



Chinese Medicine News

from the office of Michael Waterhouse, MA, OMD, LAc

THE TREATMENT OF COLDS AND FLU WITH CHINESE HERBS

With the onset of cooler weather comes the onset of more frequent colds and flu. For hundreds of years the tradition of Chinese Medicine has developed a number of methods of combating this phenomena, including both Chinese herbal formulae and Acupuncture. Although in more complex cases individualized formulae need to be used, for many cases there are standard products that have proven to be highly efficacious. Preventing the onset of Upper Respiratory Infections (URIs) is of paramount importance and there are a number of formulae that can help to achieve that. The most revered of these is Jade Screen, which in its original form has been used for centuries and has recently been updated for increased efficacy.

Prescribing an Herbal formula for a URI can vary depending on the presenting symptoms and the constitution and lifestyle of the

patient. There are, however, a couple of products that we have been using successfully here at the Rochford Clinic for almost twenty years. Peuraria Plus, is one of the most popular Japanese formulas that is recommended by the Japanese Health Service. It is used at the first signs of tickly, stuffy or runny nose and perhaps accompanied by body aches and chills. Yin Chiao/Isatis is another updated formula used for the onset of a scratchy or sore throat. These two products are alcohol tinctures and are absorbed very quickly into the body. Gan Mao Ling is a more modern anti viral Chinese herb and is preferred by some as it comes in pill form. It should be emphasized that these products should be taken at the very first signs of onset, therefore it is recommended you have them in your medicine cabinet at home.

Unfortunately URIs can sometimes linger and develop into sinus, lung or ear infections. At this stage, more individualized prescribing is

beneficial and there are several herbal formulae that can address these conditions. This is particularly true in infants and children. While antibiotics can be a life saver, we have all witnessed that children are sometimes subjected to endless rounds of antibiotics with multiple side effects as a result. Chinese herbal medicine provides an alternative to this cycle. It should be noted that all the herbs used in the Clinic have been rigorously tested for contaminants and manufactured to GMP standards. Please feel free to talk to me if you have questions regarding any of the above.

The Newsletter will be published several times per year to inform patients at the Rochford Clinic and those interested of current events in the rapidly evolving world of Chinese Medicine. Please feel free to talk to me if you need more information or have questions about this or related fields. If you would like to receive this or future issues by e mail please leave your address at the reception desk. You can always contact me via e mail or through my web site

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"Since taking Jade Screen, the constant colds I used to get have virtually ceased" E.H. Walnut. CA.

"I have had chronic Asthma all my life, if I get a cold the symptoms go straight to my Lungs and I get really sick. The herbal tinctures have made a big difference." S.T. Los Angeles. CA.

"When my son was 7 he was constantly on antibiotics for chronic sore throat, coughs and fevers not to mention swollen glands. Since starting acupuncture and Chinese herbs four years ago he has been a normal healthy kid." M.K. Northridge. CA.