



## HEALTHY MEDICINE CABINET

BOTANICAL MEDICINE FOR WELLNESS  
AND HEALTH IN YOUR HOME

BRYN CLARK, L.AC.





## IN SERVICE OF YOU AND YOUR BEST HEALTH

Being faced with acute illness, whether in our family or ourselves, can be a humbling experience to say the least. Even more so for the family that doesn't wish to use conventional over-the-counter medicine.

That's why we've created this Healthy Medicine Cabinet guide — to empower you so that taking care of your family in a truly healthy way is as easy as (or easier than) going to Walgreens! We've made this booklet short and sweet without any superfluous information, so we ask that you **read each important paragraph with care.**

Indeed no treatment plan is complete without the skills and knowledge of a practitioner who understands the progression of illness and how to support the body's healing process. Please heed the notes throughout this booklet regarding the progression and stages of illness, and **know that we are only a phone call away.** While sometimes all you need will be one or two remedies from your botanical medicine kit, other conditions or symptoms may warrant a visit to our office. Our Oriental Medicine practitioners have the expertise to differentiate exactly what is happening and prescribe the right remedies .

We will support you in any way possible to ensure your speedy and complete recovery from illness so that your body may not only heal, but thrive!

The New Harmony Team

## TABLE OF CONTENTS

<b>Cold Prevention in Five Simple Steps</b>	<b>6</b>
<b>Differentiating A Cold</b>	<b>6</b>
<b>First Stage Of A Cold</b>	<b>7</b>
<i>Ginger Tea</i>	
<i>Cinnamon and Scallion Cure</i>	
<i>Garlic Cloves</i>	
<i>Ban Lan Gen Chong Ji</i>	
<i>Gan Mao Ling</i>	
<b>Second Stage Of A Cold</b>	<b>9</b>
<i>Yin Chiao Chieh Du Pien</i>	
<i>Sang Ju Yin (Clear Wind Heat)</i>	
<i>Ge Gen Tang (Kudzu Teapills)</i>	
<b>Third Stage of a Cold</b>	<b>10</b>
<i>Zhong Gan Ling</i>	
<b>Herbal Aspirin.</b>	<b>11</b>
<i>Chuan Xiong Chia Tiao Wan (Ligusticum Teapills)</i>	
<b>Sinus Formulas.</b>	<b>11</b>
<i>Magnolia Flower Teapills</i>	
<i>Bi Yan Pian</i>	
<i>Pe Min Kan Wan</i>	
<i>Chrysanthemum Flower Tea</i>	
<b>Eyes</b>	<b>11</b>

<b>Coughing Remedies</b>	<b>12</b>
<i>Fritillary &amp; Loquat Extract Cough Syrup</i>	
<i>Lung and Throat Drops or Loquat Cough Drops</i>	
<i>Lo Han Kuo Instant Beverage</i>	
<b>Digestive Remedies</b>	<b>12</b>
<i>Curing Pills/ Po Chai</i>	
<i>Bojenmi Tea</i>	
<i>Haw Flakes</i>	
<b>Injuries and Bodywork</b>	<b>13</b>
<i>Tiger Balm</i>	
<i>Zheng Gu Shui</i>	
<i>White Flower/Kwan Loong Oil</i>	
<i>Wu Yang Plaster</i>	
<i>Yunan Bai Yao—Plaster and Powder</i>	
<b>Sleep Aids</b>	<b>14</b>
<i>An Mian Wan</i>	
<i>Shen Tea</i>	
<b>Tonics</b>	<b>15</b>
<i>Ginseng Extract</i>	
<i>Eleuthero Ginseng Extract</i>	
<i>American Ginseng</i>	
<i>Astragalus</i>	
<i>Jade Screen Formula/ Yu Ping Feng San</i>	
<i>Dang Gui Gin</i>	
<i>Shou Wu Chih Tonic</i>	

## COLD PREVENTION IN FIVE SIMPLE STEPS

- I. Caring for yourself and not allowing yourself to become tired, run down or otherwise weakened is the first line of defense.
- II. Strengthening your Wei Qi or Defensive Qi may be necessary if your body is weakened. Your body must be stronger than the environmental forces around us.
- III. Recognize the first signs. It is always easiest to treat a cold at its first stage in your body. At this first stage, treatment will generally be to “**sweat it out**” with a diaphoretic herbal tea and rest.
- IV. Never take tonic herbs (like ginseng) for a cold; They can drive the cold deeper into the body.
- V. Avoid cold, raw foods, extreme fatigue, long baths, or deep massage at the first stage; They weaken your defenses.

