



2023 Chinatown Herbal Shopping Guide



Herbal Medicine

Introduction

Chinese herbal remedies have a long history dating back some 2,200 years. One study says Chinese herbal medicine makes up of no fewer than 1,800 components and can provide 10,000 formal prescriptions for specific ailments.



Herbal medicine and Chinatown

While western medical experts are breaking down the ingredients of countless herbal species, in Chinese communities all over the world, herbal medicines are inseparable from their culture. In San Francisco Chinatown some 30 herbal medicine and supplement stores help customers with various issues such as diet balance, chronic fatigue, arthritis, among others.



For low-income families in Chinatown, relying on herbal medicine is an affordable alternative to a doctor's visit, which is often tied to prohibitive health care coverage.

Eastern and western concept

Herbal medicine is considered gentler on the human body, using natural ingredients as treatments resulting in fewer side effects. A Western medical doctor prescribes a drug for a patient's specific condition. An herbal medical practitioner seeks to restore a balance between two complementary forces, yin (passive) and yang (active). A person is healthy when these two forces serve as stabilizing energy regulating internal functions. Otherwise, a person will feel sick.



Herbal Medicine

Herbal medicine is gaining acceptance

Herbal medicinal treatment has become popular in the last few decades. Some health maintenance providers offer limited forms of primary healthcare, encouraging herbal medicine as an alternative therapy under proper guidance. While many herbal components have not been scientifically



dissected to the benefit of the patients, western doctors have shown increasing interest in seeking out the parts that may be useful in the application of Western medicine.

Herbal supplements and FDA

A product made from plants and used solely for internal use is called an herbal supplement. The FDA considers herbal supplements foods, not drugs. They are not subject to the same testing, manufacturing, and labeling standards and regulations as drugs.



Herbal supplements can have side effects, too. Caution must be taken to avoid self-diagnosing. If in doubt, the best approach is to seek advice from a licensed herbalist or naturopathic doctor, who has extensive training in this area.

The first herbal medicine hall in the United States is in San Francisco Chinatown

San Francisco is rich in its Chinese cultural heritage. The Traditional Chinese Herbal Medicine Hall on the second floor at 855 Stockton Street (above the Kong Chow Benevolent Association) is the first of its kind in the United States with numerous applicable samples from different origins plus rare collections. This exhibition hall serves as an informational clearinghouse for visitors from all over the world. Our tourist information center is a community partner of this institution.



Herbal Shops

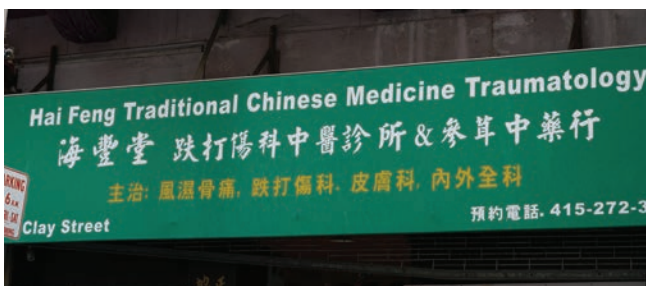
Clay Street



Name: Heng Xing Long
Address: 764 Clay St., San Francisco, CA 94108
Phone: 415-400-5387
Hours: Mon to Thurs / Sat & Sun 8:30 am to 8:30 pm.
Wed & Fri 8:30 am to 8 pm.



Name: Jian Long Healing Center
Address: 810 Clay St., San Francisco CA 94108
Phone: 415-828-3975
Hours: 10 am to 6 pm. Closed Wednesday



Name: Hai Feng Traditional Chinese Medicine Traumatology
Address: 858 Clay St., San Francisco, CA 94108
Phone: 415-272-3698
Hours: 10:30 am to 6:30 pm daily.

Herbal Shops

Grant Avenue



Name: Mei Shen Corp
Address: 808 Grant Ave., San Francisco, CA 94108
Phone: 415-400-5287



Name: Yu Fung Co.
Address: 910 Grant Ave., San Francisco, CA 94108
Phone: 415-399-0122
Hours: 11 am to 4 pm.



Name: Nan Hai Corporation
Address: 919 Grant Ave., San Francisco, CA 94108
Phone: 415-397-3678
Hours: 10 am to 7 pm. Closed Monday



Name: Hang Fung Tai Corp
Address: 1050 Grant Ave., San Francisco, CA 94133
Phone: 415-421-5257
Hours: 9:30 am to 5:30 pm. Closed Tuesday

Herbal Shops

Jackson Street



Name: Tung Shing Trading Co.

Address: 734 Jackson St., San Francisco, CA 94133

Phone: 415-291-9528

Hours: 9:30 am to 6 pm daily



Name: Hing Sin Co.

Address: 743 Jackson St., San Francisco, CA 94133

Phone: 415-362-6371



Name: Run Feng Hai Wei Chinese Herbal Inc.

