



Interview with Dr. George Lamoureux, Founder of Jing Herbs

S.R: Hi, everybody. It's Susan with NaturalSkinCareLove.com. And today, we are going to be talking about a subject that I am very excited about, and intrigued: Traditional Chinese Medicine, or TCM, and specifically tonic herbs. And how we can use tonic herbs not only to enhance our overall health but to enhance our skin and our beauty as well.

Today, I am talking with **Dr. George Lamoureux**. He is the founder of [Jing Herbs](#), which is a Los Angeles based company. And they formulate tonic herbs for various body systems and we're going to be talking with George today about how we can use tonic herbs to enhance our beauty and our skin. Welcome, George.

G.L: It's so good to be with you, Susan.

S.R: Thank you. I'm so happy that we have the opportunity to talk. Why don't we just start out by telling everybody a little bit about you and your journey, and how you came to found [Jing Herbs](#)?

G.L: Well, that's a pretty long journey.

S.R: The Reader's Digest version.

G.L: Yeah, exactly. Well I actually went from being a Wall Street crude oil trader to a professional chef, and all the along through that journey finally coming into Traditional Chinese Medicine and tonic herbalism. So, it took me a while to get here, but I'm really happy that I did.

S.R: And just for everyone's knowledge, you are very well educated in Traditional Chinese Medicine and tonic herbs. You hold a doctorate.

G.L: That's correct.

S.R: And how much schooling is that?

G.L: That's six years post bachelor's degree.

S.R: So it's almost like going to medical school?

G.L: You go through a master's program, and then you do two more years and you do a doctoral program.

S.R: There's a lot of study involved. I think more so than a lot of people recognize.

G.L: Oh, yeah. Absolutely.

S.R: So, as far as Traditional Chinese Medicine, why don't we just start out with a brief description, a Reader's Digest version of just what Traditional Chinese Medicine is, and specifically tonic herbs?

G.L: Well, Traditional Chinese Medicine is probably one of the oldest systems of healthcare in existence, and of course still being practiced today. We have an amazing, 5,000-year written history of this medicine from its beginning to the present time. So, a lot of traditions are very oral, and some of them can be lost. But, we have the blessing of being able to actually look at those texts that were written that long ago, and still glean knowledge from them today.

And the great thing about it is Traditional Chinese Medicine is very holistic. They were amazingly keen observers of nature. Not only of nature, but what happens in the human body also. And they wrote down this information so that we could use it today.

Now, within Traditional Chinese Medicine, one of the specialties is the herbal pharmacopeia, and within that there's another specialty called, tonic herbalism. And the way we practice it has to do with something called, Three Treasures, which are Jing, Qi, and Shen. That's like your life force, your day-to-day energy, and your spirit. So, tonic herbalism is practiced in general, but we have a specific way of doing it.

S.R: Specific formulations?

G.L: Yes. All of the formulations that we do, anything that we do will always basically revert back to those three energetics that I just talked about, the Jing, Qi, and Shen. So, within that framework is how we practice our herbalism. It's very much a pro-active kind of way of doing things. It's knowing that something is going to occur in our lives, and then actually addressing it long before it actually happens.

S.R: I see.

G.L: And that's what the Chinese were amazing at.

S.R: That's really intriguing to me. It seems it's very complicated, but at the same time, to me, it seems simplistic in that it's about nourishing and balancing, and giving the body what it needs.

G.L: Absolutely. It's sublimely simple. There's an art and a science to it at the same time. And you can really narrow it down, but at the same time, there are all kinds of complex issues that you can deal with. And you can do it effectively, always going back to that simple foundation.

S.R: And can you just explain briefly, if you could, just the way Traditional Chinese Medicine works to heal the body in comparison with Western Medicine?

G.L: Well, basically, what it does is, as I said before, when the Chinese observed what happens in the body, the functions of the body, the functions of the different organ systems, and they observed that over many millennia, what they did was they noticed that in order to maintain health, in order to really thrive, what you have to do is nourish those three treasures that I was talking about. And you have to keep them in balance. And you have to keep them regulated. And you have to protect them.

