

The
Guide to Topical
Chinese Medicine

Stop Hurting, Start Healing



Valley Health
Clinic

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Prologue

Valley Health Market Place

Valley Health Marketplace was born out of frustration with the lack of quality in the Chinese medicine products available online. When doing a Google search, I found what appeared to be the “Lipton Tea” of herbal medicine was the only thing available. They were herbs, but processed and the quality was lacking. I knew there had to be something better and I searched for it.

That search led me to connect with Andrew Miles and his partner, Xuelan Qiu, PhD, DOM, creators of Botanical Biohacking. Together, they have redefined what quality in Chinese herbal medicine truly means. They have dedicated their lives to tracking down the best herbs on the planet and safeguarding the integrity of this tradition.

What impressed me most wasn't just their commitment to excellence in their own formulas, it was their generosity. Rather than keeping their sourcing network exclusive, they opened it up to other makers who share their values of quality and integrity.

Many of the products we carry source their ingredients through this very network. This spirit of collaboration means the products created on their foundation aren't just trustworthy, they are raising the standard for Chinese medicine everywhere.

At Valley Health Marketplace, our goal is not to be the cheapest. Our mission is to be the most trustworthy. Every product we carry is something I have personally used and tested in my clinic. I've seen patients find relief, reduce pain, and reclaim their lives through these formulas. When the focus is on quality, the results speak for themselves.

We keep our selection small but intentional. You won't find shelves cluttered with endless options. Instead, you'll find products that meet the highest standards of effectiveness, safety, and authenticity.

Alongside this, we are dedicated to education. Chinese medicine can feel overwhelming at first, with unfamiliar names and traditions. These guides and blogs to help you understand not only what these products are, but also how and why they work.

This journey is one that we hope will inspire you, as you discover the richness of Chinese medicine. We want to help you feel confident in choosing products that bring real results. If you have any questions, please don't hesitate to reach out. We are here to help.

My Story

I have often seen patients come in with stiff necks from too many hours at a desk, sore knees from a weekend hike, or chronic nerve pain that has lasted for years. After a treatment in my office, they feel great for a time, but the pain comes back. Just like exercising once a week is not enough, treatment the same frequency is not either.

What you do most of the time is more important than what you do some of the time. Topical Chinese medicine is something that you can safely do every day. You can feel relief quickly, but also discover a safe and simple way to care for yourself at home.

This is the beauty of topical Chinese medicine: It is effective, safe, and puts you back in control of your healing. You don't need to memorize complicated routines, take large doses of herbs, or come to the clinic for treatment. With the right topical, you can support your body's natural healing process, reduce pain, and improve circulation at home.

In this book, learning the history of these powerful formulas, how modern science explains their effectiveness, identifying different pain types, and choosing the correct treatment for your unique situation. Discovering new daily habits, tricks, and other options for pain relief, that will set you up for life.

CHAPTER 1

A Living History of Topical Medicine

For as long as there have been Martial arts in China, there have been liniments and plasters to heal their bruises, sprains, and broken bones. Stories have been passed down of masters guarding their topical formulas as closely as their fighting techniques. Similarly, families in villages passed down recipes for oils and salves from generation to generation. These secret recipes have been refined over the centuries. The stories live in the topicals here in this book.

Here are a few of the formulas we carry:

Red Emperor's Immortal Flame comes from family lineage. It is a family recipe passed to Hugh Turcotte by his sensei and uncle, Sifu Tom Turcotte, DOM, a mentor who dedicated more than 60 years to refining martial and medical practice.

The creator of **Corydalis** Salve, Eliz began her healing education by learning from her grandmother. After she underwent back surgery as a teenager, she was determined to find a more natural way to manage her discomfort. What began as an experiment in self-care became a product now helping many others ease nerve pain and inflammation.

John Ditmars, **Fu Medicinals** founder, who tested out his formulas in the cold Pacific Northwest Waters, treating the extreme kayaking community. Dedicated to doing things the right way, his formulas take 2-10 years to decot (aging to get the most out of the herbs).



These are not just products; they are living threads of a tradition thousands of years old. From martial arts lineages to family recipes to personal journeys of healing, topical medicine has always been about passing wisdom from one hand to the next.

CHAPTER 2

The Modern Science of Topical Medicine

Topical medicine is as much about modern science as it is about traditional wisdom. While herbalists have applied oils, balms, and liniments for centuries, researchers today understand far more about how these products actually cross the skin barrier and deliver relief.

Skin Absorption

The skin is designed to protect us; it keeps pathogens and toxins out while holding water and nutrients in. Its outermost layer, the **stratum corneum**, is a dense wall of lipids and proteins that blocks most molecules from entering. In fact, only small, moderately lipophilic (fat-loving) molecules have much of a chance of getting through.

Penetration is usually not very deep. This is why injuries closer to the surface, such as those in the joints, often respond better to topical treatments. Areas where nerves and blood vessels are located closer to the surface, such as the hands and feet, also tend to respond well.

Deeper regions, like the hips, have more tissue for the medicine to pass through, which can make absorption less effective. Even in deeper areas, topical applications are still worth trying, as stimulating superficial nerves and capillaries often helps activate deeper tissues indirectly. The upper neck and lower back, where bones

and connective tissue are more superficial, can be pretty responsive. Topical medicine can only do so much though, and is just one piece of the puzzle.

Yet, with the right formulation, herbs and active compounds can penetrate and work directly at the site of the pain, without flooding the entire body with a bunch of chemicals.

What Helps Penetration?

Modern pharmacology shows that the key to effective topical medicine lies in **penetration enhancing** ingredients added to formulas that make the skin more permeable.

HOW THEY WORK?

Many enhancers temporarily disrupt the ordered lipid bilayers of the stratum corneum, creating tiny channels for molecules to slip through. Alcohol, for example, works by breaking apart and clearing away parts of the lipid barrier. Fatty acids work by adding and mixing with. Fatty acids alter the distribution of lipids on your skin. Unsaturated fatty acids (like linoleic, oleic, and palmitoleic acids) tend to penetrate more effectively.



Practical tips:

- **Use an alcohol-based topical first, followed by an oil-based product.** The alcohol helps open the skin barrier, allowing the oil to penetrate more deeply.
- **Increasing circulation with heat**
- **Massage:** increasing local blood flow to the area of pain, active compounds can help herbs to penetrate deeper and faster. This is why applying a warm compress before treatment, or massaging the liniment into the skin, often improves results.

The Benefits of Topical Medicine

- **Targeted Relief**
Topical applications act locally where you need them most.
- **Lower Risk of Side Effects**
Unlike oral medications, which travel through the digestive tract, bloodstream and liver, topicals have a local effect. This reduces the risk of stomach upset, sedation, or other whole-body side effects.
- **Convenience & Safety**
Creams, patches, and balms are easy to start and stop using. Adverse effects, when they do occur, are usually mild and local, such as minor skin irritation or rash.
- **Synergy with Tradition**
Many herbal topicals utilize **essential oils and natural terpenes** not only for fragrance, but also because these compounds naturally enhance penetration and deliver therapeutic effects. This is where modern science and traditional Chinese herbal medicine overlap beautifully.

READ MORE



[National Academies of Sciences, Engineering, and Medicine. Compounded topical pain creams: Review of select ingredients for safety, effectiveness, and use. 2020.](#)

Choosing the Right Type of Medium

While the herbs provide the healing power, the medium in which they're delivered alcohol, oil, salve, or patch, determines how they are absorbed, how long they last, and how they feel on the skin. When you know the differences, it will help you match the right product to the right situation.





Alcohol-Based Liniments

Examples: [Evil Bone Water](#), [Fu Medicinals Jiao](#)

Absorption: Fastest-absorbing type of topical medicine. The alcohol base allows herbs to penetrate the skin's surface quickly, providing fast pain relief and improved circulation.

Feel: Light and cooling, but can sting if applied to open cuts or cracked skin. Not ideal for very dry skin, as alcohol can exacerbate dryness.