**Ban Lan Gen Chong Ji, Gan Mao Ling** (and other remedies listed in this booklet) can be taken preventively by most people on a fairly regular basis through the flu season. They both are antibacterial and antiviral.

## DIFFERENTIATING A COLD

It is said in Chinese medicine that colds are brought into the body by a “wind.” The influence brought into the body can be hot or cold in nature. The distinction as to whether it is cold or hot depends on individual’s response and symptoms. The same cold can have opposite manifestations in two different people. Invasion of **wind cold** can be characterized by runny nose, chills, headache, body ache, and/or a stiff neck. This is a fever where chills are predominant. The pulse will be floating (surface invasion), and tight (cold). Invasion of **wind heat** can

be characterized by a sore throat, rashes, there may be fever, and/or slight aversion to cold, could be sweating or not, dryness (mouth), floating (surface invasion) and rapid (heat) pulse, and the tongue will tend to redder.

### THREE STAGES TO A COLD

#### *FIRST STAGE OF A COLD*

These are easy home remedies you can make. Think of these as a first line of defense when you are you're feeling a "chill" or other subtle cold symptom. These excite the *yang qi* to promote sweat and vent the pathogen through the surface.

#### **Ginger Tea**

Ginger tea will help the body to sweat out and expel a cold. It releases the exterior and disperses cold, making it ideal for a **wind cold**. It also warms and soothes the stomach. Ginger will help stop coughing by warming the Lungs, and ridding them of mucus. It also adjusts the nutritive and protective (wei) qi. There are a couple easy ways you can make ginger tea:

- Slice one inch of ginger root thinly, boil in one cup of water for ten minutes
- Grate one inch of ginger root and pour boiling water over it, let it steep and drink.

*After drinking Ginger Tea, Cinnamon and Scallion Cure, or eating garlic, wrap up with lots of covers to induce sweating. Often you will wake up the next morning without your cold. Do not underestimate the effectiveness of a good sweat to combat a cold.*

### **Cinnamon and Scallion Cure**

This is a Vietnamese home cure for an early-stage **wind invasion with congestion**: Finely chop the white part of one scallion. Put it into a teacup and add two slices of raw ginger and a dash of powdered cinnamon. Fill the cup with hot water, let the herbs steep for 10 minutes, then drink. Cinnamon and Ginger induce sweating, and the scallion clears the sinus.

### **Scallion (Cong Bai)**

This remedy is for the very early stages of a **wind-cold**. It induces sweating by warming and unblocking the yang and can treat both abdominal pain and distention or nasal congestion when the blockage is from “cold”. Scallion can be mixed with honey and used as an external poultice for sores and abscesses.

### **Garlic Cloves**

Chew raw garlic cloves, one an hour for four hours for an early **wind-cold**. Garlic cloves soaked in soy sauce for as long as 6 months can also be very good, soy sauce works synergistically to enhance its effectiveness.

### **Ban Lan Gen Chong Ji**

This is an excellent antibiotic and anti-inflammatory tea comprised of three herbs. In addition to being used preventatively for **flu and wind-heat invasions**, it treats swollen, painful, sore throat, high fever, mumps, red and swollen eyes and ears, herpes simplex, herpes zoster, abscesses, boils, carbuncles and furuncles.

