

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.

When you have the cold the first day

If you have a scratchy throat you can use the following along with the ginger tea:

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

If you feel cold and achy:

- 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)

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).