Best Uses:

- Acute injuries with swelling and bruising
- Situations where rapid absorption and quick effect are desired
- Short-term relief before activity or exercise



Herbal Oils

Examples: [Red Emperor's Immortal Flame](#)

Olive Oil Oleic Acid (Omega-9) is a monounsaturated fat (MUFA) known for its anti-inflammatory and skin-repairing benefits.

Absorption: Medium-speed absorption. Oils sink into tissue more slowly than alcohol, giving a steadier, longer-lasting effect.

Feel: Smooth and nourishing, ideal for dry or cracked skin. Does not sting. Provides a warming or soothing glide, making oils especially useful for massage.



Herbal Balms

Examples: [Corydalis Relief Salve](#), [Fu Medicinals Balms](#), [Herbal Ice](#), [Dragon Blood Balm](#)

Coconut Oil (Lauric Acid) is a saturated fat with strong antimicrobial and antibacterial properties

Absorption: Slowest to absorb. Balms and salves form a protective barrier on the skin, allowing herbs to penetrate gradually over time.

Feel: Rich and moisturizing, excellent for dry climates or sensitive skin. Salve bases can help soften scar tissue and protect fragile new skin during the healing process.

Best Uses:

- Chronic pain that requires steady, long-term relief
- Conditions with skin involvement (cuts, cracks, scars)



Herbal Patches

Examples: [AOYI Pain Patches](#), [Muscle Melt Patches](#)

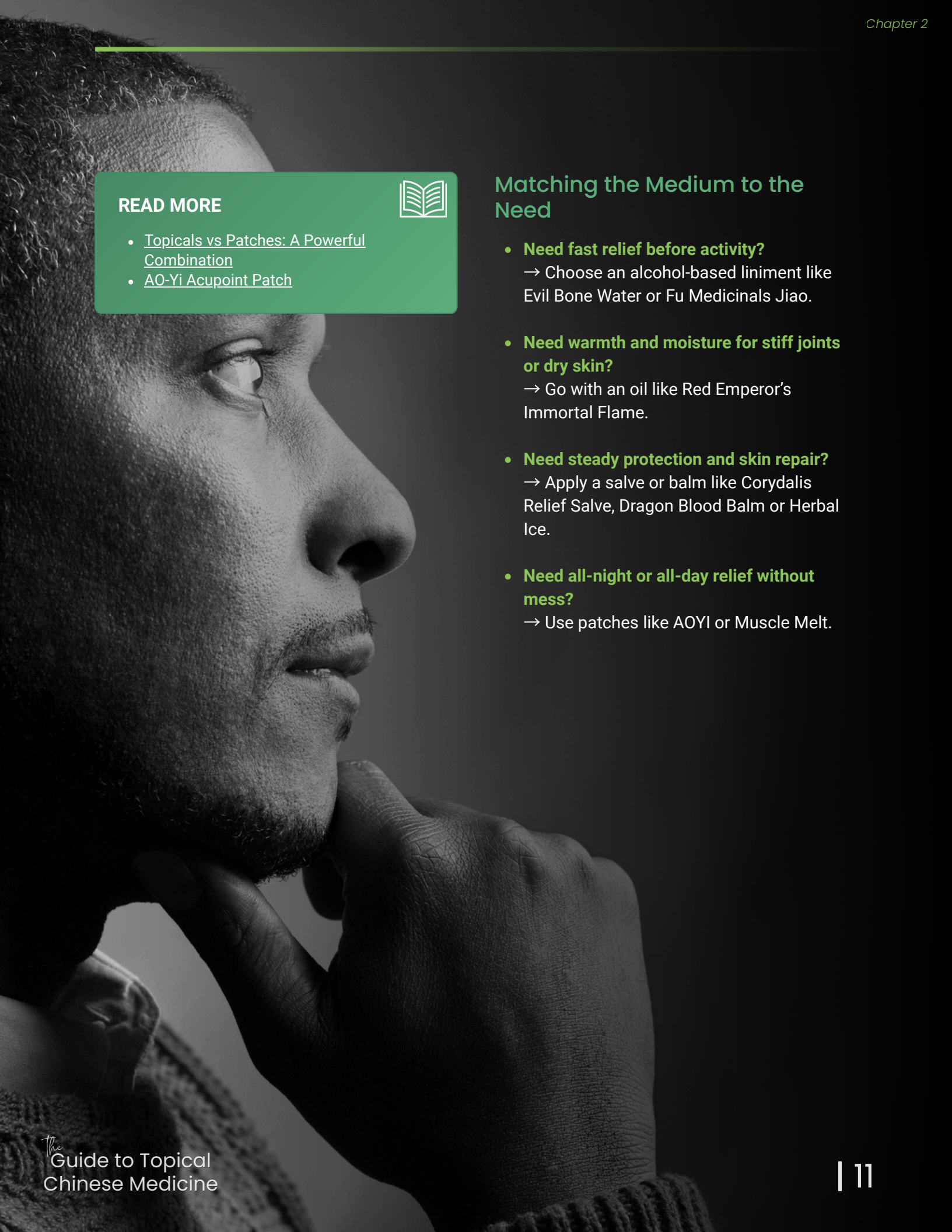
When there is pain, there is a decrease in proprioceptive information from the body. That is why so often touching or holding an area can help improve your pain. If this is you, then pain patches can be very effective. They act as a gentle touch that can help support the area. They are also not as messy and are easily worn at night.

Absorption: Slow-release delivery system. The herbs are absorbed gradually through the skin under constant contact.

Feel: Convenient, clean, and non-messy. Can be worn overnight or under clothing. The adhesive provides gentle compression, which enhances proprioception (your body's sense of position). This is especially important in chronic pain, where proprioception is often diminished.

Best Uses:

- Long-lasting relief, especially overnight
- Pain that improves with pressure or compression
- Patients who want a mess-free option during daily activities



READ MORE



- [Topicals vs Patches: A Powerful Combination](#)
- [AO-Yi Acupoint Patch](#)

Matching the Medium to the Need

- **Need fast relief before activity?**
→ Choose an alcohol-based liniment like Evil Bone Water or Fu Medicinals Jiao.
- **Need warmth and moisture for stiff joints or dry skin?**
→ Go with an oil like Red Emperor's Immortal Flame.
- **Need steady protection and skin repair?**
→ Apply a salve or balm like Corydalis Relief Salve, Dragon Blood Balm or Herbal Ice.
- **Need all-night or all-day relief without mess?**
→ Use patches like AOYI or Muscle Melt.

CHAPTER 3

Choosing the Right Product for the Right Type of Pain

When trying to pick the right product, it is important to understand and look through the various lenses of pain and injury.

- What is going on?
- Where is it hurting?
- What Type of Pain am I feeling?

In this chapter, we will look at acute injuries versus chronic pain and which products are best for which.

Acute Pain: Working with the Phases of Healing

Acute pain is recent and typically associated with a specific injury. The body sends clear signals of pain and location, and this often responds quickly to treatment. Using topical medicine during the three phases of healing can make recovery smoother and more complete.

When treating acute pain, we take the viewpoint that there's nothing wrong. We are just encouraging the body and helping it go through the healing process.

First, by controlling infection and inflammation and swelling, and then by encouraging healing. With the inflammatory phase, we use [Herbal ice](#) instead of ice. Inflammation and swelling are not bad, unless it is overdone. It is a way that

our body helps clear out debris and fight infections, but too much can be bad.

We don't recommend using ice because it can decrease blood circulation and sometimes slow the healing process, which is why we offer herbal ice. It is a salve that is safe near broken skin, and it doesn't hurt. It also has strong anti-bacterial properties and is very cooling to control inflammation.

We would use it similarly to an antibiotic ointment, first using soap and water to wash away debris and then applying herbal ice. The next most common use of acute trauma topical is "[Dit Da Jiao](#)," which means "fall and hit wine" or "medicine for falls and blows."

- Dit (跌) = to fall or tumble
- Da (打) = to hit, strike, or be struck
- Jiao / Jow (酒) = medicinal wine or liniment

These are popular formulas that originated in martial arts to help treat bruises. If herbal ice helps with inflammation, then [Dit Da Jiao](#) is one that helps control and clear swelling and bruising.

