

# Calm Spirit Tincture (安神 An Shen)

BY TOBY DALY



1000 ML ETOH  
(ETHYL ALCOHOL)



30 GRAMS HE HUAN HUA  
(FLOS ALBIZZIAE)



120 GRAMS DAN SHEN (SALVIAE  
MILTIORRHIZAE RADIX)

*Calm Spirit Tincture is a simple two herb formula from the Taiwanese herbal tradition of my teacher Dr. Angela Wu.*

**YIELD:** 750 ml

**SHELF LIFE:** An herbal tincture has a shelf life of at least three years.

1. Place the two medicinals into a clean glass jar
2. Add the ETOH
3. Seal and macerate for at least two weeks. Shake the jar daily to promote extraction.
4. Strain the herbs from the tincture. Be sure to squeeze the herbs to extract all the liquid. You can compost the spent herbs.
5. Pour the tincture into amber or blue dropper bottles and label.



HERBS  
with ROSALEE

# Toby Daly

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Toby received his undergraduate degree in Food Science from the California Polytechnic State University at San Luis Obispo. He began studying Chinese medicine in 1997 with Sunim Doam, a Korean monk trained in the Saam tradition. He earned his master's degree in Traditional Chinese Medicine in 2002 upon completion of training at the American College of Traditional Chinese Medicine in San Francisco and Chengdu University in China.

During his four years of training in San Francisco, he interned with the prominent acupuncturist Dr. Angela Wu and learned to apply the lofty theories he was studying in school into the pragmatic setting of a busy clinic. In 2013, he developed the Chinese Nutritional Strategies app to provide digital access to the wealth of Chinese dietary wisdom.

In 2016, proving that some people never learn, he completed a PhD in Classical Chinese Medicine under the guidance of 88th generation Daoist priest Jeffery Yuen. In 2021, he developed the Chinese Medical Characters app to enable direct access to foundational Chinese medical terms and concepts.

He lectures internationally and in April 2023 he published his first book *An Introduction to Chinese Medicine: A Patient's Guide to Acupuncture, Herbal Medicine, Nutrition & More*.

You can find more from Toby at his website, [FlourishMedicine.com](https://FlourishMedicine.com).

