

COLD & FLU THERAPY

early treatment tips

Oriental Medicine has a sophisticated understanding of this problem:

Herb Therapy varies with the presenting symptoms:

1. Hot scratchy throat and feeling feverish is called a WIND HEAT Invasion
2. Chilled with runny nose is called a WIND COLD Invasion

Treatment also varies over the course of the invasion:

The first 24-48 hours are important times to try to push the invasion back out of the body. Doing so can stop the problem altogether. If this is not accomplished the problem invades deeper into the body and recovery takes longer.

HOME AND HERBAL THERAPY:

First 24-48 Hours: Try to get the invading process back out of the body.

- A.**
1. Rest and fortify yourself with easily digestible foods* and drink warm teas with lemon and/or ginger and/or garlic and/or cayenne pepper.
 2. Take a hot soak with fresh ginger tea in the tub, then wrap up in a sheet and get in bed and sweat as much as possible while resting.

B. Herbs

1. **WIND HEAT Invasion:** take **YIN CHIAO Formula** 2-3 tablets ever 3 hours for 2 days or until the symptoms quit. (This formula is useful preventively while traveling & being exposed to sick people)
2. **WIND COLD Invasion:** take **GAN MAO LING Formula**, 2-4 tablets every 3 hours for 2 days or until symptoms abate.
3. For a virulent pathogenic invasion take stronger antimicrobial herbs with the above formulas. **Viola Clear Fire** is compatible with **YIN CHIAO**.

[1 Viola + 2 Yin Chiao/dose]

TOTAL VIREX is compatible with **GAN MAO LING formula**.

[1 Virex + 2-3 Minor Blue Green Dragon/dose]

- C. Acupuncture is very useful at this stage** because the LUNG meridian system governs the surface layer of the body and can be needled to help open the surface and push out the invading pathogen.

After the first two days treatment and self-care shifts focus. Talk to Dr. Kindred to learn more about this or schedule a holistic treatment with this as your focus of concern.

Recommended reading: **The Tao of Healthy Eating**, by Bob Flaws, OMD