When these two are combined in the early stages of an acute injury, it can be very effective.





Inflammatory Phase (0–72 hours)

What happens:

Swelling, redness, pain, and heat occur as the body dissolves tissue debris and blood elements. Broken blood vessel can pool blood. Muscle spasms may develop, creating a “pain-spasm-pain” loop.

Topical approach:

- [Herbal Ice](#) – Controls swelling and inflammation while being gentler on circulation than traditional ice.
- [Dit Da Jiao](#) – Moves blood, reduces swelling and bruising.

Tip: Avoid strong stimulation. Use light pressure, gentle movement.

Reparative Phase (48 hours–6 weeks)

During the next phase, it is all about accelerating the skin repair. You can continue to use the other products but Dragon Blood Balm is great for encouraging healing of the skin.

What happens:

Collagen, fibrin, and fibroblasts begin to rebuild tissue. Redness and tenderness may remain, circulation and flexibility decrease. Guarding behavior is common both physically and emotionally.

Topical approach:

- [Dragon Blood Balm](#) – Excellent for skin wounds, cuts, and supporting tissue regeneration.
- [Corydalis Relief Salve](#) - Contains high concentrations of Berberine, a compound shown to help protect and regenerate nerve tissue.

Tip: Gentle mobilization is important. Isolation and inactivity can slow recovery.

Remodeling Phase (3 weeks–12 months)

What happens:

Scar tissue forms, tissue remodeling continues. Inflammation subsides, but the new tissue is fragile and prone to reinjury. Fear of movement is common, which can create adhesions and limited mobility.

[Connective tissue stretching.](#)

Chronic Pain: Matching Sensation to Solution

All of our products can be combined and mixed, depending on what kind of pain you have. In this next section, we are going to talk about chronic injuries and how different types of pain present and what topical you can use.

Chronic pain often outlasts normal healing time, affecting both body and mind. Even when tissue has healed, the brain may continue to sound the “alarm” of pain.

TYPES OF CHRONIC PAIN

Muscle Pain

Muscle pain most commonly feels dull, tight, and achy. Often aggravated by overuse. The most obvious presentation for muscle pain is that it is dull and achy.

Also, when you push it, it affects it. Sometimes it makes it better, sometimes it makes it worse. Pain that is better with touch responds really well to pain patches. The patch provides gentle support and enhances proprioceptive information from the skin.

Muscle pain is located in the muscles between joints. It tends to stay local or in a fixed location.

Topical & lifestyle support:

- [Evil Bone Water](#) – First-line option for general muscle pain.
- [Muscle Melt Patches](#) – Targeted relief for pain feels better with touch.
- [Red Emperor's Immortal Flame](#) – For cold-induced tightness.

Nerve Pain

Nerve pain can feel strange, depending on the type of nerve involved. It can cause sensations ranging from hot or cold, burning, prickling, or electric shock. Often hypersensitive to temperature or touch. Typically, it radiates beyond two joints. Often it is described with the person wanting to trace an area with their hand. Its key distinguishing factor is that it radiates. Muscle pain will be felt locally in a muscle, and joint inflammation typically around the joints, but nerve pain will travel across joints and muscles. It will be tracing. It also comes and goes quickly, like it is moving or a light switch turning on and off.

Topical & lifestyle support:

- [Corydalis Relief Salve](#) – this is our go-to for nerve pain. It has Yan Hou So, which is great for nerve pain. It also does not have a strong heating or cooling sensation, which can aggravate some types of nerve pain.
- [Foot soaks](#) – Increase circulation and reduce hypersensitivity. For neuropathies most frequently caused from diabetes or cancer treatments, where the nerve has been damaged, increasing blood circulation to the extremities is helpful and we recommend doing herbal hand and foot soaks.

READ MORE



- [Best Natural Treatment for Foot Neuropathies](#)
- [Frequently Asked Questions About Tibetan Herbal Foot Soaks](#)
- [Personal Experience with Corydalis for Cancer Neuropathy](#)

Tendon & Ligament Pain ("itis" conditions)

Anything with 'itis' in the name, such as tendonitis or arthritis, means inflammation. Most often, this presents as swelling when there is no movement. Pain is worse first thing in the morning or after prolonged sitting. This typically involves swelling in the joints and will be felt in your joints, rather than in the center of your arm, where the muscles are located. The stiffness will usually go away with movement.

If the inflammation or injury involves tendons, the pain feels sharp and will make the joint want to give out. When the tendon rubs on a bursa sack or gets inflamed, the body loses stability, and you will either drop your arm or shoulder or feel like your knee is giving out.

Inflammation may cause swelling, redness, or stiffness—worse in the morning—examples: tendonitis, plantar fasciitis, bursitis. The goal is to increase blood circulation.

Topical & lifestyle support:

- [Tendon-Mending Jiao](#) – Rebuilds tendon strength.
- [AOYI Pain Patches](#) – Portable and reliable.
- [Bone Spur Jiao](#) – For calcification-related pain.
- **Gentle stretching and heat** – Particularly helpful for morning stiffness.



Emotional (Psychogenic) Pain

Emotional pain is common but tricky to diagnose or understand. Here are some clues that your pain is aggravated from emotions.

- Pain aggravated by stress often recurs during the workday.
- Feels like repetitive injury, but has a strong emotional trigger.
- Better on the weekends.
- Better in the morning after rest.
- Worse when at work or around people.
- Better after meditation or yoga.

Topical & lifestyle support:

- [Xiao Yao Wan Tea](#) – To ease stress and smooth liver qi.
- **Shaking exercises & sighing breath** – To release tension stored in the body.
- **Connective tissue stretching** – Restores balance between body and mind.

READ MORE

- [Acupuncture and Pain Types](#)



CHAPTER 4

Bi Pain Syndrome in Chinese Medicine

In Chinese medicine, pain is categorized by how it feels hot, cold, damp, or moving.

These pain conditions are classified under the category of **Bì Zhèng (痹证)**, often translated as “**Bi Pain Syndrome**.” The word *Bì* means “obstruction.” Pain arises when the free flow of **blood and fluid through tissue** is blocked in the channels by external pathogens **wind, cold, damp, and heat**.

When these pathogens invade the body, usually through the skin, muscles, or joints, they lodge in the channels and collaterals. Over time, they combine with local weakness (poor circulation, tissue injury, or the immune system) to produce pain, stiffness, swelling, and loss of mobility.

Understanding the different *patterns* of *Bi syndrome* allows us to apply the correct treatment.



Types of Bi Pain Syndrome

Wind Bi (Wandering Bi, Fēng Bì 风痹)

Wind is the primary pathogen; it carries all other cold, damp heat deeper into the body, causing wandering pain.

We experience this anytime we go outside. Wind makes the cold colder, the hot hotter, and the damp damper.

Pain that moves from joint to joint, shifts location quickly or muscles that quiver are all signs of wind in the body. Often, worse with changes in weather or wind exposure is characteristic of wind.

Topical & lifestyle support:

- [Evil Bone Water](#) – Moves blood and opens circulation quickly.

Internal medicine

- [Wind Tea](#) – Biofilm and cold and flu.

Cold Bi (Painful Bi, Tòng Bì 痛痹)

If wind is movement, cold is no movement. Cold contracts and slows circulation, leading to sharp, fixed pain and spasm.

Cold pain is a severe, fixed, and stabbing pain that worsens in cold weather and is relieved by warmth. Joints may feel cold to the touch, stiff,

and immobile. The most obvious sign is that it feels worse when you are cold. Most people that are cold type hate the idea of putting ice near their pain.

Topical & lifestyle support:

- [Red Emperor's Immortal Flame](#) is a warming liniment that penetrates deeply into cold, stiff joints.
- [Ao Yi pain patch](#) is very warming patch that helps move blood in an area.
- [PNW Dit Da Jiao](#) is a formula that is also very warming herbs to get rid of cold in the body. It was designed for kayakers in the Pacific Northwest who spend a lot of time in cold water. This formula is great for people who do not like the warming sensation, but symptoms do aggravate with cold.
- **Internal medicine:**
- Warming herbs such as *Gui Zhi* (Cinnamon twig)
- **Hot foot soaks** with ginger or mugwort.

