

Treating Common Cold & Flu at Home with Traditional Chinese Medicine

Yin Qiao San a.k.a. Yin Chiao San (“Honeysuckle and Forsythia tablets”)

Where to buy: Plum Flower is the easiest brand to find in stores or on Amazon.com

These Seattle stores carry Plum Flower Yin Chiao: Pharmaca, Dandelion, Bastyr Center for Natural Health

Indications: Take at first sign of a common cold or respiratory flu, especially if there is a sore throat or fever. Continue daily until symptoms subside. Unlike Western medicine, Chinese medicine recognizes several different types of common cold. Depending on the type of common cold you have, Yin Qiao can either quickly resolve your illness or reduce the severity and duration of your illness.

Yin Chiao may reduce these common cold and flu symptoms: Sore throat, fever, cough, congestion, headache, thirst, and otitis media (earache, “plugged ears”).

Standard Dosage: Swallow 4 tablets with warm water 3 times a day until symptoms resolve.

Cautions & Contraindications: Reduce dosage if diarrhea or stomach upset occurs. Not recommended for long term use. Contains soy.

Gua Sha (“Scrape Away Disease”)

This is an easy skin scraping technique. Begin as soon as you start to notice cold/flu symptoms. Apply 2-3 times a day until cold/flu symptoms resolve.

Directions: Scrape shaded areas of back & head shown below with edge of a ceramic soup spoon or other smooth edged object such as the shaft of a comb. Scrape until skin is red. Avoid scraping over open wounds. Optional: lightly lubricate skin with oil (olive, coconut, etc) before scraping.

Ask your acupuncturist to demonstrate the guasha technique and show you the exact meridian & point locations on your body to make it easy for you to scrape the correct places for colds and flu.

The acupuncture medians/points are:

- GB20 and GB21 areas of Gallbladder meridian
- DU14 at the base of the neck on the spine
- UB10, UB12, UB13 areas of Urinary Bladder meridian

