

Edie Spence, D.C.

In addition to the following oriental herbs, we will always try to stock elderberry syrup; oil of oregano capsules; high quality colloidal silver; vitamins C,D, and A; as well as many other health promoting supplements.

ORIENTAL MEDICINE TREATMENT OPTIONS FOR INFLUENZA AND COLDS

All suggested oriental herbs discussed below are by companies that exceed international GMP standards. Feel free to review the following websites for their discussions on their manufacturing processes: www.kanherb.com and www.gfcherbs.com.

Please remember that the overall strength and health of the patient is a large determining factor in the effectiveness of any herbal treatment. No guarantees are made to the effectiveness of the below mentioned protocols.

I choose Oriental Medicine for this aspect of my healthcare because it is sensible to me that no one product works best for all phases of illness. Herbs to prevent illness are certainly different than herbs to eradicate an illness once it has started. It is best to break down treatment options into phases. *What works during one phase will be minimally effective in another, and in some cases counterproductive. Only take the appropriate herb for the appropriate phase of illness unless discussed with the doctor.*

The five phases are: Prevention Phase, Initial Exposure Phase, and Fully Engaged Phase, the Critical Phase and the Latent Phase. Using the correct herbal formulas allows you to stop the progression of the disease process as it moves through the typical phases. Although it is recommended, you do not need to use all 5 phases of herbs. If you decide to jump in and just begin using these formulas at any phase of your illness, it should still be helpful.

Phase 1: Prevention Phase, or the “I don’t want to catch the flu” phase. The **Prevention Phase** formulas are effective prior to the onset of symptoms. Our office carries the following **Prevention Phase** formulas. Most often only one formula from this category will be needed:

Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian) is ideal for elderly patients or those with weakened immune systems. Elderly and weak patients should be placed on this formula either throughout the year or at least several weeks prior to the beginning of “flu season.” If you begin to have cold or flu symptoms, stop this formula immediately and proceed to the next appropriate phase.

Jade Windscreen Formula (Yu Ping Feng San) directly supports immune function, and firms up the body’s ability to repel infection. Ideally, administration should begin 6-10 weeks before the anticipated need arises, then continued throughout the period of vulnerability.

Five Mushroom Formula (Wu Gu Fang) uses the power of certain mushrooms possess to kill viruses and support the immune system is well documented. Specifically, helpful for the lung. Five Mushroom Formula is the best of this group for short notice application. If you did not prepare weeks in advance, Five Mushroom Formula can provide quick defense. This is the only Prevention Phase formula that can also be used in Phase 2 also.

Zheng Qi Formula (Zheng Qi Fang) addresses all components that make up our immune support – yang, wei qi and jin. When these are in sufficient supply, pathogenic qi cannot penetrate deeply into our body

Because an illness CAN pass quickly through Phases 2 and 3, it is important to have Phase 2 (WIND COLD AND WIND HEAT) AND Phase 3 formulas at home to be ready to use if needed.

Phase 2: Initial Exposure Phase, or the “I think I may have caught the flu” phase. The **Initial Exposure Phase** formulas are recommended ***Immediately after exposure or immediately upon initial symptoms.*** There is a *small window of time* to kill the virus before it has a chance to travel downward and inward from a facial orifice, into the throat/trachea, and finally embedding into the lung tissue. The virus is very vulnerable during this phase because it is on the move.

This phase is further broken down into WIND COLD invasion or WIND HEAT invasion. WIND COLD symptoms include signs of stiffness in the neck or upper back, the beginnings of generalized body aches and feeling a bit more chilled than usual (low-grade fever is usually not yet present). Sometimes the disease will pass through the WIND COLD phase quickly and go to the WIND HEAT phase. It is important to monitor your symptoms and use the appropriate WIND formula.

It is beneficial to *keep one of these WIND COLD formulas on hand at home before exposure*, since it works best during the first few **HOURS** of the initial stage of WIND COLD invasion.

Our office carries the following WIND COLD Initial Exposure formulas. Only one formula from this category will be needed:

Cinnamon Twig (Gui Zhi Tang)

Dispel Invasion (Jing Fang Bai Du San)

If the invasion is not caught at the WIND COLD phase, the symptoms turn WIND HEAT related and include mild sore throat, mild fever, mild cough. It is beneficial to *keep one of these WIND HEAT formulas on hand at home before exposure*, since it works best during the first few **DAYS** of the initial stage of WIND HEAT invasion.

Our office carries the following WIND HEAT Initial Exposure formulas. Only one formula from this category will be needed:

Minor Bupleurum Formula (Xiao Chai Hu Tang) - frees the chest, supports the qi, resolves phlegm, and drains heat from the lung.

Viola Clear Fire Formula (Di Ding Qing Huo Pian) - is an excellent choice for those who have a history of pneumonia or chronic respiratory infection.

Initial Defense (Yin Qiao San / San Ju Yin) – as mentioned later, a combination of these two formulas were used with great efficacy to treat SARS virus among health care workers in Hong Kong.

