## APPENDIX B
### HERBAL PRESCRIPTIONS FOR CASE STUDY CALVIN DOE

<table>
<thead>
<tr>
<th>Date</th>
<th>Formula</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5/18/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Mai Men Dong 10, Wu Wei Zi 6, Sheng Di 12, Gou Qi Zi 12, Shan Yao 10, Mu Dan Pi 10, Shan Zhu Yu 15, Fu Ling 10, Dan Shen 15, Ji Xue Teng 15</td>
<td></td>
</tr>
<tr>
<td><strong>5/21/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Shi Hu 12, Shu Di 10</td>
<td></td>
</tr>
<tr>
<td><strong>6/21/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Bai Ji Li 10</td>
<td></td>
</tr>
<tr>
<td><strong>6/22/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Si Gua Lou 6, Ma Huang 3, Fang Feng 6, Jing Jie 6, Jiang Huang 10, San Qi 12, Di Long 6, Gan Cao 6, Gui Zhi 6, Fu Zi 4, Bu Gu Zhi 15, Ba Ji Tian 15, Fu Shen 6</td>
<td></td>
</tr>
<tr>
<td><strong>5/29/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Zi Xie 3, Fu Ling 10</td>
<td></td>
</tr>
<tr>
<td><strong>6/29/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Shi Hu 12, Fu Pen Zi 10, Shu Di 10, Fu Ling 10, Bai Ji Li 10</td>
<td></td>
</tr>
<tr>
<td><strong>7/1/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Tian Ma 6, Shu Di 10, Gou Qi Zi 12, Shan Zhu Yu 12, Fu Ling 9, Shi Hu 10, Ju Hua 10, Bai Ji Li 10, Ze Xie 3, Ji Xue Teng 12, Chai Hu 6, Shi Chang Pu 3</td>
<td></td>
</tr>
<tr>
<td><strong>9/12/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Bai Ji Li 10, +Bu Gu Zhi 10, +Fu Pen Zi 10</td>
<td></td>
</tr>
<tr>
<td><strong>11/29/95</strong> ~ <strong>5 BAGS</strong></td>
<td>return to formula from 6/21 continue</td>
<td></td>
</tr>
<tr>
<td><strong>12/15/95</strong> ~ <strong>5 BAGS</strong></td>
<td>Shi Hu 12, Fu Pen Zi 10, Shu Di 10, Fu Ling 10, Bai Ji Li 10, Ze Xie 3, Ji Xue Teng 12, Chai Hu 6, Shi Chang Pu 3</td>
<td></td>
</tr>
<tr>
<td><strong>12/26/95</strong> ~ <strong>5 BAGS</strong></td>
<td>again, substitute, Yang Qi Shi w/Sang Ji Sheng</td>
<td></td>
</tr>
<tr>
<td><strong>3/13/96</strong> ~ <strong>5 BAGS</strong></td>
<td>Tian Ma 6, Shu Di 10, Gou Qi Zi 12, Shan Zhu Yu 12, Fu Ling 9, Shi Hu 10, Ju Hua 10, Bai Ji Li 10, Ze Xie 3, Ji Xue Teng 12, Chai Hu 6, Shi Chang Pu 3</td>
<td></td>
</tr>
<tr>
<td><strong>4/13/95</strong> ~ <strong>5 BAGS</strong></td>
<td>+Xian Mao 15, +Yin Yang Huo 15, +Yang Qi Shi 20</td>
<td></td>
</tr>
<tr>
<td><strong>6/25/96</strong> ~ <strong>10 BAGS</strong></td>
<td>- Xian Mao</td>
<td></td>
</tr>
<tr>
<td><strong>7/25/96</strong> ~ <strong>5 BAGS</strong></td>
<td>replace Yang Qi Shi w/Ba Ji Tian 10</td>
<td></td>
</tr>
<tr>
<td><strong>10/7/96</strong> ~ <strong>5 BAGS</strong></td>
<td>again, substitute, Yang Qi Shi w/Sang Ji Sheng</td>
<td></td>
</tr>
<tr>
<td><strong>11/17/97</strong> ~ <strong>5 BAGS</strong></td>
<td>Tian Ma 6, Shu Di 10, Gou Qi Zi 12, Shan Zhu Yu 12, Fu Ling 9, Shi Hu 10, Ju Hua 10, Bai Ji Li 10, Ze Xie 3, Ji Xue Teng 12, Chai Hu 6, Shi Chang Pu 3</td>
<td></td>
</tr>
<tr>
<td><strong>2/24/98</strong> ~ <strong>5 BAGS</strong></td>
<td>-Ju Hua, +Shi Chang Pu 6, +Fu Pen Zi 10</td>
<td></td>
</tr>
<tr>
<td><strong>5/28/97</strong> ~ <strong>5 BAGS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>7/1/97</strong> ~ <strong>5 BAGS</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Appendix B: Case Study Herbal Prescription