### **Gan Mao Ling / Common Cold Effective Remedy**

This herb combination is adaptable to many conditions because the herbs help the body “detoxify pathogens” (viruses and bacteria) and is **useful for the immune system at almost any stage of illness**. It is a good preventive in addition being a remedy for colds and the flu. It is



effective for both **wind-cold and wind-heat conditions**. This formula is often taken at half dosage as a preventative to colds, and can be doubled or tripled through the during the second stage of a cold. It assists the body in fighting the symptoms of common cold, influenza, upper respiratory tract infection; will treat tonsillitis, bronchitis, pneumonia, and otitis media.

### ***SECOND STAGE OF A COLD***

#### **Yin Chiao Chieh Tu Pien -- “Yin Chiao”**

#### **Honeysuckle and Forsythia Pill**

This is for **colds that start with a sore throat**. For people who say, “I’m getting a sore throat,” and have a full cold the next day, this can be a huge benefit.

Yin Qiao treats what Chinese medicine calls “**toxic heat**.” So, in addition to swollen lymph nodes, sore throat, aching body and fever, it also treats red skin swellings, hives and itching.

#### **Sang Ju Yin / Mulberry Chrysanthemum Drink**

With this formula the **wind-heat** invasion is affecting the head and/or eyes in addition to a cough. Symptoms include fever, slight thirst, sore throat and headache or aching joints. Symptoms predominantly affect Lungs and head — cough, sneezing, runny nose, congestion, watery eyes.

***Keep taking a remedy like Gan Mao Ling, Yin Chiao or Ban Lan Gen Chong Ji until you’re 24-48 hours after the cold is over.***

### **Ge Gen Tang / Pueraria Formula**

One of the most commonly used formulas for the common cold, or invasion by **wind-cold** with or without fever. Classically used for wind-cold with chills, clear runny nose, no sweating and scanty urination. It is used primarily for the “Tai Yang” stage of disease, with a predominant symptom being stiffness and rigidity in the neck, shoulders, and upper back.

People who catch colds frequently should see an Oriental Medicine practitioner. The practitioner will identify and help treat the underlying condition at the root of the wei qi deficiency.

### ***THIRD STAGE OF A COLD***

**When a cold gets to this stage, it is imperative you be in touch with a practitioner** who can help you make the right choices to clear the illness that has become lodged in your body. Here, the picture becomes more complex and the cold can go in any number of directions. A visit to your practitioner can help the body to heal overnight — even at this stage! Zhong Gan Ling remains in our Medicine Cabinet because it is most commonly what we wish people had when they call us at this stage.

### **Zhong Gan Ling**

This remedy treats severe **wind heat invasion or Lung heat with heat toxins**. The presentation includes a fever, slight chills, pronounced sore throat, swollen lymph glands, thirst, sore and stiff neck and shoulders, generalized body aches, malaise, headache, nasal congestion, cough yellow phlegm, and wheezing. This formula is also used for acute bronchitis, pneumonia, otitis media, measles, strep throat, etc.

## HERBAL ASPIRIN

### **Chuan Xiong Cha Tiao Wan**

This formula is good for any number of headaches, particularly those associated with weather changes.

## SINUS FORMULAS

### **Bi Yan Pian**

For nasal obstruction where the nasal fluids are congealing creating swollen, congested and inflamed mucus membranes. Nasal mucus may be **watery or thick yellow** and there may be sneezing, reduction or loss of sense of smell, nasal voice, sinus congestion and pain, frontal or sinus headache, dizziness, red itchy eyes and excessive tearing. Useful for allergies, acute or chronic rhinitis, post-nasal drip and common cold and flu.

### **Pi Min Kan Wan**

For nasal obstruction where the nasal passages have more copious amounts of nasal discharge which can range from clear or white, to **thick and yellow or green**, sinus pain, frontal or sinus headache. The congestion can be accompanied by dizziness, sneezing, itchy nose and eyes, heat and redness around the sinus cavities, earache or congestion, cough and wheezing. It is used for colds or flu when accompanied by runny or stuffy nose. It is effective for nasal or lung problems with an allergic component.