However, if you were exposed to someone with a confirmed OR LIKELY Covid-19 diagnosis, you stop the Phase One prevention phase herbs and switch directly to the Phase 2 WIND HEAT antiviral herbs - even if you are not experiencing symptoms. I would suggest you stay on that Phase 2 WIND HEAT product for 2 weeks. If no symptoms appear, go back on the prevention formula. If symptoms do appear and are not significantly better after 24 hours of the Phase 2 WIND HEAT formula, be prepared to proceed to the Phase 3 formula.

Dosing is just as important during this phase as is choosing the right formula. There are a few strategies that have been shown to be effective. The most common one is to take a big dose (usually 1.5-2x the recommended dose on the bottle) every 2-3 hours. A similar strategy is to take small doses (about 1/3 the recommended dose on the bottle) every 20 minutes. The logic of both is to keep a consistent level of medicine in the system so that the virus does not get the opportunity to re-group. In cases where exposure is probable, but no symptoms have yet manifest—as is often the case when a family member comes down with the flu—an effective strategy can be to take a big dose (2-3x the recommended dose on bottle) before going to bed and right after breakfast. This strategy can be applied all the while the family member is contagious (about a week)

Phase 3: Fully Engaged/Full-blown Phase, or the “I have the flu” phase. The **Fully Engaged Phase’s** most characteristic symptoms are racing pulse, high fever, pronounced fatigue/weakness, loss of appetite, and cough. Other, less frequent symptoms can include headache, chest oppression, muscle pain, joint pain, sore throat, or sinus symptoms. Still less frequent manifestations include diarrhea or vomiting. The infection will enter this phase only if not stopped appropriate at Phase 1 or Phase 2. Our office carries the following Fully Engaged Phase formulas.

Mulberry and Lycium Formula (Xie Bai San) is an excellent formula to dislodge attachment between the lung tissue and the virus. This formula is best used with a dry cough. Once Mulberry and Lycium Formula has succeeded in improving the condition, it can be combined with one of the **Initial Exposure Phase** formulas to destroy the virus.

Reed and Seed Formula (San Ren Wei Jing Tang) is to be used when full blown symptoms present with a phlegm cough.

Phase 4: Critical Phase, or the “I need to get to a hospital” phase. The **Critical Phase** should not go unmentioned. If a patient becomes critical or if the formulas do not seem to be helping, he or she should be admitted to a hospital where they can be more closely monitored.

Phase 5: Sub-Phase: Latent Phase, or the “Why do I seem to keep getting sick with the same disease?” phase. If a patient does not fully recover in 10 days, a slow recovery can indicate that a latency is being created. Symptoms never fully resolve, or the patient remains vulnerable all season long or for multiple seasons. Come by or call the office for specific formulas.

OTHER RECOMMENDATIONS:

Vitamin A helps to build and repair lung tissue. We have a liquid Vitamin A at our office.

Vitamin D deficiency is associated with an increased susceptibility to infection. We have many forms of Vitamin D at our office: liquid, capsule and chewable. Dose depends on whether you have already been supplementing with this previously. Speak to the doctor.

Vitamin C is a vital nutrient for the immune system. Several cells of the immune system accumulate vitamin C and need the vitamin to perform their task. Thus, a vitamin C deficiency results in a reduced resistance against certain pathogens. We often suggest 2000 mg per day if an immune challenge is imminent. We carry Liposomal C at our office. It is very easy for the body to assimilate and use this form of Vitamin C.

COVID- 19 AND ORIENTAL HERBAL MEDICINE

Edie Spence, D.C.

There is already a great deal that has been written about the new strain of coronavirus; now called “COVID-19”—but much remains unknown. This virus is challenging public health around the world and people want to be informed. New information is being published on the internet nearly every day, even multiple times per day. For the curious and concerned, the best way to stay informed with reliable up-to-date information is to frequently visit various official websites, such as the WHO and the CDC websites.

WHAT ARE THE SIGNS OF INFECTION?

FEVER: In the vast majority of COVID-19 cases the first sign or symptom of an active infection is fever. Between 94% and 98% of infected patients get a fever, whether their case is mild or severe. In about half of the cases the peak temperature of the fever is between 100.5°F and 102°F. In about 30% of the cases the fever is even higher than 102°F; roughly 20% of cases have a very mild temperature.

COUGH: The second most common clinical feature of COVID-19 infection is cough. About ¾ of active cases develop cough. Most of the coughs are non-productive (little to no sputum). The cough typically develops 1-3 days after the fever, but there can be a lot of variation with the timing.

DYSPNEA: Dyspnea is difficult breathing. Over half the cases will develop dyspnea. In nearly every case of severe infection (when hospitalization is required) there will be dyspnea.

MYALGIA/FATIGUE: Myalgia refers to the type of body ache that is commonly seen with influenza. Fatigue can be quite pronounced. These two symptoms often appear together and are reported in a little less than half of the COVID-19 cases.

