

Cabinet Medicinals

Common cold / flu / bronchitis

1.) *Lonicera and Forsythia Variant Formula*: For early stage wind-heat pattern in which sore throat is the major complaint. Take at the first sign of cold / flu that presents with: fever and slight chills; scratchy, sore, swollen throat; headache; and body aches. Typically for use within the first 24 to 48 hours of onset. May be used for prevention when one has sensation of "fighting off a cold".

Dosage: 2 to 3 droppers, 3 times per day until symptoms are alleviated. Continue for 1 to 2 more days at 1 dropper, 3 times per day for treatment consolidation.

2.) *Mulberry Leaf and Chrysanthemum Variant Formula*: Appropriate for a wind-heat pattern where cough is the major complaint. Also for early stage wind-heat pattern. Take at the first sign of cold / flu that presents with: fever and slight chills; cough with sticky phlegm; mouth dryness and thirst; a scratchy throat; headache, and body aches.

Dosage: Same as above.

3.) *Qi-Clearing Phlegm-Transforming Variant Formula*: Appropriate for a lung phlegm-heat and dryness pattern that presents with: cough with yellow, sticky, difficult to expectorate phlegm; fever, or tidal fever; chest oppression; and mouth and throat dryness. Formulated for use in dry climates, especially during autumn.

Dosage: Same as above. Avoid spicy and greasy foods, and increase water intake.

4.) *Lohanguo Zhi Ke Lu Cough Syrup*: This formula is appropriate for a lung dryness pattern presenting with: dry cough with thick, difficult to expectorate phlegm; dry mouth and throat; thirst; possible low-grade evening fever.

Dosage: Take 1/2 to 2/3 of a tablespoon, 3 times per day straight, or mixed with boiled water. Increase water intake.

Sinusitis / nasal congestion / seasonal allergies

1.) *10 Ingredient Formula for Deep-Source Nasal Congestion*: Appropriate for wind-heat and dryness patterns leading to nasal congestion with turbid, yellow-green snivel. May also have fever, chills, and frontal headache. Suitable for acute sinus infection.

Dosage: 2 to 3 droppers, 3 times per day until snivel becomes clear and thin. Avoid spicy foods.

2.) *Pe Min Gan Wan*: For a wind-cold pattern leading to nasal congestion, sneezing, itchy and watery eyes and possible chills. Excellent for seasonal allergies.

Dosage: 2 to 4 pills, 3 times per day during flare-up.

3.) *Yu Ping Feng Wan*: Most suitable for a lung qi vacuity pattern leading to: aversion to wind; sneezing; slight sweating; catches cold easily. Excellent for boosting immune system, prevention of colds and allergy symptoms.

Dosage: Take 2 to 4 pills, 3 times per day during allergy season, or when immunity is depressed.

Digestive disorders

1.) *Stomach-Fortifying Food-Dispersing Formula*: Appropriate for food damage caused by overeating that leads to: abdominal bloating and distention; indigestion; putrid belching; foul smelling flatus; and aversion to food.

Dosage: 2 to 3 droppers after overeating when symptoms are present.

2.) *Stomach-Clearing Harmony-Preserving Formula*: Most suitable for food accumulation transforming to heat manifesting with: abdominal distention and pain; putrid belching; acid regurgitation; nausea and vomiting; oral ulcers; halitosis (bad breath); foul smelling flatus; and diarrhea.

Dosage: 2 to 3 droppers, 3 times per day until symptoms cease.

3.) *Safeguarding and Preserving Formula*: For a damp-cold interior pattern with food damage manifesting with: sudden diarrhea and vomiting; abdominal pain and distention; indigestion with sour belching; and

hangover symptoms. May have slight chills and fever with headache. Traditionally used for food poisoning. Useful remedy for traveling when improper, or irregular diet lead to digestive problems.

Dosage: Same as above.

Gynecological disorders

1.) *Bupleurum Liver-Coursing Formula*: Binding depression of liver qi transforming to heat with spleen and blood vacuity patterns leading to: breast, epigastrium, and hypochondrium distention and pain; lower abdominal distention and pain; intermenstrual (ovulatory) pain; emotional instability; depression; irritability; fatigue; and a poor appetite.

Dosage: 2 to 3 droppers, 3 times per day during occurrence of symptoms. May also take 2 to 3 days prior to the pre-menstrual period for prevention of symptoms in chronic cases.

2.) *All-the-Way-Through Variant Formula*: Yin vacuity and liver depression patterns leading to: hot flashes; night sweats; depression; irritability; insomnia; palpitations; mouth, throat, and eye dryness; and fatigue. Men may also find this formula useful, if they suffer these patterns.

Dosage: 2 to 3 droppers, 3 times per day.

3.) *Yan Hu Suo Zhi Tong Wan*: Liver qi stagnation and blood stasis patterns leading to: menstrual pain (dysmenorrhea); strong abdominal pain and distention. Excellent for any type of smooth muscle pain, i.e. stomach, intestinal, uterine, etc.

Dosage: 2 to 4 pills, 3 times per day, depending on severity of pain.

Urinary disorders

1.) *Eight Corrections Variant Formula*: A damp-heat pattern leading to: turbid, dark, yellow urine; painful voidings with burning sensations; dribbling, inhibited urination; lower abdomen tension and fullness; may even have low back pain. This is most suitable for acute urinary tract infections. May also be used for prevention in those with recurrent urinary tract infections when burning sensations and urine color changes precede infection.

Dosage: 2 to 3 droppers, 3 times per day.

Insomnia / anxiety

1.) *Suan Zao Ren Wan*: A liver blood vacuity pattern with vacuity heat harassing the heart causing: insomnia; palpitations; vexation; dizziness; and mouth and throat dryness.

Dosage: For chronic insomnia, take 2 to 4 pills, 3 times per day. For infrequent insomnia, take 4 pills prior to bedtime with warm water.

2.) *An Shen Bu Xin Wan*: Heart, liver, and kidney vacuity patterns causing disquietude of the heart with: anxiety; palpitations; insomnia; and dizziness.

Dosage: 2 to 4 pills, 3 times per day. If acute anxiety, take 4 to 8 pills with warm water one time.

External / topical application

1.) *Po Sum On Oil*: Sprain / strain, mild trauma, and arthritis pain patterns with soft / connective tissue and joint pain. May also be used for chest soreness due to persistent cough.

Directions: Apply to affected area 3 to 4 times daily.

2.) *Chinese Herbal Healing Salve*: For blood dryness, blood heat, and heat toxin patterns causing: skin dryness and cracking; dry skin itch; flaking and scaly skin. Excellent for eczema, psoriasis, wind rash, and diaper rash.

Directions: Apply to affected area 3 to 4 times daily.

3.) *Zheng Gu Shui Liniment*: Alleviates pain, disperses swelling, quickens blood, and clears heat for fall and strike injuries, sprains and strains, joint pain, and even bone fracture. Excellent for acute conditions when applied immediately to affected area. A favorite for martial artists and athletes to carry in athletic bag.

Directions: Apply to affected area 3 to 4 times daily.