Damp Bi (Fixed Bi, Zhù Bì 注痹)

Dampness feels heavy as water, phlegm or lymph obstructs the channels and collaterals, weighing down Qi and blood.

Damp pain is characterized by a more dispersed, heavy sensation, often accompanied by swelling, numbness, or stiffness. Joints may feel swollen, puffy, and difficult to move. Pain is worse in damp or rainy weather. Dampness is all about water retention and swelling. You have dampness in the body with edema. People with dampness may notice they do not have a strong desire to drink fluids. What we need to do in these situations is help the lymphatics in

the body and help the body get rid of damp, poop or pee sweat it out.

Topical & lifestyle support:

- [Bone Spur Jiao](#) – For Deep Damp-related pain

Internal medicine:

- [Wind Tea](#) Damp-draining herbs such as *Yi Yi Ren* (Coix seed) or *Cang Zhu* (*Atractylodes*).
- Gentle Sweating in Sauna or **environments** (saunas, heated yoga) to push out dampness foot soaks can also be used to induce sweating.

Heat Bi (Hot Bi, Rè Bì 热痹)

If there is heat, dampness will also be there.

In this example, it is as if the body is trying to put out the fire in the systems with water. The combination causes inflammation and burning pain.

Red, swollen, and hot joints characterize heat-type pain. The discomfort typically worsens with heat and improves with cooling. People often experience increased thirst when this pattern is present. Inflammation tends to show up as stiffness and swelling in the joints after periods of inactivity, such as first thing in the morning or after sitting for a long time. In some cases, heat may also manifest on the skin as redness, irritation, rashes, chafing, or even reactions from bug bites.

Topical & lifestyle support:

- [Herbal Ice](#) – Cooling and anti-inflammatory, ideal for acute flare-ups.
- [Evil bone water](#)– Cooling natural menthol and camphor's

Mixed & Chronic Bi

Over time, untreated Bi syndromes can become **mixed patterns**: very rarely do people have one pattern; most often, it is a combination, which is why combining products will give you better results than using just one alone. Here are some suggestions of combos that can work for this syndrome.

- **Wind-Cold-Damp Bi** – The most common combination, seen in arthritis or long-standing joint pain.
- **Heat transforming from Damp** – When chronic damp stagnation generates inflammation, joints swell and feel hot.

CHAPTER 5

Combining and Mixing to Meet Your Needs

If you are unsure of what type of pain you have or feel like you fit a lot of different patterns of pain, it is because most people have combinations of different kinds of pain.

As stated previously, one of the strengths of Chinese topical medicine is that you don't have to limit yourself to a single product. By combining different forms alcohol, oils, balms, and patches you can address multiple aspects of pain at once, i.e. fast relief, long-term nourishment, skin protection, and proprioceptive support.

These are our most frequently used combination packages

Pain Power Combo

Evil bone, water and Cordyalis salve

We call this, the pain power combo. It has the fast acting evil bone water, for muscle pain, and inflammation combined with cream for nerve pain. I discovered this combo when I pulled my back and had muscle inflammation, but also nerve pain.

Fire and Ice

I love this combo because it gives us the most skin hot and cold sensation. With this combo you are getting natural menthol and camphor from evil bone water in addition to the warming properties of, wintergreen, ginger, cayenne and mustard seeds.

Trifecta combo

When you just want to throw everything at your pain. You get the fast, acting evil bone, water and strong stimulation for red emperors, immortal flame, and then lastly apply the soothing nerve cream from Corydalis.



Neuropathy combo

This combines Cordyalis salve for nerve pain and Tibetan foot soaks which is great for people who have foot neuropathies.



Tendonitis combo

This combo of tendons mending jiao with AoYi Patch. Tendons are hard to heal. Poor circulation makes recovery slow and frustrating. This package combines two specialized remedies that work together to relieve pain and promote tendon repair. Tendon mending jiao and AoYi patches, increased blood circulation, as well as tendon proprioceptive feedback.



General Rule of Application Order

When layering multiple products, apply them in this order:

1. **Alcohol-based liniment** (fastest absorption, penetrates first)
2. **Oil** (medium absorption, adds nourishment)
3. **Salves or balm** (slow absorption, seals in moisture, provides protective barrier)
4. **Patch** (last layer, locks everything in, adds compression/proprioception) when applying patches over oil, the oil will interrupt the stickiness so just be mindful.

This sequence ensures the fastest-acting medicine gets in first, while the slower, protective formulas build on top.

CHAPTER 6

The Skin and Gut Relationship

Why Digestion Matters for Pain

If you have chronic pain and stomach problems, I guarantee you that your stomach is making things worse. This is why we have included digestion support products when we are focused on pain. When you decrease inflammation in your stomach, you decrease inflammation throughout your whole body.

READ MORE



- <https://valleyhealthclinic.com/a-more-harmonious-life-through-microbiomes/>

The Microbiome and Short-Chain Fatty Acids

Your gut microbiome, the trillions of bacteria living inside you, acts like an internal pharmacy. When fed properly with fiber and balanced food, these microbes produce **short-chain fatty acids (SCFAs)**. SCFAs help:

- Reduce systemic inflammation
- Strengthen the intestinal barrier
- Promote tissue repair
- Support immune function

When the microbiome is out of balance, SCFA production drops, and inflammation rises, fueling chronic pain.

Inflammation Starts in the Gut

Modern research shows that the stomach and intestines are major regulators of inflammation. Poor digestion allows undigested food particles and toxins to irritate the gut lining, which then triggers systemic inflammation that can aggravate muscles, joints, and nerves. Whether it is arthritis or whole body pain, digestion will be a key part of worsening pain or making it harder to heal when they are unresolved.

READ MORE



- <https://valleyhealthclinic.com/short-chain-fatty-acids-and-chorus-in-combating-chronic-pain/>

The Gut-Brain Axis and Pain Perception

The gut and brain are in constant conversation through the **vagus nerve** and a network of chemical messengers. Stress, anxiety, and depression can alter digestion, while poor gut health can worsen mood and increase pain perception. This is why people with chronic pain often also struggle with sleep, mood swings, and fatigue; the gut and brain are amplifying each other's distress.

Common Digestive Patterns in Chronic Pain

Chinese medicine has long recognized that digestive imbalance can either **block qi and blood** (leading to pain) or **generate dampness and heat** (leading to inflammation). Here are a few practical examples and herbal supports:

If you have a **Thick tongue coat**, and:

- **Constipation with dryness and discomfort**
Use: [Microgard](#) to improve movement and regulate elimination.
- **Loose stools or diarrhea**
Use: [Microgard Plus](#) to calm the gut and strengthen intestinal lining.
- **Chronic stress, high blood pressure, high cholesterol**
Use: [Bai Zhu Balance](#) to regulate stress response, lower inflammation, and support long-term gut balance.

READ MORE



- [Microgard by Botanical Biohacking](#)
- [Microgard vs Microgard Plus](#)
- [A More Harmonious Life Through Microbiomes](#)
- [What Is Microgard Plus?](#)
- [Purple Star Xiao Yao Wan](#)
- [What Is Wind Tea?](#)



CHAPTER 7

Lifestyle Habits That Ease Chronic Pain (Without Beating You Up)

We all know exercise helps pain... but it's hard to do when you're hurting. Pushing through often backfires, creating more tension, more flare-ups, more frustration. So I teach three simple practices that deliver real benefits without aggravation:

- Shaking (gentle whole-body vibration you can do anywhere)
- Foot soaks (to pull circulation up and move lymph/fluids)
- Connective tissue stretching (slow, breath-led "yawn" movements)

These are low effort, high return. They improve blood and lymph flow, calm the nervous system, release protective bracing, and gradually restore proprioception (your body's sense of position) all essentials for managing chronic pain.

WHY THESE WORK?