## EYES

### **Chrysanthemum Flower Tea (Ju Hua Chong Ji)**

This is an instant tea which benefits the eyes. It is especially useful to soothe red, dry, puffy or painful eyes. It is effective even with a sty in the eyelid and will help cure to cure a cold.

## COUGHING REMEDIES

### **Fritillaria and Loquat Cough Syrup (Chuan Bei Pi Pa Lu)**

This cough syrup can be prescribed for most kinds of cough. It soothes and moistens the throat, eliminates phlegm and “circulates the Lung Qi,” thereby strengthening the immune system. It is nice for kids as it is usually sweetened with honey. In addition to stopping cough, this syrup can sometimes clear up the nose. It is a cleansing and clearing formula for the Lung. Safe during pregnancy.

### **Lung and Throat Drops or Nin Jiom Throat Drops**

Similar to Fritillaria and Loquat syrup but in lozenge form. Great for assisting healing in the lungs and helping a cough.

### **Lo Han Kuo Instant Beverage**

Recommended for dry throat and cough. It is a favorite of smokers and singers for its soothing effects. Naturally sweet and conveniently packaged, it can be added to tea or coffee.

## DIGESTIVE REMEDIES

### **Curing Pills / Po Chai Pills / Ease Digestion**

An indispensable formula for treating a variety of stomach and digestive complaints. It is an excellent formula to have on hand at home or while traveling. Curing Pills are used for: heartburn, burping, foul stools, food poisoning as well as a variety of digestive disorders due to deficiency of Spleen and Stomach Qi or stagnation of Stomach Qi. Symptoms include sudden and violent cramping, headache, vomiting, abdominal bloating with pain and difficulty in passing stools or diarrhea. Useful for general nausea, motion-sickness or morning sickness. Safe in pregnancy, and for children.

**For chronic diarrhea, constipation or other digestive complaints, please see an O.M. practitioner for proper diagnosis and treatment!**

### **Bojenmi Tea**

Bojenmi tea improves digestion, assists with fat and fluid metabolism, invigorates the Qi and promotes urination. Bojenmi Tea is used as part of weight loss programs along with proper diet and exercise . It assists in lowering blood lipids and cholesterol, lessening the chances for heart disease and stroke. This tea is prepared as any herbal tea, and each tea bag can produce 2-3 cups. Take 1-3 cups daily.

### **Haw Flakes Candy**

Hawthorne, or Shan Zha, is used in Chinese medicine to address food stagnation with accumulation including indigestion, abdominal distention, abdominal pain or diarrhea.

## **INJURIES AND BODYWORK**

**Caution: Do not get any of these liniments into the eyes. Wash hands thoroughly after use. Volatile, keep away from flame. Do not rub into open wounds.**

### **Zhen Gu Shui -- Rectify Bone Liquid**

Use for a wide variety of traumatic injury, including fracture, sprain, strains tears to ligaments and muscles, and bruising. Useful also for soft tissue injury, muscle pain, joint pain, and post-surgical pain. Relaxes the tendons and muscles, increases circulation, promotes healing, and stops pain. Effective for injuries due to sports and martial arts. **Not appropriate for trauma with open wounds or with other topical treatments.**

### **White Flower Oil**

For minor muscular aches and strain, arthritic pain, joint pain, and soft tissue injuries, especially those aggravated by cold. Relieves nasal and sinus congestion associated with cold and flu, alleviate motion sickness, and stops the itch and irritation from insect bites and stings.

### **Yunnan Bai Yao powder and plaster**

This is a valuable first-aid remedy for internal and external bleeding, traumatic swelling, and insect bites. The powder is used for excessive menstrual bleeding, bleeding ulcer and hot skin infections. Externally, the powder can be apply directly to bleeding wound (clean first, and bandage afterwards). In cases of serious wounds or bleeding, take the single red pill that comes with the medicine. Patches may be applied externally for trauma and pain without open wounds.

### **Wu Yang Pain-Relieving Plasters**

Applied externally to sprains, strains, bruising, muscle pain, joint pain and simple fractures. Excellent for all acute injuries. Stimulates local circulation and significantly reduces recovery time for all types of trauma without open wounds. Can also be used for chronic lower back ache, osteoarthritis and rheumatoid arthritis.

