



STAY HOME & STAY HEALTHY WITH CHINESE MEDICINE

**A Partnership Between Brands that Will Help You Survive
and Thrive While You Shelter-in-Place.**

Jen Ward, LAc CAP
DAO Labs Business Development



HOW TO PRACTICE CHINESE MEDICINE AT HOME

Herbs, food therapy, self-care, acupressure, cupping, & Qigong can help keep you healthy and balanced while you're sheltered-in-place and through the transition beyond. These 5 best-in-class brands in Chinese medicine wellness can help you incorporate the wisdom that Chinese medicine offers for better health and balance.

Whether you're deeply missing your weekly acupuncture appointment or if you've just always been curious about Chinese medicine, now is the time to stay home, stay safe, and learn more about this powerful medicine and how it can help you reach your health and wellness goals.

CHINESE HERBAL MEDICINE - REIMAGINED

DAO Labs



Chinese herbal medicine is complex and not very approachable, but when taken regularly it can transform your health. [DAO Labs](#) has taken popular, versatile formulas and made them easy to understand and consume. From supporting everyday needs like immunity and digestive health, to more specific health goals like fertility and joint support, people across the west are turning to Chinese Medicine due to its natural power and versatility.

[Featured Product from DAO Labs](#)

Start by incorporating [Immunity Support](#) into your wellness routine. Synthetic supplements have nothing on this 800 year old formula that is most popular this time of year across Asia, and widely recommended by acupuncturists and doctors of Chinese medicine worldwide.

FOOD THERAPY

Breakfast Cure: Your Bowl of Zen



Dietary therapy can be extremely effective medicine, and therefore it's also very empowering. Now is a perfect time to make strong beneficial lifestyle changes that will endure. [Breakfast Cure](#) congee makes Chinese dietary therapy incredibly accessible. Start your day with a nourishing and delicious meal that is an easy habit to maintain once started.

Increase digestive power, boost metabolism, build immunity, calm the mind and increase mental clarity, all at breakfast! Cooked with five or more times the volume of water to the other ingredients, Breakfast Cure is extremely hydrating, reducing inflammation and keeping the body operating at its best. Their congee is organic, gluten-free and modernized for the gourmet, foodie palate. Moreover, they deliver the benefits of this ancient wisdom right to your door, and ten of their fifteen flavors are also vegan. Pour the packet in the slow cooker, add water as directed and cook overnight. That's it!

Better Together! Pairing with DAO Labs herbs:

[Breakfast Cure Apple Cinnamon Congee](#) with [DAO Labs Emotional Balance](#):

Optimize digestion, calm the body, and increase mental clarity.

[Breakfast Cure Pear-fection Congee](#) with [DAO Labs Immunity Support](#):

Build immunity, support the lungs, increase vitality, and improve digestion.

[Breakfast Cure Karen's Kitchari](#) with [DAO Labs Digestive Harmony](#):

Improve digestion, regulate elimination, and reduce inflammation.

SELF CARE

5YINA: Traditional Wisdom. Modern Beauty. Powered by Chinese Medicine



**SAVE 15% at checkout
with code DAO15**

Wellness and beauty are inherently intertwined. Integrating wisdom of Chinese Medicine and modern science, [5YINA](#) has created a full line of skincare that is efficacious, intelligently formulated, and beautiful to use. Using ingredients that are mindfully sourced and sustainably harvested, these skincare products use seeds, roots, flowers, woods, leaves, and fruit from potent medicinal plants to create bio-actives that the skin can fully utilize for multi-faceted results.

Featured Product:

Hand Treatment Balm: The repair you may need after consecutive hours of hand washing and sanitizer.

Formulated with:

- Nourishing botanical oils + butter to soften hands and prevent dehydration from environmental damage and frequent hand washing.
- Anti-microbial herbs such as Honeysuckle, Hinoki, + Moringa to protect the hands
- Astragalus + Licorice to soothe and repair the skin

ACUPRESSURE

Earseeds: The Leaders in Everything Ear Seeds.



