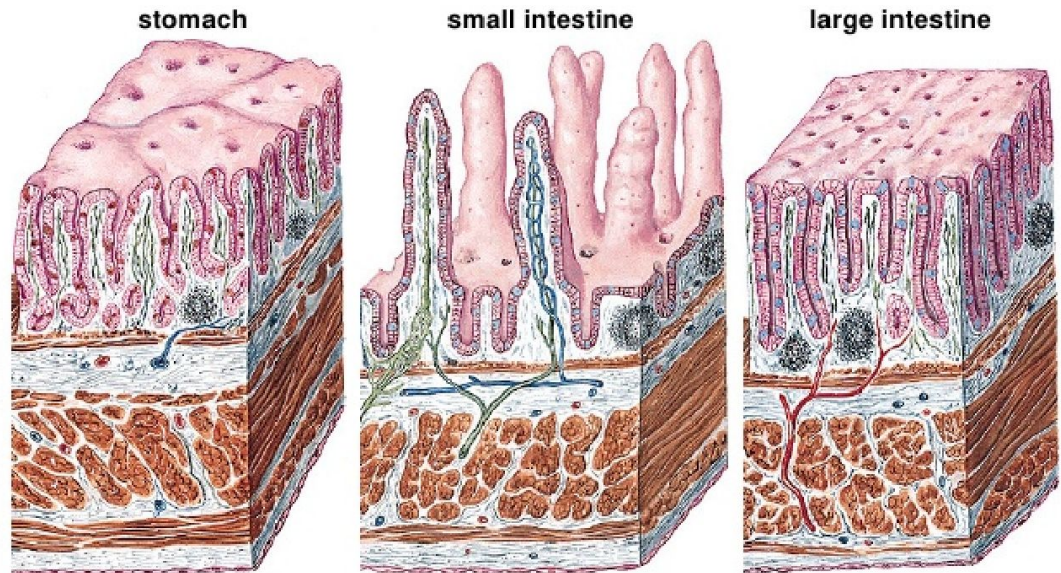
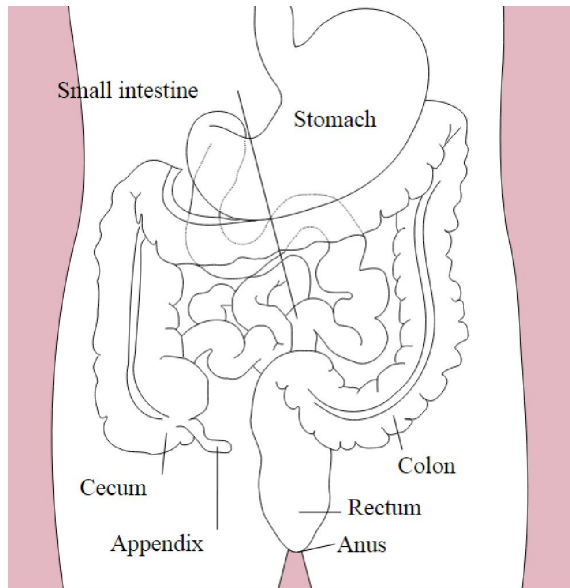
Excess mucus signs

1. Frequent Cold
2. Too much dairy with flour
3. Any discharges
4. Lung and colon problem
5. Thick coating on tongue



Three-F Formula helps,,,,

- Replace the membranes with a thin, light, beneficial coating
- Renew the entire gastrointestinal tract



GI wall area=
about 30 m² meter (half size of badminton court)

Let's make Three-F and clean up!

What do we need?

1. Fennel Seed
2. Fenugreek seed
3. Flax seed
4. Nettle leaf
5. Licorice root



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Clerk: Feodora, Customer: NA

PRODUCT	QTY	PRICE
Nettle Leaf C/S Org 39339 - 0.01(kg) @ \$39/kg	0.01	0.39
Fenugreek Seed Whole Org 39332 - 0.025(kg) @ \$20/kg	0.025	0.50
Fennel Seed Whole Org 30071 - 0.025(kg) @ \$25/kg	0.025	0.62
Burdock Root C/S		



Xiao Hui Xiang -Fennel seed-



Nature: acrid, warm

Enters: Liv, Kid, **ST, SP**

Actions: Disperses cold, relieves pain

Indications:

- Cold in the liver or kidneys
- **Stomach cold**
- **Regulates intestinal peristalsis, reducing emptying time and increasing the passage of gas. It also relieves spasms of the intestines.**

**-Use in kitchen-
fish soup
cucumber salad**

Hu Lu Ba

-Fenugreek seed-

Nature: bitter, warm

Enters: Kid, Liv

Actions: Warms the kidneys; disperses damp

Indications:

- Kidney Yang deficiency with cold accumulation or stagnation Qi: **abdominal or flank distention and pain or hernial disorders.**
- Prevents and treats mountain sickness
- Lowers blood sugar.