## **SLEEP AIDS**

### **An Mien Pian**

This is a common and safe formula for insomnia. It can treat excessive dreaming, difficulty sleeping following a heavy meal, nervous exhaustion and irritability. Chronic insomnia warrants thorough diagnosis by an Oriental Medicine practitioner; particularly if insomnia is accompanied by symptoms of anxiety and/or palpitations.

### **Shen Classic Tea**

A fine tasting tea that “calms the spirit.” It helps to balance the emotions when feeling anxious or irritable. This tea alleviates insomnia, restlessness and dream-disturbed sleep. This tea also soothes red, dry, eyes and is said to benefit concentration and memory.

### **TONICS FOR WELLNESS**

At the core of Oriental Medicine is the idea that if you preserve and support the essences in the body, one can live a long, healthy and active life. The herbs which directly support these essences are called tonics, and are grouped as Qi, Blood, Yin, Yang and Jing tonics.

#### **Ginseng Extract**

Tonifies essential vital Qi, especially that of the Spleen and Lung and produces body fluids. Especially good for fatigue, poor digestion, weak voice, shortness of breath, chronic colds and flues. Red, vs white ginseng is a bit more Yang. **Most people should not use ginsengs in high doses during an acute cold or Influenza**, as it can lead the cold deeper into the body.

#### **Eleuthero Ginseng Extract (Siberian Ginseng Tablets)**

Contains potent adaptogens, which enable the body to fight fatigue, increase resistance to disease, counter the effects of stress and restore the organism to balance. It increases vital energy, and can help prevent heart disease. Ginseng aids the immune system function and is used to counter the side effects of chemo and radiation. It also protects against altitude sickness.

#### **American Ginseng and Royal Jelly Extractum**

American Ginseng is considered a Yin tonic, in addition to being a Qi tonic, since it can reduce fire in the body and produce fluids. It became famous in China during America’s colonial period because of a

tuberculosis epidemic in China at the time and some of our founding fathers made their fortunes on its trade. It treats dry cough and exhaustion from long term disease. Look for dry mouth and throat and heat in the body.

### **Extractum Astragali**

Astragalus tonifies Qi and lifts Qi upward, thereby tonifying the Wei Qi. It also detoxifies the body and aids healing. It is used by athletes for performance, and treats prolapsed disorders. Since it boosts and tonifies wei qi (immunity) is used for people who get frequent colds. It is not for use with a cold which is considered excesses, and can make things worse with qi stagnation, damp obstruction, food stagnation, so this is one that is best to get a practitioners guidance with.

### **Yu Ping Feng San/ Jade Wind Screen**

A simple formula for strengthening *wei qi* by tonifying the Spleen energy and mildly releasing the surface. A wonderful formula for those who are prone to frequent colds, fatigue and/or allergies. This formula should be taken before the body is exposed to pathogens/ allergens to prevent illness.

### **Tang Kuei Gin**

For blood-deficient symptoms including fatigue following illness, surgery or trauma. Tonic to improve the quality of blood, vitality, and mood. Useful after surgery or trauma. Tang Kuei Gin is considered a women's tonic. It nourishes the blood and regulates to the menstrual cycle. It increases physical strength and helps build flesh. Tang Kuei Gin is also used by many men as an excellent blood tonic. This extract is taken with hot water. Also consider **Shou Wu Chih** for blood deficiency with a tendency toward constipation and dryness.



**Shou Wu Qi**

A quintessential formula from Chinese medicine. It benefits “three treasures” of the body and is considered a longevity tonic. When combined with a good diet and exercise, a thriving body results. The formula's namesake is an herb that's said to return grey hair to its original color again, “like black crow” in China. Most appropriate for older adults.



7 Thorndike Street  
Beverly, MA 01915

Tel: 978-922-3030

[www.NewHarmonyWellness.com](http://www.NewHarmonyWellness.com)