

Quality, Safety & Potency.

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and BlackPearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



Your healthcare practitioner

Disclaimer. The contents of this flyer (the 'Content') is intended only as a guideline on possible treatment strategies. The Content is not offered as medical advice and should not be considered to be medical advice under any circumstances. If you have a medical condition, you should always seek the advice of a qualified healthcare practitioner. Never disregard professional medical advice or delay in seeking it because of Content in this flyer. Your reliance on any information provided by the author in this flyer is solely at your own risk. Neither the author nor the publisher can be held responsible for the improper or inappropriate use or application of any of the Content of this flyer by any person.

Achieving healthy motherhood with Chinese herbal medicine



The Sun Herbal range of concentrated Chinese herbal formulas can help you address issues concerning all aspects of motherhood.

Our Traditional Chinese Medicine (TCM) brands include:



Ancient Chinese theories about conception and pregnancy

The ancient Chinese physicians understood that a woman's body matures according to a cycle of seven years and that the capacity for reproduction is governed by the energies of the Kidney.

'at seven years of age a woman's kidney energy becomes full, her permanent teeth come in, and her hair grows long. At fourteen years menstruation begins, and conception is possible. At twenty-one years the kidney energy is strong and healthy, the wisdom teeth appear, and the body is vital and flourishing. At twenty-eight years the bones and tendons are well developed and the hair and secondary sex characteristics are complete. This is the height of female development.'



The kidney in traditional Chinese medicine

In traditional Chinese medicine (TCM) the concept of the Kidney is based upon the ancient theory of the five elements, in which the universe is divided into five categories, referred to as Earth, Water, Fire, Metal and Wood. This is a broad and holistic perspective in which things are understood solely in terms of their relationships with the things that surround them. This contrasts with the Western scientific approach where everything is minutely analyzed in isolation from everything else.

In the body the Kidney represents the Water element, which governs growth to maturity and decline into senescence, fertility and reproduction. It controls fluid metabolism, bone development, memory and will power. The Kidney also plays an important role in the lungs' respiratory functions as well as the integrity of the immune system.

A woman's capacity to fall pregnant and give birth to a healthy child is mainly governed by the strength of her Kidney energies. Other important organs involved in this vital process are the Liver and the Spleen. The Spleen is in charge of digestion and assimilation of nutrients, while the Liver ensures the free and even flow of Qi throughout the body, ensuring the proper movement of nutrients into the tissues, smooth and even blood flow, as well as muscular suppleness and relaxation. Problems with one or more of these organ systems may result in problems with conception or pregnancy.

Chinese herbal medicine for normal healthy motherhood

Chinese herbal medicines that promote normal healthy female physiology and function are generally directed towards strengthening the Kidney, Liver and Spleen. They have the effect of promoting general health, improving digestion and absorption of nutrients, strengthening the immune system, promoting blood flow, assisting normal muscular function and also allowing normal growth of the fetus.

As each person is different and has different health needs, it is important that you seek advice from a qualified professional. Your TCM practitioner is best able to assess your particular condition and recommend the most suitable herbal formulas. Herbal treatment is generally given for three to six months before pregnancy and after this the approach is varied according to individual requirements.

When prescribed by a qualified healthcare professional, Chinese herbal medicine can assist with normal healthy motherhood.