So, speaking from a holistic point of view, if you address them, if you nourish, balance, and protect, you basically will prevent the body from developing disease states or disharmonies. Because that's basically what disease states are. It's a disharmony. And it could be a single organ system that it starts out in. But if you think about the body holistically, if one organ system is not functioning properly or it's dis-functioning it's going to affect everything else. There's sort of like a domino effect. So, what you want to do is you want to maintain that balance and maintain the integrity. It's like maintaining homeostasis. It's basically doing that. And there are specific herbs that will allow you to address those issues.

S.R: So, the difference between using tonic herbs and regular supplementation would be what, exactly?

G.L: Well, there are constituents. There are parts that make up the tonic herbs that you will not get anywhere else in any other kind of supplementation. They are really specific to those herbs. Each of them may have 10, 20, 50 different constituents. And in ancient times, as I said before, because of the observation they would actually take herbs and they would notice what it was doing in the body. They would notice what effect it had. They would even know what meridians or what organ systems it was going into. They really figured that out over a long period of time.

They knew that those herbs were good for that. Now, even today, what science is bearing out is that they were absolutely right in their observations. We're getting a lot of science and a lot of information now from science. These herbs are being studied for their chemical constituents, and what they were being used for in ancient China is being bared out today. That they are actually good for what they said they were.

S.R: Interesting. So, would you say that by keeping the body in balance using the appropriate tonic herbal formulas, we can prevent nutritional deficiencies as well?

G.L: Well, absolutely.

S.R: Awesome.

G.L: Tonic herbs specifically are used in the culinary aspect of Chinese medicine. They cook with these herbs also. In the West, we tend to use them in different forms. Not in their raw forms. But we do some of them, like everyone is probably familiar with goji berries or lyceum.

S.R: Yes.

G.L: Okay. So, that's a tonic herb. Certainly an edible herb, but in China they would also use that in their culinary traditions. They would cook. They would make soups with that. And they would cook with them. So that's one of the aspects about tonic herbs is that they are like super foods and super nutrients. But, there are elements within the herb that you will not get from any other kind of supplementation. They are really specific to that herb.

S.R: Great. So, just jumping ahead a little bit because I know our time is limited. I'd like to talk about specifically the tonic herbs contained in the [Beauty Kit](#) in your line. I think that especially my community and the people who follow and read my blog; obviously, it's a skin care and beauty blog, so I think they would be really interested in finding out more about that.

G.L: Okay. So, do you want me to go into the specific herbs in the kit?

S.R: Sure. Yeah. The Reader's Digest version.

G.L: Okay. So, basically, the kit has three components to it. It has a formula called, Three Sisters. Then it has another formula called, The Goddess Pack. And another element is, Pearl.

So, we'll start with Pearl because that's sort of like the individual thing. Interestingly enough, Pearl has a very long history in its effectiveness for keeping the skin moist and translucent. I mean, if you think about what pearl looks like when you look at it, that translucent shine that it has on its surface, that's sort of what it imparts to the skin.

But one of the other things about pearl that tonic herbalism is really specific about is that, actually, it's what we call a calming the spirit herb. So, it pacifies the heart. It makes you feel calm and centered. It's also considered a yin tonic. So, it has that moistening capability to it since it's a cooling herb. The great thing about pearl powder is not only can it be taken internally but it can be used externally also. So, if you get the regular pearl powder, you can mix it with something like jojoba oil. And actually, you can apply it to the skin. And one of the things that it's known for is that if you're getting dark spots on the skin, you can actually apply pearl powder topically and it tends to lighten the skin again.

S.R: Can you break open the capsules?

G.L: Sure. Yeah, you can.

S.R: Wow.

G.L: Absolutely.

S.R: Awesome.

G.L: Yeah. Yeah and we put it in the capsules in that pack to make it convenient to take, but you can certainly open up those capsules, and you can apply it topically. And it's really good that way. It's good for all kind of inflammatory conditions on the skin. The other thing that it does, interestingly enough, is it also helps clear the eyes. So if you have like dry, red, irritated eyes pearl powder is really good for actually clearing the eyes and getting rid of some of that heat.

