

Chinese Medicine

A Guide to Diet & Herbs



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Allergies

Bi Yan Pian:

sore throat, sinus infection

Bai Hu Tang:

high fever, sweat, red eyes, bad breath

Bai Xing Shi Gan Wan:

asthma, upper respiratory infection, clear heart & phlegm

Bu Fei Tea pills:

chronic lung, asthma, cough, shortness of breath

Chuan Xiong Wan:

headache with cold or flu

Chuan Xiong Cha Taio Wan:

headache, sinusitis

Citrus & Pinellia:

congestion, cough with nasal congestion

Clean Air pills:

phlegm, tightness of chest, smoking cessation

Er Chen Teapills:

phlegm, clears throat & sinus

Fang Teng Tong Sheng Wan:

sore throat, fever, muscle ache

Gui Zhi Tang:

colds, fever, immune system

Pe Min Kan Wan:

sinus congestion, allergies

Phlegm-Transforming Formula:

phlegm, cysts

Sha Shen Mai Men Dong Tang:

dry cough, upper respiratory infection

Qi Guen Yan:

bronchitis, cough

Emotional Support & Sleep

Bupleurum D Formula:

insomnia, high blood pressure, restlessness, irritability, smoking cessation

Coptis Relieve Toxicity Formula:

mania, delirium, irritability, vertigo

Eleuthero:

fatigue, lassitude, insomnia

Free & Easy Wanderer Plus:

angry outbursts, depression, irritability, anxiety

Ginseng & Longan Formula:

anxiety, dream-disturbed sleep, nervous exhaustion

Heavenly Emperor's Formula:

insomnia, hyperthyroid, lack of concentration, anxiety

Max Stress B:

Vitamin B complex for stress or memory problems

Peaceful Spirit Formula:

nervous exhaustion, insomnia, melancholy, anxiety, improved sleep

Pinellia & Magnolia Bark Formula:

esophageal constriction, phlegm caught in throat, snoring

Restful Sleep Formula:

insomnia

Salvia 10 Formula:

depression, insomnia, anxiety

Si Ni San Wan:

cold hands & feet, irritability

Zizyphus Formula:

insomnia, irritability, palpitations, night sweats, dizziness, improves sleep