Protocols for Common Conditions

Chinese Modular Solutions

Sage Solutions

Gentle Warriors

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Combining Formulas

A Formula Fits a Patient the Way a Key Opens a Lock

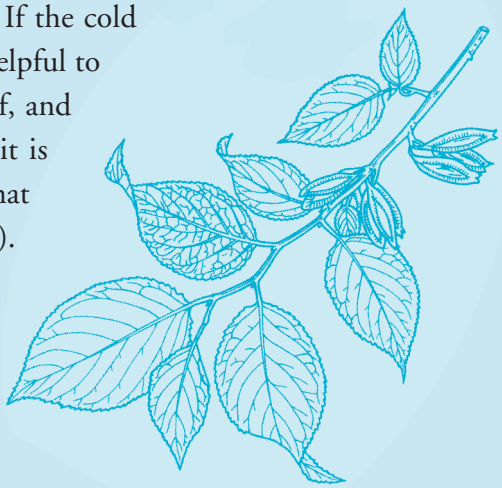
While **Chinese Modular Solutions, Sage Solutions**, and **Gentle Warriors** are distinct groups of herbal formulas; together they represent an integrated pharmacy. When indicated, formulas may be combined to conform to a person's unique requirements. Although the Gentle Warriors are formulated particularly for children, using glycerin for enhanced flavor, adult formulas can be combined with Gentle Warriors, and these pediatric formulas can benefit adults.

It is convenient for patients to take home one bottle of a customized formula. To be able to combine formulas, it is necessary to stock empty one, two or four ounce bottles, a funnel, a graduated beaker, and labels. Alternately, patients can purchase individual one ounce bottles and simply mix squirts of one formula with squirts from another, blending them together in a glass of water.

When mixing formulas in your pharmacy, it is practical to combine two to three formulas in a one ounce bottle (30 ml), three to four in a two ounce bottle (60 ml), and four to six in a four ounce bottle (120 ml). Using less than 5 ml of a formula is usually too little to have much effect; 10 ml or more will have a more significant impact.

An effective blend will combine formulas with related therapeutic goals. For example, for a person with flu, begin with 10 ml of Bug Beater and if symptoms include chills and muscle soreness, then add 10 ml of Chill Chaser and if symptoms include sneezing and runny nose, then add 10 ml of Windbreaker.

Starting with a one ounce bottle is reasonable for someone with acute symptoms that are likely to change rapidly. If the cold lingers and a cough and sinus congestion ensues, then it may be helpful to prescribe a new mixture that combines Windbreaker, Chest Relief, and Head Clear in equal proportions. For more chronic problems, it is reasonable to send patients home with a larger two ounce bottle that combines three formulas (20 ml each) or four formulas (15 ml each).



Clinical Examples

Complaints	Herbal Formulas
• Stiff, weak low back • Dry eyes • Thinning hair • Low libido • Restless sleep	**Passion Potion** 20 ml **Strengthen Kidney** 20 ml **Harmonize Kidney-Heart** 20 ml 4 squirts, 3 times per day
• Sore throat • Allergies (itchy eyes, congestion) • Bronchitis with colored phlegm	**Windbreaker** 20 ml **Pipe Cleaner** 20 ml **Enviroshield** 20 ml 2 squirts, 4 times per day
• Irritable, moody • Neck tension • Irregular periods	**Got Rhythm** 20 ml **Harmonize Lung-Liver** 20 ml **Tension Solution** 20 ml 2 squirts, 3 times per day
• Anxiety • Sinusitis • Osteopenia	**Comfort Shen** 20 ml **Marrow Matters** 20 ml **Purge Heat** 20 ml 3 squirts, 3 times per day
• Chronic weariness • Puffy eyes • Swollen hands • Poor concentration • Distended belly • Cold feet	**Strengthen Spleen** 15 ml **Harmonize Spleen-Kidney** 15 ml **Strengthen Kidney** 15 ml **Purge Cold** 15 ml 3 squirts, 3 times per day
• Palpitations • Insomnia • Chills easily • Fatigue • Shortness of breath	**Strengthen Heart** 15 ml **Harmonize Heart-Lung** 15 ml **Comfort Shen** 15 ml **Purge Cold** 15 ml 4 squirts, 3 times per day
• Sore throat • Fever • Sinus congestion • Swollen glands • Headache	**Bug Beater** 15 ml **Phlogisticlean** 15 ml **Purge Heat** 15 ml **Head Clear** 15 ml 3 squirts, 4 times per day
• Coughing and wheezing • Dry mouth and throat without thirst • Phlegm, difficult to expectorate	**Open Air** 20 ml **Pipe Cleaner** 20 ml **Tonify Blood** 20 ml 3 squirts, 4 times per day