- **Pain + stress = bracing.** Your fascia (connective tissue) is richly wired with proprioceptive and sympathetic nerves. When you hurt or feel stressed, the fascia tightens, keeping you in a guarded state.
- **Circulation & lymph matter.** Less movement means blood and lymph pool often in the feet and lower legs causing stiffness and swelling.
- **Safe input rewires output.** Gentle rhythmic input (shaking, breath, warm water) tells the nervous system, "I'm safe." Safe signals reduce protective tension and pain.

READ MORE



- [About Exercise for Chronic pain and fatigue](#)

Shaking (your free in-home “vibration plate”)

Why: Increases blood flow, mobilizes joints, stimulates bone through light bouncing, and moves lymph without force. It also helps discharge stress so pain doesn’t snowball.

How: (2–5 minutes to start):

1. Stand easy. Feet hip-width, knees soft, jaw unclenched, eyes relaxed.
2. Bounce gently. Let your heels kiss the floor. Think “jello,” not calisthenics.
3. Let everything jiggle. Shoulders, cheeks, belly—micro-movements are good.
4. Breathe naturally. If you can, add a few long sighing exhales.
5. Finish with stillness (10–20 sec). Notice warmth, tingling, and a little calm.

Make it yours:

- If standing hurts, sit and bounce your heels; or lie down and gently shake arms/legs.
- Sensitive pelvic floor? Keep the bounce tiny—just 1–2 cm of spring.
- Start your day with gentle to vigorous shaking to warm up.
- End your day with vigorous shaking to gentle shaking to de-stress.

Target: 2–5 minutes, 2–3 times daily. It’s better to do a little often than a lot once.

Watch video: [The Ultimate Shaking](#)

READ MORE

- <https://valleyhealthclinic.com/shaking-for-chronic-pain-and-fatigue/>





Sweat (even if you can't “work out”)

When was the last time you actually sweated? Sweating helps reduce excess fluid and moves lymph. If you can't exercise enough to sweat, you still have options.

Foot Soaks: circulate up from the feet

Why: Warmth draws blood upward, eases congestion in the lower body, and gently promotes a whole-body sweat without overexertion.

How: (15–20 minutes):

1. Tub: Warm water to a comfortable hot (not scalding).
2. Add-ins (optional): A handful of Epsom salt; sliced fresh ginger or a ginger tea bag for extra warmth.
3. Soak up to the ankles. Keep your torso warm (blanket or sweater).
4. Sip warm water during the soak to support circulation and perspiration.
5. After: Dry well, put on warm socks, and rest for 5 minutes.

Tips & cautions:

- Great in the evening for sleep and morning stiffness for “itis” pains.
- Be careful if you have open sores/infection on the feet, or significant neuropathy which could cause you to burn yourself.

Other ways to sweat (gentle): Warm shower, warm room + light stretching, or a brief sauna if you tolerate heat (hydrate!).

READ MORE

- <https://valleyhealthclinic.com/tibetan-herbal-foot-soaks/>



Connective Tissue Stretching (your nervous system, not your ego)

Think full-body yawns, not deep yoga poses. The goal is to signal safety with breath-led expansions, light muscular engagement, and a tranquil, long exhale so your fascia lets go.

Principles:

Breathe first. Use your breath to create a stretch. Big inhale will and nice relaxing long exhale. Like a yawn. Lower belly → ribs/chest → hold 2–3 seconds → slow, sighing exhale.

Contract, then melt. On the mini-hold, gently tighten (10–20%) the area you're about to lengthen—this taps the Golgi tendon organs and tells your nervous system it's safe to release.

Never force range. You're inviting tissue to unguard, not forcing flexibility.

Mini-sequence (5–8 minutes)

1. Ground scan: Stand or sit, breathe low and slow; feel feet or sit bones.
2. Reach & yawn:
 - Inhale: arms float overhead, chest widens;
 - Hold 2–3 sec.
 - Long exhale: arms drift down; let shoulders drop. Repeat 3–5x.
3. Side body glide (1–2 min each side):
 - Inhale: one arm up, lean gently away
 - Hold; exhale: soften into just-comfortable length.
4. Posterior chain nod (1 min):
5. Hands on thighs; inhale to lengthen spine; tiny hinge at hips; exhale: soften.
 - Wrap-up (30 sec): One more big inhale, longer exhale; notice ease and warmth.

Target: 5–10 minutes, 1–2 times daily. Consistency beats intensity.

Watch video

<https://youtu.be/Y3yp9s84-vM?si=vbUpkQENmQjG6ycO>

READ MORE

- <https://valleyhealthclinic.com/stretching-for-chronic-pain-and-fatigue/>



Put it together: a gentle daily plan (15–25 minutes)

1. **Shaking** – 3–5 min
2. **Connective tissue stretching** – 7–10 min
3. **Foot soak** – 15–20 min (evening)
4. **Optional add-ons:** Sighing breaths, a short walk to test the new ease, or your topical routine (alcohol → oil → balm → patch) after the soak when tissues are warm.

Where your topicals fit

- **Before shaking/stretching:** A quick swipe of Evil Bone Water to “wake up” circulation.
- **After practices or foot soaks:** Massage in Red Emperor’s Immortal Flame (if you’re a cold-stiffness person) or your preferred balm/salve for longer relief.
- **Overnight:** AOYI or Muscle Melt Patch for proprioceptive support and steady input while you sleep.

BOTTOM LINE

You don’t have to “work out” to help chronic pain. Shaking, sweating (via foot soaks or gentle heat), and connective tissue stretching give you the benefits of better circulation, calmer nerves, looser fascia without the backlash. Start small, breathe long, and stack little wins to retrain the system to feel safe again.



Valley Health Product Guide



Product Highlights



Evil Bone Water

[CLICK HERE](#)

What Is It?

Evil Bone Water is our best-selling formula for a reason. It's well-rounded, fast-acting, and incredibly versatile. With a balanced warming-and-cooling sensation, it helps decrease inflammation, increase circulation, and ease pain in just about any situation from sore muscles to bruises, bug bites, or stiff joints.



About the Maker

Dr. Mark T. Brinson, DOM, AP

Before he ever became known as the “brew master” of Evil Bone Water, Mark Brinson served with honor in the U.S. Army’s Old Guard in Washington, D.C. an experience that gave him discipline, precision, and a sense of service that still defines his work today. After leaving the military, sports injuries led him on a path to Chinese medicine.

It was in school that Mark first discovered Zheng Gu Shui, the classic formula behind Evil Bone Water. But he was disappointed to learn that modern versions had stripped out key herbs, making it less effective than what his teachers in China described. Determined to restore the remedy to its original strength, he dug into the historical texts, sourced the legacy herbs, and rebuilt the formula the way it was meant to be.

From humble beginnings brewing in his hot garage to now producing in a state-of-the-art facility, Mark’s pursuit of quality even has him filtering and purifying the water he uses.

Those who know Mark describe him as one of those rare people with a hard, disciplined exterior and a soft, silly interior. He’s passionate about helping others heal, and caring for the ones around him. His wife, son, and daughter are all hands-on in the business, making it a true family craft. Every bottle reflects not only centuries of tradition, but also Mark’s dedication, precision, and heart for the community’s health.



What Is It Good For?

- Muscle aches & stiffness → rub it in for circulation and warmth
- Bug bites & skin irritation → spray and let it vent for cooling relief

Evil Bone Water is the formula I reach for first because it works for the widest range of pain.

My Tips & Tricks

Evil Bone Water pairs beautifully with other products. Apply it first to open up the skin and blood flow, then layer oils, balms, or patches over the top to help everything absorb deeper and faster.

READ MORE



- [Imperial Grade Herbs in Evil Bone Water](#)
- [Saint Apothecary Evil Bone Water](#)
- [Instructions for How to Use Evil Bone Water](#)
- [Evil Bone Water: An In-Depth Review](#)
- [Why Is It Called Evil Bone Water?](#)
- [Evil Bone Water \(Zheng Gu Shui\) FAQ](#)
- [History & Benefits of Evil Bone Water](#)

Corydalis Relief Salve

[CLICK HERE](#)

What Is It?