Address: 753 Jackson St., San Francisco, CA 94108

Phone: 415-752-0816

Herbal Shops

Kearny Street



Name: Jumbo Trading Co.
Address: 614 Kearny St., San Francisco, CA 94108
Phone: 415-986-1388
Hours: 10 am to 5:30 pm. Closed Sunday.

Pacific Avenue



Name: Fong Seng Co.
Address: 1024-1026 Pacific Ave., San Francisco CA
Phone: 415-986-1809
Hours: 9 am to 5 pm daily



Name: Jiaxing Good Co
Address: 644 Pacific Ave., San Francisco, CA 94133
Phone: 415-788-1388

Herbal Shops

Stockton Street



Name: S & M Ginseng

Address: 1000 Stockton St., San Francisco, CA 94018

Phone: 415-956-2243

Hours: 8:30 am to 6 pm daily



Name: Changyi Trading Incorporated

Address: 1018 Stockton St., San Francisco, CA 94108

Phone: 415-956-2243

Hours: 8 am to 5:30 pm daily



Name: Hop Hing Ginseng Co.

Address: 1027 Stockton St., San Francisco, CA 94108

Phone: 415-986-7899

Hours: 9:30 am to 5 pm. Closed Tuesday



Name: Chang Shing Co.

Address: 1043 Stockton St., San Francisco, CA 94108

Phone: 415-398-4825 / 415-203-3978

Hours: 9 am to 5 pm daily

Herbal Shops

Stockton Street



Name: Kang Hua Trading Inc.
Address: 1040 Stockton St., San Francisco, CA 94108
Phone: 415-989-4817
Hours: 9 am to 5 pm daily



Name: Tan Hua SF LLC
Address: 1143 Stockton St., San Francisco, CA 94133
Phone: 415-757-0986
Hours: 9:30 am to 5:30 pm daily



Name: Dai Chung Wah LLC
Address: 1201 Stockton St., San Francisco, CA 04133
Phone: 415-733-2101
Hours: 9 am to 5 pm daily

Herbal Shops

Stockton Street



Name: Sun Sun Trading Co.
Address: 1226 Stockton St., San Francisco, CA 94133
Phone: 415-989-9833
Hours: 8 am to 6 pm daily



Name: Chung Chou City Inc.
Address: 1230 Stockton St., San Francisco, CA 94133
Phone: 415-397-2288
Hours: 9 am to 6 pm daily



Name: Wei Ye Co. Inc.
Address: 1248 Stockton St., San Francisco, CA 94133
Phone: 415-398-2068
Hours: 9 am to 6:30 pm daily

Herbal Shops

Stockton Street



Name: Jing Ye Co. Inc.

Address: 1252-1254 Stockton St., San Francisco, CA 94133

Phone: 415-398-2068

Hours: 9 am to 6:30 pm daily



Name: Xing Ye Trading Inc.

Address: 1262 Stockton St., San Francisco, CA 94133

Phone: 415-398-2068

Hours: 9 am to 6:30 pm daily



Name: Chung Kui Exports & Imports Co.

Address: 1306 Stockton St., San Francisco, CA 94133

Phone: 415-362-1712

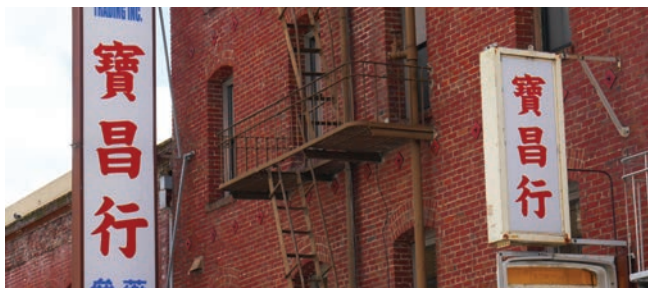
Hours: 10 am to 5 pm daily

Herbal Shops

Washington Street



Name: Ellision Enterprises Corp.
Address: 736 Washington St., San Francisco, CA 94108
Phone: 415-982-3886
Hours: 9:30 am to 6 pm daily



Name: Bou Coeng Hong Trading Inc.
Address: 835 Washington St., San Francisco, CA 94108
Phone: 415-913-7328
Hours: 9 am to 6 pm daily



Name: Tran's Trading Co.
Address: 849 Washington St., San Francisco, CA 94108
Phone: 415-788-0110
Hours: 9:30 am to 6 pm. Closed Thursday

Herbal Shops

Washington Street



Name: Da Chang Yuan
Address: 860 Washington St., San Francisco, CA 94108
Phone: 415-660-6666
Hours: 9:30 am to 5 pm daily



Name: Tai Shing Trading Co.
Address: 867 Washington St., San Francisco, CA 94108
Phone: 415-781-7619
Hours: 10 am to 6 pm daily

Waverly Place



Name: Tung Fong Trading Co.
Address: 101 Waverly Place, San Francisco, CA 94108
Phone: 415-296-7591
Hours: 9:30 am to 5:30 pm. Closed Sunday.