Ear seeds are small seeds used to stimulate pressure points in your ear. They're a type of auriculotherapy, which refers to acupressure or acupuncture focused on the ear. They're based on the same general principles as acupuncture. They can be used at home and EarSeeds offers specific [kits](#).

Featured Product:

The Stay-at-Home Kit Includes:

- 40 stainless steel, clear tape latex-free EarSeeds
- 120 vaccaria EarSeeds on tan tape (Contains natural Latex Rubber)
- Easy-to-follow protocol charts for stress & anxiety, sleep & insomnia and immunity support
- Stainless steel slant-tip tweezers

CUPPING

Love Cupping: Internationally Patented Heart Shaped Cups



Love Cupping is fantastic for self-care and family care. Cupping therapy dates back to ancient times and is found throughout cultures world-wide. Why has this therapy lasted so long and spread so widely? Because it works! Cupping therapy relaxes the central nervous system, reducing stress and easing muscle tension that we are all experiencing on some level during this quarantine time.

- Great for muscle recovery
- Supports the lymphatic system
- Supports immune function
- Benefits the circulatory system
- Releases muscle tension
- Promotes detox
- Anti inflammatory
- Increases blood circulation
- Clears congestion and stagnation
- Reduces pain

If you have an acupuncturist that you normally go to for cupping, reach out to them for guidance, many are offering virtual tele-health sessions and would love to connect with you.

SAVE 10% at checkout with code DAO10

QI GONG

Nick Loffree: Bioenergetic Health & Fitness



Qigong is the perfect modality during this time, it brings the body in balance, it's easy to learn, requires zero equipment, can be done almost anywhere and works fast. It's a system of self-empowering mental and physical exercises developed over thousands of years. Today there are over 3,500 recorded styles. All Qigong styles focus on cultivating this vital energy to achieve their goals. Qigong uses a wide variety of movement styles, including shaking, stretching, self massage, coiling, and swinging motions, as well as slow flowing movements and challenging static postures. Also included are many styles of visualization, breathing, and meditation.

Nick Loffree Pandemic Qi Gong NEW Online Classes **Join Nick on Zoom EVERY DAY of the Pandemic at 9AM PST! Affordable prices, personalized classes, community conversations, and lots of fun!**



SUPPLEMENTAL INFORMATION, RESOURCES, & DISCOUNTS FOR PRACTITIONERS:

DAO Labs:

Many practitioners are not holding inventory right now. **Patient direct ordering is easy and you benefit with 30% income on each sale.** DAO Labs offers 7 formulas. Immunity Support based on *Yu Ping Feng San* is still available as we work to keep up with demand. We have massive amounts of educational resources regardless of whether you are newer to herbs or highly experienced. Contact jenward@daolabs.com for the Practitioner Benefits Guide. Using link/code/manage leads: <https://bit.ly/2Xyas7q>

Breakfast Cure:

[The Pro Partner Program](#) is designed to make it as simple as possible for you to prescribe congee to your patients. With fifteen flavors, Breakfast Cure ships directly to your patients to take the work out of your hands and to ensure that delivery is fresh and safe for everyone. **Every purchase made by referral earns a 10% commission, including recurring subscription orders.**

Receive 10% off your first order. Use this coupon at checkout: **First10.**

Ear Seeds:

Practitioner Program \$0 investment + 30% Affiliate commissions at least through June + 10% coupon code to share with your audience. You can learn more and sign-up [here](#).

Press that Point

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5YINA

For practitioners who practice facial acupuncture or dermatology, 5YINA will send you a sample kit to try. These products can be offered via your website to patients who can practice self care at home during this time and you can talk them through virtual facial treatments including facial gua sha and acupressure. 5YINA offers an affiliate program for practitioners via shareasale (requirement is a website or links from instagram). You can contact the team [here](#) and instructions will be sent to get set up.

Love cupping:

Many patients are starting to feel the tightness and tension creep back into their bodies and they are looking for ways at home to get relief. With many acupuncturists now offering Telehealth sessions, you can guide your patient on how to use the Love Cups during these sessions and also teach them other acupressure points to relieve their pain and stress. We want to offer everyone a discount code for the Love Cups: **DAO10%**