S.R: And the other components are, Three Sisters. Tell me about that.

G.L: Well Three Sisters, this is an amazing formula. I really love this. The main herb in this formula is schisandra. And schisandra is actually in the classification of an astringent, okay? So, one of the reasons why you lose moisture is actually because it evaporates through the skin. And certainly, the skin starts to dry out. One of the things that schisandra is really amazing for is that it actually sort of locks that moisture in. It keeps it in the cells of the skin so that it doesn't dissipate. And I think you also might have benefited from the fact the schisandra is another herb that helps clear the eyes, and moisten the eyes too.

S.R: Yes. Yes. I want to go into my results, which are pretty amazing. But there's another component called Goddess Pack, which is pretty awesome itself.

G.L: Right.

S.R: What is in that?

G.L: But in the Three Sisters there are also two other herbs in there. There are longan and lyceum. And those two herbs are considered kidney essence tonics. Those are jing tonics. And again, it has to do with the moistening. With the yin aspect. So, that formula is all about bringing moisture back into the body. This is a formula, by the way, that

menopausal women and post-menopausal women find really amazing when they start to experience that real drying effect after menopause. This really helps bring the moisture back to the skin, and to other parts of the body too. All over. They really appreciate it.

Now Goddess Pack, that has three components in and of itself. It's composed of a formula called, Beautiful Hair. And another one is called, Timeless Beauty. And then there's a third element to it that has maca and a little bit of pearl powder again. So, you get a little bit of pearl powder in the Goddess Pack. But we thought you could also use more. And basically, those formulas in total, one of their main functions are to nourish the blood and enrich the blood. Because the condition of the skin, the condition of the hair, the condition of the nails is going to be dependent upon the nutrients that the blood brings to those tissues.

So, what these formula's do is they actually enrich the blood, nourish it, move it so that it gets into the tissue and it keeps the skin supple, moist, and really luminous. There are also aspects in that formula that help balance the hormones. Maca is great for helping to balance hormones. So, obviously, if you have hormone balance, again, the skin is going to maintain its suppleness, its elasticity, its beauty. The hair will be thick and rich. And the nails will be really healthy, also, because the hormones are balanced. So, those are basically the three aspects of the beauty kit.

S.R: Well, as you know, I've been using it for about four weeks now, and one of the reasons I was so excited to talk to you was so that I could understand why I'm getting these remarkable results. Because, quite honestly, I have never gotten results like this with any sort of supplementation. And I'm a healthy person. I eat impeccably well. I have a healthy lifestyle. I am really blown away by the results that I've received with this product.

And I just want to put a disclaimer out to anybody who's listening: these are my results. It doesn't mean that they're going to be the same for you. But, just if I could just share a little bit of what I've experienced, my skin has a moistness to it that I never experienced before. And I'm talking before lotions. Even after I cleanse my face and tone my face, it's moist rather than feeling dry. I used to have to put a moisturizer on. I still use a moisturizer. I still use sunscreen, but there is a moistness and a luminosity to my skin that I never, ever had before. Ever.

And you hit the nail on the head with the eyes. I've had a problem with dry eyes for many years. I live in very dry climate. And I would always be putting eye drops in my eyes throughout the day. I don't need to do that anymore. It's amazing what's going on. My nails, they're just growing like weeds. And they are strong but not brittle. Very flexible still but really, really strong. And that's after four weeks. That's amazing.

And the one thing that I really wanted to talk to you about is something that I found unbelievable. And I wish I would have known this was a possibility because I would of truly taking before and after pictures. I have been coloring my hair since I was 16 years old. I have what I thought to have been hereditary gray in my family. Everyone in my family by the age of 25 has white hair. So I've been coloring my hair, and what I noticed over the past four weeks is as my color was growing out, my natural was growing in. Instead of being of white, white, white, white, it is salt and pepper. And that just really not only blew me away, but I actually went to the salon this week, and my hairdresser could not believe it. Absolutely could not believe it. And neither can I.