**-Use in kitchen-
Baked one for
indian curries**

ya ma zi -Flaxseed-



Nature: sweet, neutral

Enters: LU, Liv, LI

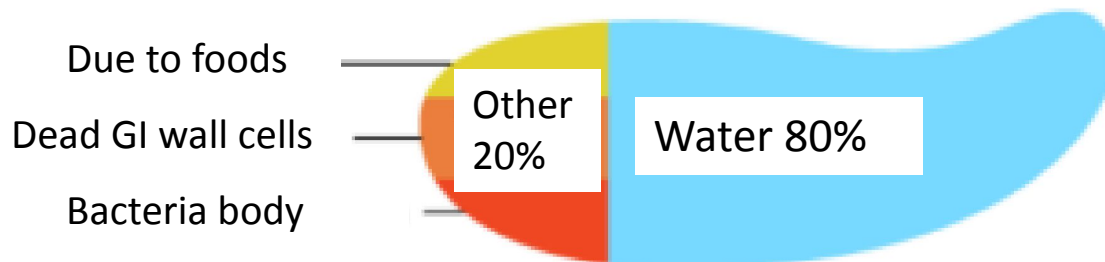
Actions: Moisten dryness, relax the bowels, tonify blood, dispel wind

Indications:

Key of this Formula

- Dry skin, **intestinal dryness with constipation**

Stool contents



**-Use in kitchen-
Ground one for
oatmeal, yogurt**

Xun Ma -Nettle-



Nature: (Could not find it)

Enters: LU, Liv, Kid

Actions: Tonify the Lungs, treats Skin

Indications:

- Cleanses the Blood from toxins
- **Drains Phlegm**
- Builds Blood, Enriches Kidney and Liver Yin
- Stops Bleeding: hemorrhage, heavy menses
- Regulates Metabolism: improves stamina, poor appetite

**-Use in kitchen-
Tea, smoothies**

Gan Cao

- Licorice Root-



Nature: Sweet, Neutral

Enters: All 12 (Primarily the LU, HT, SP, ST)

Actions: Tonify Spleen & Strengthen the Qi
Releases Cramps and Alleviates Pain

Harmonizes Formulas and Moderates Other herbs

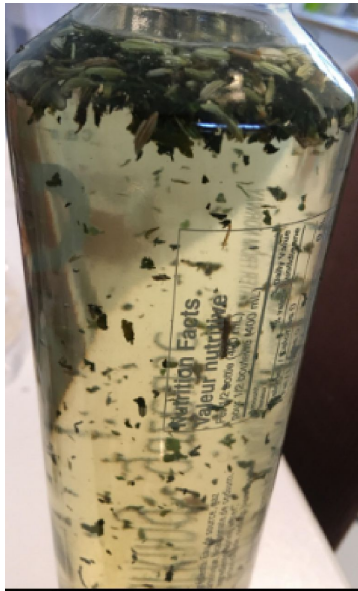
Indications:

- Spleen Qi Deficiency with shortness of breath, loose stools
- resolves Phlegm
- Moderates spasms and alleviates pain
- Poisoning

**-Use in kitchen-
Drink with water
For skin disorders**

Make Three-F

1. Fennel Seed 1
2. Fenugreek seed 1
3. Flax seed 1
4. Nettle leaf 1
5. Licorice root 1/4



Findings

Tried for 4 weeks every day..

1. Three-F is sweet and tasty. Warm is good.

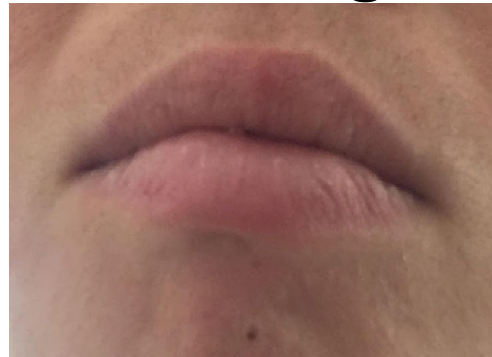
I have not get tired of having Three-F.



2. Skin condition is improved (no bleeding and pain on my lips)



April 14, 2018 Azusa's lips



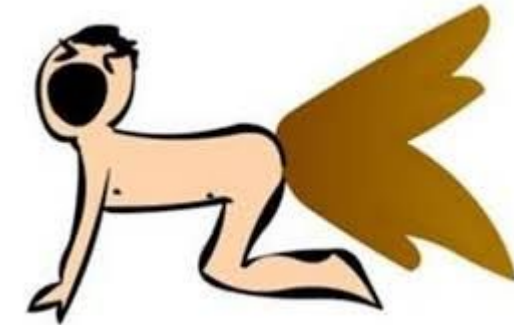
May 12, 2018 Azusa's lips

3. Bowel conditions are slightly improved

4. During this 4 weeks, season was big changed. People catch a cold but not me!

5. Influence to people around me.

You try Three-F Formula too!
Thank you for listening.



谢谢