

## **It's Cold and Flu Season!**

Here is some information on how to protect and treat yourself Chinese Medicine style.

### **Prevention:**

Wear Scarves and hats in cold and windy weather. Protect the back of your neck. Colds “enter” through the pores of your skin in Chinese medical theory. Dry off and wrap up warm after baths and swimming. Change to Winter foods such as nourishing, home-cooked stews and soups.

### **When you suspect you are getting a cold:**

You will dislike wind or breezes, you may feel cold or hot or both. You will feel vulnerable to other people's colds.

Boil up some ginger tea: Slice about an inch of fresh ginger and boil in a pan for 10 minutes. Drink it then wrap up in bed with too many covers on for 30 mins to “sweat it out”. You can also do this by having a hot bath. Be sure to dry off thoroughly and wrap up well afterwards and don't expose yourself to wind, or cold air. You can drink the ginger tea throughout the day. Get adequate rest.

### **When you have the cold the first day**

If you have a scratchy or sore throat you can use the following along with the ginger tea. Also for prevention if you have been around people with colds:

- Mint tea
- Yin Qiao San/ Yin Qiao Jie Du Pian/Wan (4 pills 4 times a day or every 2-3 hours)

If you feel cold and achy with no sore throat:

- Spring onions (boil in water for 5 minutes and drink like tea)
- Chuan Xiong Cha Tiao Wan (4 pills 4 times a day)

### **A couple of days in:**

but NOT if you are feeling more cold than hot. Yes, if you have a sore throat.

- Gan Mao Ling (4 pills 4 times a day)

Come into the clinic to get treatments. Don't worry, our chairs are far enough apart according to CDC guidelines to prevent the spread of colds and flu. If you are coughing a lot bring a mask or use one of our cloths. We have a separate No-cold/flu zone for people who are especially concerned about catching anything

Note: Chinese herbal medicine can safely be used with most medications but be sure to take at least a half hour away from other medications and away from tea or coffee. You can obtain most of the herbal medicines at Ta Lin World Market (Louisiana/Central) or from our clinic as available.