Chinese Modular Solutions

tonify

Tonify Qi

- Low resistance and lack of endurance
- Tiredness, weariness, weakness
- Pale complexion and sensitivity to chill

Tonify Moisture

- Thirst, hot flashes, night sweats
- Dry skin, mouth, or throat
- Scanty or concentrated urine

Tonify Blood

- Dry, brittle hair and nails
- Restless fatigue, irritability
- Poor sleep

consolidate

Consolidate Qi

- Persistent diarrhea
- Sudden weakness, perspires easily
- Lax muscles or prolapse

Consolidate Moisture

- Excessive secretions
- Frequent and profuse urination
- Excessive perspiration

Consolidate Blood

- Sudden, prolonged, or excessive bleeding
- Bruises easily or wounds slow to heal

comfort

Comfort Shen

- Insomnia or restless sleep
- Anxiety, agitation, fright, or confusion
- Emotional distress: sadness, rage

disperse

Disperse Qi

- Fullness in chest, abdoment, head
- Gas pains, flatulence, belching, hiccups

Disperse Moisture

- Nausea or indigestion
- Puffy face, hands, ankles
- Swollen breasts

Disperse Blood

- Localized or persistent pains
- Numbness, mottled skin
- Intermittent or painful menstruation

replenish

Replenish Essence

- Infertility
- Extreme weakness and emaciation
- Signs of aging

purge

Purge Qi

- Severe bloating or gas
- Acute indigestion or food reactions
- Chronic or stubborn constipation

Purge Moisture

- Decreased or restricted urination
- Swollen joints or organs
- Severe swelling or edema

Purge Blood

- Severe pain in head, body, organs
- Delayed or painful menstruation with large clots
- Traumatic bruises, injuries, swelling

purge

Purge Cold

- Coldness of limbs or body
- Complaints worse in cold weather or from cold food
- Profound weakness with pale, clammy skin

Purge Heat

- Pain or swelling with redness, heat, burning
- Intense hot flashes, fever, or agitation
- Complaints worse in hot weather, from spicy foods

Purge Damp-Heat

- Purulent discharge
- Inflamed blisters or pimples
- Acute cystitis, urethritis, or vaginitis
- Acute diarrhea with fever or inflammation

strengthen

Strengthen Kidney

- Weak, sore low back, sacrum, hips
- Diminished libido, memory, vision, hearing, retarded growth
- Prone to apathy and withdrawal

Strengthen Liver

- Erratic appetite, elimination, circulation, menstruation
- Spasm or cramping in neck, abdomen, legs, feet

Strengthen Lung

- Chest weakness, shortness of breath, wheezing
- Susceptible to colds, flus, allergies
- Easily hurt and prone to melancholy

Strengthen Spleen

- Lethargy, indigestion, abdominal distention
- Sore, tender muscles; easy bruising, bleeding
- Prone to worry, insecurity, disappointment

Strengthen Heart

- Abnormal heart rhythms
- Easily overheated with sweating
- Sores or burning sensations of mouth
- Prone to anxiety, disturbed sleep

Purge Phlegm

- Profuse or tenacious mucus
- Enlarged lymph nodes, glands, fatty cysts
- Nasal or sinus congestion with nausea or dizziness

Purge Internal Wind

- Dizziness, vertigo, or tremors
- Migraines or stubborn headaches
- Hypertension
- Rheumatic pains

Purge External Wind

- Allergy, cold or flu: sore muscles, mild fever, chills, runny nose, sinus congestion, itchy eyes
- Headache and neuralgia

harmonize

Harmonize Kidney & Heart

- Panic, depression, shock
- Diminished libido
- Generalized instability
- Sleep disturbances

Harmonize Heart & Lung

- Skin prone to rashes
- Dry cough and sore throat
- Anxiety triggers difficult breathing

Harmonize Lung & Liver

- Tense neck and shoulders
- Headache or sciatica
- Tight cough, inflamed sinuses

Harmonize Liver & Spleen

- Indigestion, bloating, or nausea
- PMS-like tension, moody, cramps
- Unstable blood sugar

Harmonize Spleen & Kidney

- Water retention
- Sore or weak low back or legs
- Feeling heavy and weary

Sage Solutions

nurturing & sustaining

Basic Boost
- Weariness, weakness
- Low resistance

Passion Potion
- Loss of libido
- Lack of muscle tone
- Stiffness and soreness

Wise Woman's Well
- Peri-menopausal and post-menopausal complaints
- Infertility

Marrow Matters
- Fragile bones; tendon and ligament injuries
- Delayed development

