# Let the (Pilot) Studies Begin!

February 25, 2011 By Mike Barr

Two friends have generously agreed to test pilot Bu Zhong Yi Qi Tong (Tonify the Middle and Augment the Qi Decoction) and Gui Pi Tang (Restore the Spleen) with me.

Bu Zhong Yi Qi Tong is, as mentioned in previous post, the slightly stronger version of the all purpose qi tonic, Si Jun Zi Tang. Bu Zhong's principal ingredients are astragalus root, (Chinese--not Korean or Wisconsin grown) ginseng (nothing against Wisconsin; I love Wisconsin!), angelica root, licorice root and a couple other things.

Dr Sun says we should see an effect (CD4+ T-cell increase) after one month. Wouldn't it be amazing? (If textbooks are to be believed, he may even notice decreased "drooping" of the body: eyelids, cheeks, ani, uteri, colon, stomach--if indeed he even has any drooping. But how would we even quantify these things?)

For those who appreciate cold, hard facts, I have only this to offer for now (from the English language bible (until someone tells me of a better one!) of Chinese herbal medicine):

*Use of Bu Zhong Yi Qi Tang was linked to increased T-lymphocyte count, elevated levels of interferon (alpha, I am assuming) and interleukin-2, as well as increased natural killer cells and macrophage activity. (Zhong Yi Fang Ji Xian Dai Ya Jui (Modern Study of Medical Formulae in Traditional Chinese Medicine), 1997;520-21.)*

I'll try to get more.

Gui Pi Tang is a modification of the all purpose qi tonic (Si Jun Zi Tang), with some extra herbs added to "nourish the Heart, calm the spirit": longan fruit, jujube (fruit and seed), schisandra (magnolia vine) berry, fresh ginger and a handful of other roots and barks.

Gui Pi Tang is used to help with "insomnia related to anxiety and stress" as well as boosting the body's central "qi," especially "Spleen qi" which would support digestion, the transformation of food into the best quality blood and nutrition, and give a bit of an energy boost--not the adrenaline kick type, but more like a greater resilience and reduced likelihood of feeling fatigued throughout (or at end of) the day.

Next I would like to look into acupuncture points said (although I still find this difficult to believe!) to help strengthen bones (all of things) so that there might be something else to do to mitigate against the bone degeneration (osteomalacia, osteopenia) wrought by long-term use of

Viread/Truvada/Atripla (the tenofovir component), as well as take a closer look at herbs reported to prevent liver fibrosis and cirrhosis in people with HBV or HCV infection who might or might not be on antiviral therapy but still need to guard against further damage to their livers.

*Mike Barr is a board certified acupuncturist and herbalist and can be reached at Turning Point Acupuncture (just off Columbus Circle across from the Mandarin Oriental hotel) and at Suite 904 in the Flatiron District. His interests and experience include sports acupuncture, pain syndromes, liver health, immunological support, herbal and acupuncture approaches to getting off/putting off prescription medications of unsatisfactory or unclear benefit, and in helping to manage the side-effects of other necessary and life-saving biomedical interventions. He has also been busy exploring the application of Chinese herbal therapies, and specific acupuncture protocols, for all aspects of sexual health and anti-senescence.*

---

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/blog/let-pilot-studies-begin