

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

COLDS & FLUS, VIRAL AND BACTERIAL INFECTIONS, COUGHS, ASTHMA, & IMMUNE SUPPORT

This is go-to for all things cold related. Keeping yourself healthy by sleeping enough, moving your body, eating good food and quieting your mind regularly is the first and best defense! In Chinese Medicine we believe germs, viruses and other pathogens are not the whole story. There has to be some imbalance in your body, mind or spirit to allow them to take hold and get inside. That said, at the first minute you feel sick at all, or are worried about being exposed, start on something. And rest and rebalance. And these will help too!



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Colds and Flus when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

YIN CHAO JR.



- **Treats colds, flus, fever, cough, vomiting, diarrhea, helps the immune and digestive system.**
- For kids 8 months and older, or adults unable to swallow pills
- Take 1-3 droppers 1-4 times a day. Adjust according to size.
- Taken in water. or juice. You may add to boiling water to remove the alcohol. Start with smallest recommended doses listed for kids- even 1-2 drops for kids under two years old is often sufficient.
- Safe for pregnancy, breastfeeding & of course kids.

ISATIS GOLD

- **A powerful cold and flu fighter! Treats bacterial and viral infections that cause inflammation and fever, especially upper respiratory infections and bronchitis. Also good for gum infections, Hepatitis A & B, Herpes zoster and simplex.**
- Take 1-3 tabs every 1-3 hours for up to 10 days. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

YIN CHAO JIN

- **Treats colds, flus, sore throat, headache, upper respiratory infections, body aches & stiff neck in the early stages of a cold or flu. Can help with skin itching & hives.**
- Take 1-3 tablets, every 1-3 hours for up to 7 days.
- Safe for pregnancy, breastfeeding & of course kids.

ASTRA C

- **Take for prevention of colds and flus, especially when you are traveling, run down or exposed to other sick people. Can help with chronic allergies and severe burns as well. Can be taken long term for frequent colds or flus and chronic asthma to strengthen the immune and respiratory system.**
- 1-3 pills, 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

POWER MUSHROOMS

- **Enhances immune system, increases energy, good for autoimmune disorders like Lupus & MS, asthma and prolonged colds and flus. Also good when taken when traveling or exposed to people that are sick.**
- Take 1-3 tablets 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for long term immune system enhancement.
- Safe for pregnancy, breastfeeding & kids.

NASAL TABS 2

- **Treats acute and chronic sinus congestion with thick, yellow mucus, sinusitis, rhinitis, hay fever, sinus headache, colds and flus.**
- Take with Isatis gold for stronger antibacterial action.
- Avoid dairy.
- 1-3 pills, 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

QUIET DIGESTION



- **A life-saver for any digestion problem such as nausea, vomiting, intestinal cramping, motion sickness, hang over, morning sickness, diarrhea, food poisoning, traveler's diarrhea, bloating, gastric hyperactivity, and food allergies.**
- Take 1-3 tablets every 1-4 hours until symptoms resolve. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary
- Safe for pregnancy, breastfeeding & kids.

CLEAR AIR



- **Treats acute and chronic bronchitis, asthma and bronchial asthma, chronic cough with phlegm, wheezing and chest pain associated with smoking and air pollution. Can combine with pharmaceuticals for pneumonia and TB. Helpful in stop-smoking programs.**
- Combine with isatis gold for colds & flus entering the lungs.
- Take 1-3 tablets every 1-4 hours until symptoms resolve. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

TREMELLA AND AMERICAN GINSENG



- **Treats asthma, dry cough, bronchitis, pneumonia and tuberculosis. Helps chronic dry cough and chronic viral infections with feelings of heat and night sweats. NOT for copious phlegm type coughs.**
- Take 3 tablets, three times a day in conjunction with any prescribed medications.

COPTIS PURGE FIRE



- **This is the best natural antibiotic! Treats sore throat, strep throat, eye, ear, tooth and mouth infections. Pelvic inflammatory disease. Urinary tract infections.**
- Take with Isatis gold for **acute infections**.
- Take with Astra Isatis for **herpes outbreaks**.
- Take 1-3 tablets, 2-4 times a day for up to one week. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

HEAD Q



- **Treats and prevents headaches and TMJ, trigeminal neuralgia, facial pain, colds with sinus congestion and sinus pain. Can help with upper back, neck and shoulder pain.**
- Add Clear heat for **herpes infections** on the face or eyes.
- Take 3-5 tablets 1-4 times a day until symptoms resolve. Doses are based on 120lb adult, so adjust accordingly.
- Add Ease 2 if **headache is coming from severe neck, shoulder and upper back pain and tension.**
- Safe for pregnancy, breastfeeding & kids.

EASE 2



- **Treats prolonged colds and flus from any virus, vaccination reactions, such as fatigue and lingering body aches. helps muscular tension and pain in the head, neck, shoulders & upper back. Good for PMS, especially mood swings. Treats food allergies, bloating & belching.**
- Take 1-3 tablets, 1-3 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.