Corydalis Relief Salve is one of those rare products that feels gentle and soothing, yet powerful at the same time. It works wonders for nerve pain, but also on sunburns and irritated skin.



About the Maker

Dr. Eliz Erman-Britton, DTCM, L.Ac

Eliz Britton is a down-to-earth powerhouse with a lifelong passion for plants and healing. Raised in Baltimore, she was immersed in meditation groups and healing practices from an early age through her grandmother. She later moved to Victoria, British Columbia, where she earned her Doctor's Diploma in Traditional Chinese Medicine.

Corydalis Relief Cream is one of those creations, developed initially by Eliz to help manage her own pain after an injury. The result is a cream that's both gentle and powerful, nourishing to the skin while effective for nerve pain.

I came to love it when helping a friend with neuropathy from cancer: other topicals were too strong or smelly, but Corydalis Cream was subtle, soothing, and worked beautifully. I also discovered its value firsthand when I injured my back. Evil Bone Water helped loosen the muscle stiffness, while Corydalis Cream eased the sparking nerve pain together, they became the inspiration for our first combination package, the Pain Power Combo, and the idea that topicals work better as a team.

Just like Eliz herself, this product is practical, nurturing, and quietly powerful. It's a formula made from both expertise and experience and one that has earned a lasting place in our clinic.



What Is It Good For?

- Nerve pain (including neuropathy from cancer treatments)
- Sensitive skin conditions
- Sunburns and mild skin irritation
- A light, natural sunscreen alternative
- Situations where you want relief without overwhelming heat, smell, or sensation.

My Tips & Tricks

The Corydalis Relief Salve really shines when you combine it with other products. In fact, the Pain Power Combo was the very first package we ever created and it was born out of my own back injury. Evil Bone Water helped with the muscle stiffness, while Corydalis Salve calmed the sparking nerve pain. The combo gives relief I have not found anywhere else.

Here's what I've found works best:

- Use Evil Bone Water first to loosen muscles and improve circulation.
- Then layer on Corydalis Salve to soothe the nerve pain.

READ MORE



- [The Corydalis Plant \(Yanhusuo\)](#)
- [Corydalis Cream: A Powerhouse for Skin Care](#)
- [Discover Natural Pain Relief with Corydalis Relief Salve: A Comprehensive Product Review and Personal Experience](#)
- [FAQ for Corydalis Relief Stick](#)
- [Personal Experience with Corydalis for Cancer Neuropathy](#)
- [Corydalis: A Revolution in Holistic Pain Relief](#)

Red Emperor's Immortal Flame

[CLICK HERE](#)

What Is It?

Red Emperor's Immortal Flame is a warming herbal oil that feels smooth on the skin, without being greasy, and never stings, even on dry or cracked skin. It's perfect for massage, cupping, or other manual therapies because it glides easily and leaves the skin nourished.



About the Maker

Hugh Turcotte Lic.Ac., Dipl. O.M

Hugh is a man who lives his medicine. He's a deep thinker and a hard worker, the kind of person who can spend the day using his hands to source the best quality herbs for his formulas and then goes home and uses those same hands doing construction work, building a home for his family.

Red Emperor's Immortal Flame is a reflection of that. It's not just a product, it's a family recipe Hugh inherited from his uncle, a kung fu and Qi Gong master who passed on both martial and medical wisdom. Hugh honors that lineage every time he refines the formula, keeping it true to tradition while ensuring it meets the highest standards of quality.



What Is It Good For?

This oil really shines when you're dealing with:

- Cold, stiff, achy joints
- Chronic deep pain that feels "stuck"
- Long-term soreness that needs warmth and circulation
- Pairing with massage, cupping, or gua sha for a smoother, more effective treatment

It's gentle enough for everyday use, but strong enough that people feel the difference quickly.

READ MORE



- [How to Use Red Emperor's Immortal Flame](#)
- [How Long Does a Bottle of Red Emperor's Immortal Flame Last?](#)
- [Review of Red Emperor's Immortal Flame](#)

My Tips & Tricks

My favorite way to use Red Emperor's Immortal Flame is to combine it with Evil Bone Water. That combination brings out the best of both:

- Evil Bone Water gives you the quick-acting menthol and camphor coolness.
- Red Emperor's adds , cayenne, mustard, and ginger for a deep, lasting warmth.

Together, you get the full spectrum of stimulation—cooling, warming, circulation, and comfort all at once. It's like layering two different energies that work in harmony.

Whenever I use this combo, I feel like I'm tapping into both tradition and innovation—a recipe passed down through martial arts lineage and a formula that's been refined for modern healing.

Fu Medicinals

What Is It?

Fu Medicinals is a line of topical formulas crafted the old-school way slowly. Each batch goes through a traditional distillation process that can take a full year to mature, making these formulas some of the most authentic trauma remedies available today.



About the Maker

John Ditmars Lic.Ac., Dipl. O.M

John Ditmar is the creator behind Fu Medicinals, a line of small-batch, hand-crafted Chinese herbal liniments and balms that blend traditional methods with Pacific Northwest craftsmanship. All of John's Jiaos are made using alcohol distilled locally in Oregon and infused with herbs through traditional Chinese methods. Each batch is aged for a minimum of two years, with some currently more than ten years old, a process that allows the herbal compounds to fully mature and deepen in effectiveness.

John first began testing his formulas on his own patients and within the Pacific Northwest's extreme athlete community, including whitewater kayakers and canoeists across the U.S. These early trials helped him fine-tune each formula to meet the demands of real people dealing with intense physical strain and injury.

His balms are made using herbs infused into organic coconut oil and natural beeswax, both sourced through Mountain Rose Herbs in Eugene, Oregon. This ensures purity, sustainability, and high-quality ingredients from start to finish.

John is a traditionalist at heart. While many companies try to create "one-size-fits-all" herbal products, John's vision with Fu Medicinals was the opposite: targeted remedies that do one thing really well. His tendon formula is for tendons. His bone formula is for bones. His muscle formula is for muscles. It's simple, it's focused, and it works.



What Is It Good For?

Fu Medicine shines in situations like:

- Tendonitis & overuse injuries (Tendon Mending Jiao is the go-to)
- Bone spurs or joint calcification (Bone Spur Jiao)
- Muscle strain & deep soreness (Muscle formulas)
- Chronic injuries where you need a product that's steady, gentle, and effective without overpowering smells or sensations

And yes, unlike many topicals on the market, these don't knock you over with strong odors. They're subtle, but powerful.

My Tips & Tricks

One of my favorite combos is using Tendon Mending Jiao with an AOYI Patch for tendonitis. The Jiao penetrates deeply into the tissue to support healing, while the patch provides proprioceptive support and steady warmth that helps the tendon stay stable and comfortable.

When I use John's products, I always feel like I'm holding something that's been crafted with patience and intention, not rushed, not mass-produced, but carefully distilled for maximum strength. It is medicine born from both extreme sports grit and centuries-old tradition, which is an amazing combination.

READ MORE



- [FAQ for Fu Medicinals](#)
- [Fu Medicinals: Topical Liniments](#)

Dragon Blood Balm

What Is It?

Dragon Blood Balm is one of those formulas that really stands out in my clinic. It's a topical cream built around the resin known as "Dragon's Blood" (from the *Daemonorops draco* palm). The name alone is memorable, but what matters is how it works: it's cooling, protective, and incredible for supporting the skin's natural repair process.

Unlike alcohol-based liniments that evaporate quickly, this balm is smooth and moisturizing, creating a protective layer that lets herbs work longer on the skin. It's especially good when you need healing to last beyond that first 15–20 minutes.



About the Maker

Boris Bernadsky

Boris isn't just a clinician, he's an innovator, a climber, a runner, and a dad. He knows firsthand what it's like to push your body hard and deal with the fallout: sore tendons, cracked skin, bruises, and the little injuries that make you hesitate before tying your shoes or shaking someone's hand. He and his climbing partner Roman, were frustrated with the balms on the market some helped pain, some helped skin, some helped tendons, but nothing covered it all.

