

THESE ARE THE "MUST-HAVES" FOR ANY HOME!

HEALTHY HOME MEDICINE CHEST



THIS IS A BASIC LIST TO HAVE ON HAND FOR THE MOST COMMON CHALLENGES

- Colds & Flu
- Digestion issues
- Sleep problems
- Immune system
- Pain and Injury

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/healthy home medicine chest 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.

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.

XANTHIUM RELIEVE SURFACE



- **This is like natural Benadryl without the side effects. It treats allergic reactions- sinus congestion, allergies, skin rashes, psoriasis, hives, dermatitis, eczema & poison oak.**
- Take 1-3 tablets, 1-4 times a day until symptoms improve. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Combine with Astra C for best results for poison oak.
- 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.

SCHIZANDRA DREAMS



- **Helps with sleep without feeling drowsy the next day. Treats insomnia and lessens nightmares and sleep apnea.**
- Can also use 1 pill as needed during the day for **anxiety, muscle spasms and panic attacks and substance withdrawal.**
- 2-3 tablets 1 hour before sleep. May also take a dose in the night. Highly sensitive people should start with 1. Dosages are for 120 lb adults, adjust dose based on weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & Kids.

RESINALL E



- **Treats pain, swelling due to traumatic injuries-sprains, strains, contusions, fractures, broken bones, torn sinews, bleeding, bruising, lacerations. Helps healing after surgery.**
- 3-5 tablets 3-5 times a day. Best when taken immediately after injuries. Take up to 2 weeks. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- **Can also be taken before athletic events to prevent swelling (think Football!), also good for flare ups of chronic conditions like rheumatoid arthritis and chronic headaches.**
- Safe for breastfeeding & kids. Not recommended for pregnancy.