

Five Grains Spleen-Strengthening & Kidney-Tonifying Formula

Ingredients (Precise Dosage)

- Corn: 208 g
- Millet: 166 g
- Unhulled Sorghum: 166 g
- Unhulled Wheat: 208 g
- Huai Shan Yam (Genuine Chinese Yam): 250 g

◦ Preparation: Do not peel. Remove root hairs only. Slice thinly with a ceramic knife, then air-dry completely before use.

Processing Method

1. Grind each ingredient separately into coarse powder, then individually stir-fry to 50% doneness.

2. After stir-frying, combine and grind all ingredients in the following



The Herbal Order

sequence:

Corn → Millet → Unhulled Sorghum → Unhulled Wheat → Huai Shan Yam.

Grind into fine powder and store in an airtight container.

Administration & Dosage



- Mix with water and cook into porridge.
- Take every morning.
- Continuous use for three months is recommended to restore and improve spleen and stomach function.

Properties & Indications

Mainly sweet and neutral in nature.

Functions:

- Invigorate the spleen and stomach
- Eliminate dampness and arrest diarrhea

- Tonify the kidney and consolidate the intestines

Indications:

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- Weakness of the spleen and stomach
 - Abdominal distension and loose stools
 - Dampness excess, deficiency-type obesity, edema
 - Suitable for the elderly, children, and post-illness recovery

This formula harmonizes zang-fu organs, regulates qi, and consolidates the middle energizer.