They went back to the roots of Chinese medicine. As they studied traditional formulas like Dit Da Jow, they compared them with modern skincare science. They then began experimenting in their kitchens to blend of tradition and persistence came Dragon Blood Balm.

What I love about Boris is that he's not chasing hype. He's the real deal, someone who lived through pain, healed from it, and dedicated his life to helping others do the same. Dragon Blood Balm isn't just another jar on the shelf. It's a formula born of experience, made by someone who knows what it feels like to need relief and finally find it.



What Is It Good For?

Here's where I've seen Dragon Blood Balm shine in clinic:

- **Cuts, scrapes, and skin wounds** – It helps protect the skin, encourages tissue repair, and reduces scarring.
- **Post-acute injuries** – Once swelling is controlled (Herbal Ice or Dit Da Jiao early on), this balm is fantastic in the reparative phase (48 hours to 6 weeks).
- **Fragile skin** – It's gentler than alcohol liniments, so patients with sensitive or cracked skin tolerate it well.
- **Chronic skin irritation** – Creates a soothing barrier and nourishes the skin while still delivering active herbal compounds.

I think of it as my "go-to" when the skin itself is part of the problem—not just the muscles or tendons underneath.

My Tips & Tricks

- **Layer it smart** – I'll often use alcohol liniment first (like Evil Bone Water) to move blood and open circulation, then apply Dragon Blood Balm to protect and heal the surface.
- **Think of it as a shield** – If you've got a cut or fragile skin over a joint you still need to use, the balm protects while you move.
- **Use it consistently** – A little twice a day is better than a heavy glob once a week. The steady application helps the tissue remodel properly.
- **Great for hands** – For folks who work with their hands, this balm has been a lifesaver on small cracks and abrasions that need to heal without slowing you down.

Herbal Ice

What Is It?

Herbal Ice is my go-to topical for the very first stage of injury care — when there's swelling, heat, and inflammation. Herbal Ice was designed for those moments when you want the benefits of cooling and anti-bacterial action, but without the drawbacks of cold therapy. Think of it like a smarter version of Neosporin plus an ice pack: it's safe near broken skin, doesn't sting, and encourages the body to heal instead of locking down circulation.

I've used it in the clinic for everything from fresh sprains to cuts and abrasions that need cooling protection. Patients love it because it doesn't burn, and it feels soothing right away. It's a cream, not a liquid liniment, so it sits on the skin longer and works more like a protective layer while still cooling and calming the tissue. Unlike ice, which can actually slow circulation and delay healing, Herbal Ice controls swelling **without shutting down blood flow**.



About the Maker

Gabi Masek Lic.Ac., Dipl. O.M

What I like most about Gabi is her deep connection to nature. She didn't just study herbs in a classroom, she spent years working in organic farming, tending soil, saving seeds, and learning directly from plants. That kind of experience creates a relationship with nature that you simply can't fake. I truly believe it's challenging to be a great herbalist or maker of herbal products if you don't have a connection with plants and the land they come from.

Gabi still lives this every day. Outside of clinic hours, she's out walking, rain or shine, paying attention to what's blooming, sprouting, or shifting with the seasons. Those walks aren't just exercise; they're part of how she stays in tune with the rhythms of the natural world. You can see how that awareness shows up in her practice, her herbal products, and the way she cares for her patients.

That is why I respect her work so much. It stems from a place of authenticity, rooted in years of hands-on experience with plants and a daily devotion to the natural world.



What Is It Good For?

- **Acute injuries** (within the first 72 hours) — swelling, redness, heat, and tenderness
- **Cuts, scrapes, and skin wounds** — cooling without the sting, and supports tissue repair, great for hiking rashes, athlete's foot,
- **Kids and sensitive patients** — gentler than alcohol-based formulas like Dit Da Jiao

My Tips & Tricks

- **Wash first** — Just like you'd clean before using Neosporin, wash the area with soap and water before applying.
- **Pair it with Dit Da Jiao** — I often combine Herbal Ice with Dit Da Jiao: Herbal Ice for cooling and anti-bacterial protection, Dit Da Jiao for moving blood and clearing bruises. Together, they're incredibly effective in the first 48 hours.
- **Don't overdo it** — A thin layer is enough. Too much can cause clothing or bandages to become clogged.
- **Reapply as needed** — Every few hours for the first day or two works best, then taper off as inflammation goes down.

READ MORE



- [Why Ice is Bad: Herbal Ice](#)
- [Frequently Asked Questions About San Huang San \(Herbal Ice\)](#)
- [Herbal Ice: A Hiker's Best Friend](#)

Product List

Topical Products

Evil Bone Water (Zheng Gu Shui)	\$39+
GOOD FOR:	Versatile, fast-acting relief. Muscle aches, stiffness, bruises, sprains, bug bites, skin irritation, stiff joints. Increases circulation, decreases inflammation. Great "first-line" topical.
Corydalis Relief Salve	\$25 (sale)
GOOD FOR:	Nerve pain (neuropathy, cancer-related), sensitive skin, sunburn, irritated skin. Provides gentle relief without overwhelming heat or smell.
Red Emperor's Immortal Flame	\$40 (sale)
GOOD FOR:	Cold, stiff, achy joints. Chronic deep pain that needs warmth and circulation. Pairs well with massage, cupping, gua sha. Works beautifully layered with Evil Bone Water.
AO YI Acupoint Pain Patches	\$39
GOOD FOR:	Tendons and Bursitis Long-lasting relief overnight or during daily activity. Vary warming.
Muscle Melt Patches	\$22
GOOD FOR:	Muscle pain that feels better with touch. Provides support, gentle soothing sensation, pressure, and sustained herbal delivery.
Herbal Ice	\$15
GOOD FOR:	Acute inflammation, swelling, cooling relief for new injuries, skin safe even near broken areas. Functions like a natural Ice and Neosporin alternative.
Dragon Blood Balm	\$23
GOOD FOR:	Reparative phase of injury. Skin wounds, cuts, scars, connective tissue repair. Encourages healing of fragile new tissue.
Bone Spur Jiao / Salve	\$25+
GOOD FOR:	Pain or irritation from bone spurs and joint calcification. Helps soften tissue, relieve discomfort, and support joint function.
Tendon-Mending Jiao	\$25+
GOOD FOR:	Tendonitis, ligament injuries, poor circulation in tendons. Supports tendon strength and blood flow.
PNW Dit Da Jiao ("Fall and Hit Wine")	\$25+
GOOD FOR:	Acute trauma, bruises, swelling. Moves blood, reduces pain and stagnation. Used after falls, blows, or impact injuries.

Digestive & Internal Support

Microgard	\$85
GOOD FOR:	Constipation with dryness, poor elimination, microbiome imbalance. Improves movement, regulates digestion, and decreases systemic inflammation.
Microgard Plus	\$85
GOOD FOR:	Loose stools, diarrhea, gut lining weakness. Strengthens digestion.
Bai Zhu Balance	\$40
GOOD FOR:	Chronic stress, high cholesterol, high blood pressure. Supports gut balance, regulates inflammation, smooths stress response.
Gut Harmony	\$49.99
GOOD FOR:	Overall digestive harmony and microbiome support.
Xiao Yao Wan Tea	\$120
GOOD FOR:	Digestion or pain made worse by stress.
Wind Tea	\$120
GOOD FOR:	Wind and damp obstructing channels, Wandering or moving pain.