So, I'm just getting amazing results with these products. Now, I have taking skin, hair and nail formulations. There's so many out there. I've taking those before. I never had these results. So, can you just take a couple of minutes, and explain to me why? What's going on in body that I'm getting these incredible results?

G.L: Well, when I was talking in the beginning about The Three Treasures, when you talk specifically about the hair, and the hair started to go back to its natural color. That has to do with that jing essence, that kidney essence that

we talked about. And the herbs in these formulas are actually strengthening or replenishing that jing essence. That's a very, very powerful energy that you get at the moment of your conception, basically.

And what's happening is as we age, those essences, those energies, start to become depleted. I mean, just living life will do that. So, when you started taking this formula, what happened was you started to replenish that energy that was being lost. And the outcropping, or the manifestation of that, is that you started seeing it in the hair coming back in a darker color again. And that's basically it. There's, in one of the formulas, the herb, he shou wu, which is considered a kidney and tonic, and is known for its ability to affect the hair.

S.R: Wow.

G.L: Yeah.

S.R: So, the premature gray that I thought was hereditary is not really a hereditary gray hair. It's probably a hereditary jing deficiency.

G.L: Yes, that could be it. Exactly.

S.R: Wow. That is so interesting.

G.L: Because I know that you have a very good lifestyle, and your diet is great. You exercise. You have a really good lifestyle. So, you may in fact have had an actual jing deficiency that was constitutional.

S.R: Right.

G.L: So, when you started nourishing that, then you get the manifestation from it.

S.R: That's really incredible. I am just so blown away with the results that I'm getting that I'm officially addicted. Officially addicted, and I'm looking forward to trying some of your other tonic herbs as well, just for overall vitality and wellbeing.

G.L: Right. And basically they call this [yun shin] in Chinese. It's nourishing the life arts. And that's what its all about. It's about being proactive and encouraging longevity and feeding the energies that are going to give you that.

S.R: Right.

G.L: That's what tonic herbs are really amazing at.

S.R: So, if somebody wanted to get started with using tonic herbs, what would you recommend?

G.L: Actually...

S.R: Obviously, I would recommend them going to your website.

G.L: Well, here's something they can also do. We've developed a little questionnaire and anyone can go to JingTest.com, and they can take an assessment. And it will assess what I was talking about, the jing, chi, and shen, the three treasures and the other elements in the body. And at the end of that, they'll actually get a read out and it will give them a recommendation where they should start.

So, it will sort of say, "Okay. This is what you seem to be most deficient in. You should probably start here." And so you can do that. That's a really good way of finding out where you are on that continuum, on that balance. But, you can also go to the website, JingHerbs.com. There's a lot of amazing information on our website about the formulas and the products.

S.R: And you have a lot of great education in general about tonic herbs. A lot of information. I haven't been through it all yet, but there is just a plethora of great free resources and information on the site as well.

G.L: Right.

S.R: And you also have, if somebody wants to dig a bit deeper, a consultation that they can purchase for \$150, correct?

G.L: Well, actually, you know what? If they take the Jing Test Analysis they can actually schedule a 15-minute free consultation.

S.R: Awesome.

G.L: Where we can, if they have any concerns or any questions or they need clarification, they can make an appointment and we'll talk with them for a 15-minute time period. But, if they want a longer, more formal analysis we do have that consultation. Yes, the \$150 consultation available also.

S.R: And that has a credit? Does it include a credit for a product as well?

G.L: Exactly.

S.R: That's awesome. So, the \$150 can be used?

G.L: For the actual products, right.

S.R: That's incredible. Perfect. I might do that myself.

G.L: All right.

S.R: Okay. Well, thank you so much, George, for taking the time today to talk with me and educate me a little bit more. Again, the website is JingHerbs.com or JingTest...

G.L: Right.

S.R: Dot com.

G.L: Dot com.

S.R: For the analysis, right?

G.L: Right. Exactly.

S.R: Okay. Well, thank you so much, George.

G.L: It's been a pleasure. Thank you very much.

S.R: Talk to you soon. Bye-bye.

G.L: Be Well.

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