**Preserving the Sea of Marrow**  
Amy C. Darling

<table>
<thead>
<tr>
<th>Date</th>
<th>Bags</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/20/98</td>
<td>5</td>
<td>Tian Ma 6, Shan Zhu Yu 10, Gou Qi Zi 10, Lu Lu Tong 10, Ji Xue Teng 10, Shu Di 10, Fu Ling 6, Ze Xie 6, Shi Chang Pu 6, Fu Pen Zi 10, Shen Jin Cao 10, Ju Hua 6</td>
</tr>
<tr>
<td>8/19/98</td>
<td>5</td>
<td>Nuo Sha Shen 10, Bei Sha Shen 10, Pi Pa Ye 10, Bai Qian 6, Kuan Dong Hua 6, Mai Men Dong 10, Sheng Di 10, Xuan Shen 10</td>
</tr>
<tr>
<td>9/22/98</td>
<td>5</td>
<td>Gou Qi Zi 10, Xu Duan 10, Tian Ma 3, Fu Pen Zi 10, Dang Gui 6, Gou Qi Zi 10, Ji Xue Teng 10, Bai Ji Li 10, Fu Ling 10, Dan Shen 10, Huang Qi 10, Dang Shen 10</td>
</tr>
<tr>
<td>10/27/98</td>
<td>5</td>
<td>Shi Hu 10, Yuan Zhi 10, Shen Da Sheng 10, Yuan Zhi 10, Fu Ling 10, Shu Di 10, Chai Hu 10, Hou Po 10, Yan Hu Suo 10, Chuan Lian Zi 10</td>
</tr>
<tr>
<td>12/5/98</td>
<td>5</td>
<td>Dang Shen 10, Bai Zhu 10, Fu Ling 10, Zhi Gan Cao 3, Chen Pi 6, Ban Xia 6, Nan Sha Shen 10, Bei Sha Shen 10, Pi Pa Ye 10, Bai Qian 6, Kuan Dong Hua 6, Mai Men Dong 10, Sheng Di 10, Xuan Shen 10</td>
</tr>
<tr>
<td>1/19/00</td>
<td>5</td>
<td>Gou Qi Zi 10, Xu Duan 10, Tian Ma 3, Fu Pen Zi 10, Dang Gui 6, Gou Qi Zi 10, Ji Xue Teng 10, Bai Ji Li 10, Fu Ling 10, Dan Shen 10, Huang Qi 10, Dang Shen 10</td>
</tr>
</tbody>
</table>

**8/10/02**  
Long Yan Rou 6, Mu Xiang 6, Suan Zao Ren 10, Yuan Zhi 15, Dang Gui 10, Huang Qi 10, Hou Po 10, Yan Hu Suo 10, Chuan Lian Zi 10

**12/30/02**  
Shan Zhu Yu 6, Fu Pen Zi 10, Bai Ji Li 10, Gou Qi Zi 10, Shi Chang Pu 10, Tian Ma 3, Yuan Zhi 10, Fu Ling 10, Shu Di 10, Chai Hu 3, Shan Yao 10, Wu Wei Zi 10

---

**Appendix B - Case Study Herbal Prescription**  
**Preserving the Sea of Marrow**  
Amy C. Darling  

---

**Preserving the Sea of Marrow**  
Amy C. Darling
Appendix B: Case Study Herbal Prescription

Preserving the Sea of Marrow  Amy C. Darling

Mi Meng Hua 10
Bai Ji Li 10
Gou Qi Zi 10
Ju Hua 10
Tian Ma 3
Ji Xue Teng 10
Dan Shen 10
Shu Di 9
Shan Yao 9
Wu Wei Zi 9
Lu Lu Tong 5

8/12/04 ~ 5 BAGS
Shi Hu 10
Tian Ma 6
Shan Zha 15
Shu Di 10
Gou Qi Zi 10
Shan Zhu Yu 6
Mu Dan Pi 6
Fu Ling 10
Dan Shen 10
Ji Xue Teng 15

10/25/04 ~ 5 BAGS
+ Xi Xin 10
+ Mu Gua 20
+ Bai Shao 30
+ Gan Cao 10
+ Sang Zhi 30

2/8/05 ~ 5 BAGS
Shan Zhu Yu 10
Bai Ji Li 10
Gou Qi Zi 10
Ju Hua 10
Gou Teng 10
Ji Xue Teng 10
Mu Dan Pi 10
Shu Di 10
Shan Yao 10
Wu Wei Zi 10
Lu Lu Tong 6

5/13/05 ~ 5 BAGS
Bai Ji Li 10
Gou Qi Zi 10
Ju Hua 10
Xin Yi Hua 10
Bai Zhi 10
Shan Zhu Yu 6
Ze Xie 6
Fu Pen Zi 10
Shen Jin Cao 10
Shi Chang Pu 6

7/17/04 ~ return to formula from 4/24/04 ~ 5 BAGS
+ Shan Zha 15

6/28/05 ~ 5 BAGS
Bai Ju Hua 10
Gou Qi Zi 10
Fu Pen Zi 10
Shan Zhu Yu 6
Shan Yao 6
Wu Wei Zi 10
Bai He 10
Pi Pa Ye 10
Lu Lu Tong 6
Gui Zhi 10
Ba Ji Tian 10
Nu Zhen Zi 10

10/29/05 ~ 5 BAGS
(return to formula from 3/23/98)
Tian Ma 6
Shan Zhu Yu 12
Gou Qi Zi 10
Lu Lu Tong 10
Ji Xue Teng 10
Shu Di 10
Bai Ji Li 10
Fu Ling 6
Ze Xie 6
Fu Pen Zi 10
Shen Jin Cao 10
Shi Chang Pu 6

Special thanks to Leo Lok for his assistance in deciphering/translating Dr. Wang’s handwriting. Herbal formula/case study provided by Dr. Yun Wang, MD (China), LAc.