



Wind-Cold Preparations

We have a special way we prescribe some of our formulas for patients when they are in the beginning stages of wind-cold. The method here is not necessary but we have found it greatly enhances the efficacy of the treatment. This is for your reference and may be employed at your discretion.

1. Prepare strong cup of Fresh Ginger Tea
2. Place piping hot tea at bedside
3. Place dose of formula at bedside
4. Take very hot bath/shower
5. Get into bed under extra covers
6. Combine tea and formula
7. Drink