

## Useful At-Home Remedies

### Colds, Flu, Allergies and Seasonal Immune Support

**Yin Qiao:** Best taken at first feeling of sore or scratchy throat achiness or fever.

**Dose:** 2 tablets every 30 minutes for 24 hours. Reduce as symptoms improve to 2 tablets 4-6 times per day. Stop when better.

**Side Effects:** Some may experience loose stool, gas or bloating with high doses.

**Other uses:** Excellent formula for Air Travel.

**Dose:** start the day before, continue day of and day after flying. 2 tablets 3x/day. If you begin to feel respiratory stress, continue formula until you feel better.

**\*\*\*\*KEEP THIS FORMULA IN YOUR MEDICINE CABINET FOR YEAR ROUND USE**

**Jade Windscreen:** Excellent for those prone to colds and flu! Builds the Immune system by strengthening your fall and winter defenses.

**Dose:** 2 tablets 3x/day. To prevent colds start formula one to five months ahead of the cold season.

**Other Uses:** This formula is safe for children and a good choice to treat mild bronchitis. It is also helpful for people with chronic rhinitis.

**Ivy Extract:** Powerful support for the lungs and bronchi. Use in Fall and Winter to protect against bronchitis and some types of pneumonia.

**Dose:** 3 capsules a day. Can take up to 6 per day if your lung system is severely compromised.

**Sinucomp:** Excellent formula to support and protect the mucus membranes of the sinuses. Pair it with **Ivy Extract** to support your whole respiratory system all winter long!

**Dose:** 1 capsule 3x/day.

**Jade Screen and Xanthium:** Great formula for ALL stages of a cold or flu. EXCELLENT at treating sinus allergy symptoms such as sneezing, runny nose, headaches, sinus congestion or pain and sore throat. Builds the Immune System while treating the symptoms.

**Dose:** 2 3x/day is usually adequate. You may take up to 2 5x/day if symptoms are difficult to manage.

**\*\*\*We also offer safe, non-narcotic cough syrups that are 100% natural**

**Luffeel:** Homeopathic nasal spray for allergies (NON-STERODIAL, EASY TO USE AND SAFE FOR CHILDERN).

## **BONE HEALTH**

**Cal-Apatite 1000:** This top quality calcium and bone nutrient formula is hard to surpass in absorbability and bioavailability! It contains calcium, phosphorus and MCHC (microcrystalline hydroxyapatite concentrate) and other organic factors that make up raw bone.

**Dose:** 3 daily.

**Vitamin D:** A must for good bone health. Recent studies also suggest that women in the northwest who are low on Vitamin D may be at a higher risk of bone cancer.

**Dose:** 1 daily. Don't forget your Cal-Apatite.

**Glucosamine Sulfate:** Excellent formula for the pain and discomfort of osteoarthritis.

**Dose:** Our high quality Glucosamine is available in two formats, one is the easy to use one a day packets that can be dissolved in water, or juice. Or, capsules can be taken at 3 per day.

**Please see our staff for other BONE SUPPLMENTS and CHINESE HERBAL FORMULAS that may be help for you including for pain. These may include Backbone, Biostrong, Osteoherbal and Kaprex.**

## **Multiple Vitamins**

**Multigenics with or without Iron:** Extremely well absorbed and used by your body.

**Dose:** 2 tablets up to 3x/day. When nutrition is poor take more. When diet is healthy and stable take at least 2 times per day.

What's the formulas by Intergrative? Just add them with the doses recommended.

**OTHER FORMULAS AVAILABLE TO SUPPORT YOUR HEALTH AND HEALING:**

Urinary Health, Men's Prostate, Headache management, Menstrual cramps, Menopausal Symptoms (including hot flashes and night sweats), Stress, Anxiety, Depression, Restless Leg Syndrome, Heart Health, and Digestion.

We also have available organic flax seed, Fish oil, Essential Balance liquid oil, Vitamin B complex, Protein Powder and even goji berries as a delicious healthy snack food!

Please see our staff with any questions you may have on any of our products and services. And remember that Acupuncture is a complete system of medicine and is used to treat virtually all of these health care areas!