Combination Packages

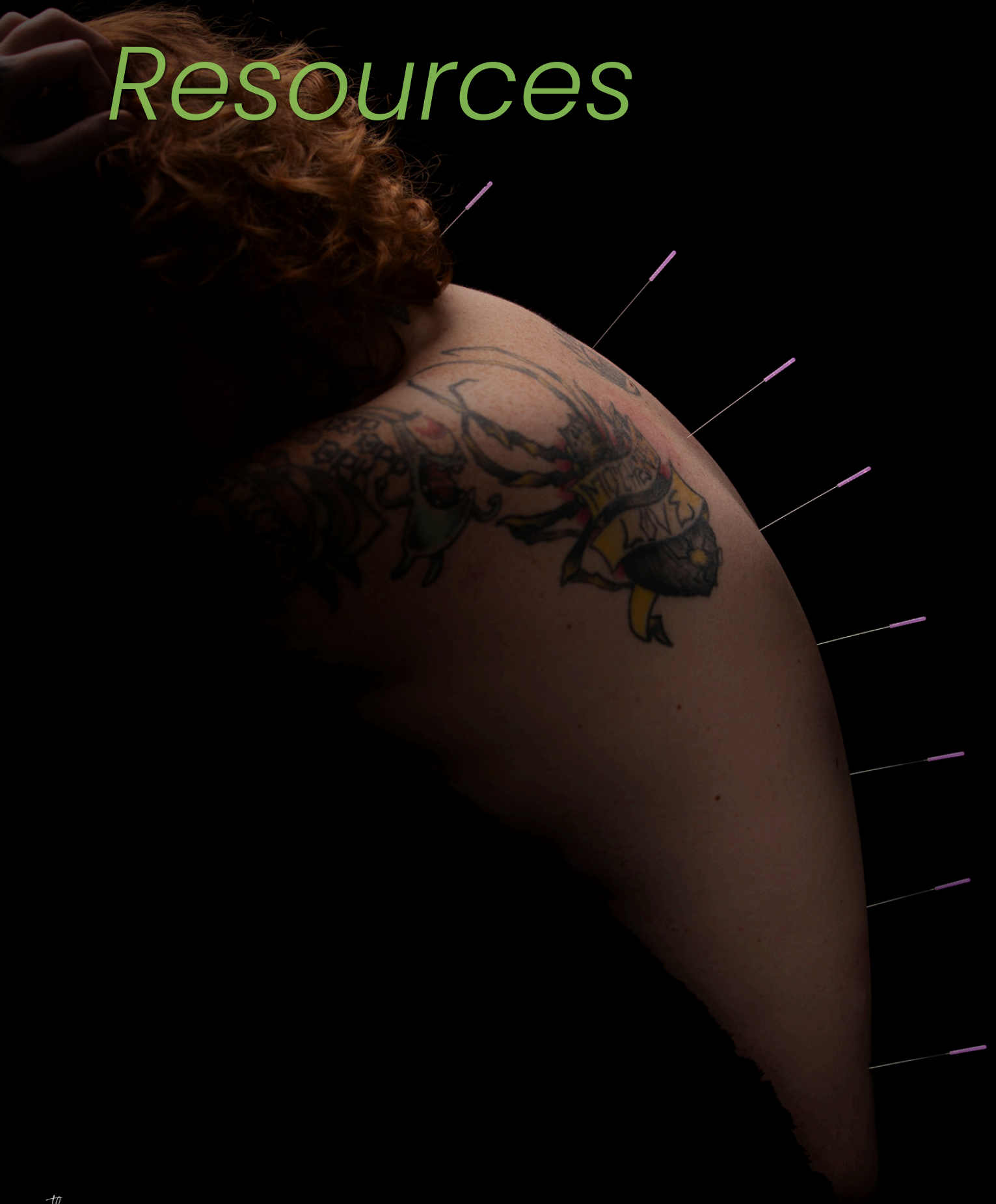
Pain Power Combo (Evil Bone Water + Corydalis Relief Salve)	\$55
GOOD FOR:	Muscle and nerve pain. Evil Bone Water for circulation and stiffness; Corydalis Salve for nerve irritation.
Fire & Ice Combo (Evil Bone Water + Red Emperor's Immortal Flame)	\$75
GOOD FOR:	Full-spectrum hot/cold stimulation. Menthol/camphor cooling + ginger/cinnamon/cayenne warming for arthritis, chronic pain.
Trifecta Combo (Evil Bone Water + Red Emperor's + Corydalis)	\$95
GOOD FOR:	"Throw everything at it" approach. Fast relief, deep warmth, and nerve soothing combined.
Tendonitis Combo (Tendon Mending Jiao + AO YI Patches)	\$50
GOOD FOR:	Chronic tendon injuries, Achilles or elbow tendonitis. Jiao boosts circulation; patches provide protection and stability.
Neuropathy Combo (Corydalis + Tibetan foot soaks)	\$300
GOOD FOR:	Neuropathy in feet/hands from diabetes or chemotherapy. Improves circulation and nerve comfort.

Blood & Bone Combo	\$55
GOOD FOR:	Supporting bone healing and circulation (likely Bone Spur Jiao + circulation-enhancing topical).
Botanical Beauty Combo	\$42
GOOD FOR:	Skincare and beauty support (hydration, radiance).
Pain Patch Combo (Evil Bone Water + Muscle Melt Patches)	\$45
GOOD FOR:	Round-the-clock relief. Evil Bone Water for fast action, patches for sustained relief.
Acute Injury Combo (Herbal Ice + Dit Da Jiao / Dragon Blood Balm)	\$40
GOOD FOR:	All three phases of acute injury—control swelling (Herbal Ice), reduce bruising (Dit Da Jiao), support tissue repair (Dragon Blood Balm).

Skin & Lifestyle

Blue Skies Bliss Mist	\$16+
GOOD FOR:	Hydrating facial spray. Gentle, refreshing water.
Flowering Dragon Skin Oil	\$30
GOOD FOR:	Skin nourishment, moisturizing, soothing dryness and irritation. Gentle protective oil.

Resources



Quick Pick Reference: Which Product for Which Problem

[CLICK HERE](#)

	EVIL BONE WATER	CORYDALIS RELIEF SALVE	RED EMPEROR'S IMMORTAL FLAME
Price	\$40	\$25	\$45
Key Ingredients	Natural menthol, camphor, cinnamon	Corydalis plant extracts	Organic wintergreen, menthol
Smell	Strong (<i>Herbal</i>)	Light/No (<i>Floral</i>)	Strong (<i>Wintergreen</i>)
Absorption	Fast	Slow	Medium
Application	3.4 oz Spray	2.2 oz Stick, 1.8 oz Jar	1 oz Bottle
Heating/Cooling Sensation	Both, more cooling	None	Yes, more warming
Pros	• Fast-acting • Strong heating/cooling sensation • Dries quickly • Improves absorption when combined with other products • Good for most things • Easy to clean	• Slow time-release absorption • Longer working time • No strong smell, • Effective for nerve pain • Multiple application styles • No/minimal stinging sensation • Gentle on sensitive skin	• Medium acting speed • Medium absorption time • Effective in providing warmth and relieving cold-aggravated pain • No/minimal stinging sensation
Cons	• Runny • Strong smell • Stings on open skin or after acupuncture • Strong sensation may cause discomfort for people with sensitive skin	• Difficult to clean • No hot/cool sensation • Greasy feeling on skin	• Small bottle size • May seem expensive • Flow restriction top may be slow to use • Not as suitable for applying to large areas easily • Strong sensation may cause discomfort for people with sensitive skin

Health Topic Resources

To help you dive deeper into common conditions, self-care practices, and how topical and internal Chinese medicine can support healing, we've gathered trusted resources from Valley Health Clinic.

Posture & Musculoskeletal Health

- [Treating Lower Cross Syndrome](#)
- [How to Fix Chronic Neck Tension](#)
- [Alleviating Hip Bursitis Pain with Evil Bone Water](#)
- [Plantar Fasciitis: Treatment Method](#)

Stretching & Movement

- [The Importance of Stretching: How to Improve Your Stretch](#)
- [Connective Tissue Stretching: What It Is and How to Do It](#)

Stress, Energy & Adrenal Health

- [Adrenal Fatigue](#)
- [Adrenal Fatigue and Your Microbiome](#)

Gut & Digestive Health

- [At-Home Practices to Increase Gut Health](#)
- [Understanding Migraines & the Gut \(Gallbladder, Chorus, and More\)](#)

Headaches & Migraines

- [Evil Bone Water for Tension Headaches: A Comprehensive Guide](#)
- [Understanding Migraines: Triggers](#)
- [Understanding Migraines: Stress](#)





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