WHAT DOES TRADITIONAL ORIENTAL MEDICINE RECOMMEND FOR COVID-19?

As a general precaution for “Flu Season” (any time there is a statistically high incidence rate of viral infections) the most important strategy to avoiding getting sick is, of course, **AVOID EXPOSURE**. The specifics of how to avoid exposure are the same for Eastern and Western medicine.

But Oriental Medicine provides a second strategy, which should never be used by itself: only in conjunction with observing the recommended precautions to avoid exposure. For many centuries, Oriental traditional medicine has utilized various methods of fortifying our bodies’ natural protection against external pathogens. In Eastern medicine, this protection is known as the “upright qi,” “anti-pathogenic qi,” or *zheng* qi. In modern medicine this closely corresponds to the concept of immunity. The anti-pathogenic qi can be enhanced with qigong, supported by diet, fortified with herbal formulas, and regulated by managing stressors to our immune system.

MANAGING STRESSORS TO THE IMMUNE SYSTEM

Poor quality sleep, high stress levels, overworking, inflammatory and phlegm-producing diets all diminish our capacity to fight off invading pathogens. It is important to make corrections in these areas if we wish to increase the strength of our anti-pathogenic qi. Also keep your chest and back of neck warm as these are our most vulnerable areas for pathogenic cold to enter our body.

DIET

The best dietary advice traditional medicine has to offer involves the cultivation of deep, nourishing hydration. This cannot be accomplished merely by drinking more water. Deep, nourishing hydration comes from eating clean foods that are hot, “wet,” and relatively easy to digest, such as broth soups (not cream-based or pureed) and porridges for breakfast. Vietnamese phở is a good example of a food that provides deep, nourishing hydration.

Best to avoid:

1. Dehydrating foods like alcohol, carbonated beverages, and caffeine

2. Phlegm-producing and inflammatory foods like dairy, gluten, and overly spicy foods
3. Eating between meals. Give the digestion a chance to make strong qi and rest

ORIENTAL HERBAL RECOMMENDATIONS THAT FORTIFY THE ANTI-PATHOGENIC QI

We have these formulas and more available at our office.

SARS (Severe Acute Respiratory Syndrome) is another form of the coronavirus^[i]. In 2003-2004, when SARS was the most prominent virus on the world's epidemic watch, 3 studies were conducted among medical staff taking preventative herbs. In total the studies included a few thousand participants. In all three of these studies, **not one of the participants who took the preventative herbs contracted SARS.**^{[ii],[iii],[iv]} This is quite a remarkable statistic! But it is important not to leap to assumptions about the success of similar formulas against COVID-19. Still, it may be worth taking a look at these and similar herbal strategies that fortify the anti-pathogenic qi/boost the immune system.

The main herbal formula used in the study during the SARS epidemic was a combination of 2 commonly used formulas, Yu Ping Feng San (**Jade Windscreen Formula**) and Sang Ju Yin (Mulberry and Chrysanthemum Combination). The action of the former is to fortify the anti-pathogenic qi against the exterior. The latter formula clears heat and keeps the lungs free. Variations always included the **Jade Windscreen Formula**, but substituted anti-toxin and other heat-clearing herbs in place of the Sang Ju Yin. Common anti-toxin herbs found to be successful were forsythia fruit (*lian qiao*), chrysanthemum flower (*ju hua*), and honeysuckle flower (*jin yin hua*).

These strategies can be replicated by taking:

- **Jade Windscreen Formula + Yin Chiao Formula – Yin Chiao Formula** uses both forsythia fruit (*lian qiao*) and honeysuckle flower (*jin yin hua*) as the two chief ingredients.
- **Jade Windscreen Formula + Sang Ju Yin** – This combination is identical to one of the ones used to prevent SARS among health care workers in Hong Kong.
- **Children's Jade Defense Formula** - This is Jade Windscreen Formula + Chrysanthemum/*ju hua* specially formulated for children.

OTHER HERBAL STRATEGIES FOR PREVENTION THAT ARE SAFE AND WORTH CONSIDERATION

- **Minor Bupleurum Formula** (*Xiao Chai Hu Tang*) + **Yin Chiao Formula** (*Yin Qiao San*) – The first formula is extremely popular in Japan as a cold and flu preventative. It frees the chest, supports the qi, resolves phlegm, and drains heat from the lung. **Yin Chiao Formula** is an anti-toxin/anti-viral formula with the two main herbs used to modify the formulas used to prevent SARS.
- **Astragalus & Ligustrum Formula** (*Huang Qi Dong Qing Pian*) is inspired by Fu Zheng therapy research in China. Fu Zheng means to “support the normal or righteous qi” to protect the body from adverse influences. Appropriate for supporting immune function when challenged by any illness where there is a weakened immune system or weakened immune response.

...and more. Ask Dr. Spence which formulas are best indicated for you.