Feed Memory
- Mental dullness
- Poor memory
- Hangover

Resilience
- Low resistance
- Immune dysregulation
- Side effects of cancer therapies

Move Mountains
- Whole body tonic for Shen, Qi and Jing

digesting & eliminating

Digest Aid
- Indigestion
- Reflux
- Flatulence, belching
- Queasiness

Meal Mover
- Slow digestion bloating
- Constipation
- Over-eating

Max Lax
- Acute spasmodic constipation

Lax Lite
- Acute spasmodic constipation

relieving & resolving

Head Clear
- Sinusitis
- Headache, migraine
- Facial pain
- Earache

Tension Solution
- Restlessness
- Neck tension
- Tension headache
- Irritability

Ease Strain
- Drug withdrawal
- Melancholy
- Anxiety
- Confusion

Got Rhythm
- Irregular periods
- Amenorrhea
- Dysmenorrhea
- Ovarian cyst

Unlocking the Gate
- Enlarged prostate
- Poor memory
- Hangover

Cluster Dissolving
- Lumps, masses, cysts
- Polyps, fibromas

anti-pathogenic & anti-toxic

Chill Chaser
- Initial stage of cold/flu with chilliness (Cold)

Bug Beater
- Loss of libido
- Lack of muscle tone
- Stiffness and soreness

Phlogisticlean
- Swollen lymph nodes
- Tonsilitis
- Pharyngitis
- Cellulitis

Enviroshield
- Hayfever
- Allergic asthma
- Hives
- Chemical sensitivity

Gentle Warriors

respiratory

Windbreaker

- Earaches
- Sore throat
- Flu
- Sinusitis
- Colds
- Allergies

Chest Relief

- Cough
- Laryngitis
- Phlegm

Pipe Cleaner

- Bronchtis
- Tenacious phlegm
- Painful cough

Open Air

- Acute asthma
- Wheezing

Deep Breath

- Chronic asthma
- Wheezing

digestive

Grow & Thrive

- Frailty
- Weak digestion
- Poor appetitie
- Low resistance

Tummy Tamer

- Indigestion
- Gastroenteritis

Easy Going

- Indigestion
- Constipation

Belly Binder

- Indigestion
- Diarrhea

psychological

Quiet Calm

- Agitated
- Hyperactive
- Cranky
- Troubled sleep

dermatological

Fire Fighter

- Rash
- Impetigo
- Hives
- Bites/stings

Protocols for Common Conditions

These Protocols for Common Conditions draw upon formulas from **Chinese Modular Solutions, Sage Solutions**, and **Gentle Warriors**. They are general guidelines--suggested approaches to treating commonly encountered clinical presentations. Ultimately, every prescription should be considered in the context of the individual. These protocols are meant to aid in differential diagnosis and treatment.

With appropriate mixing and matching of liquid herbal extracts, effective customized remedies can be made in a busy clinical practice. Most patients demonstrate excellent compliance and report dramatic results.

Optimum Health

Base Formula: **Move Mountains**

For additional symptoms, add:

- Improve concentration: **Move Mountains**
- Allay mental or emotional stress: **Ease Strain**
- Improve stamina: **Passion Potion**

Common Cold / Flu

Base Formula: **Bug Beater**

For additional symptoms, add:

- Sneezing and runny nose: **Windbreaker**
- Cough: **Chest Relief**
- Bronchitis: **Pipe Cleaner**
- Sinus congestion: **Head Clear**
- Chills or muscle soreness: **Chill Chaser**
- Sore throat or swollen glands: **Phlogisticlean**
- Headache: **Purge External Wind**
- Tenacious phlegm: **Purge Phlegm**
- Fever (above 100°F/38°C): **Purge Heat**
- Nausea: **Digest Aid**
- Diarrhea: **Belly Binder**
- Constipation: **Easy Going**

Sinusitis / Rhinitis

Base Formula: **Head Clear**

For additional symptoms, add:

- Sneezing and runny nose: **Windbreaker**
- Fever: **Purge Heat**
- Swollen glands: **Phlogisticlean**
- Purulent nasal discharge: **Purge Phlegm + Purge Heat**
- Bloody mucus discharge: **Consolidate Blood**
- Cough: **Chest Relief**
- Headache: **Purge External Wind**

Immunity

Base Formula: **Resilience**

For additional symptoms, add:

- Weakness and fatigue: **Basic Boost**
- Resist colds and flu: **Strengthen Lung + Bug Beater**
- Ward off respiratory allergies: **Strengthen Lung + Enviroshield**

Respiratory Ailments

Base Formula: **Strengthen Lung**

For additional symptoms, add:

- Shortness of breath: **Basic Boost**
- Sensitivity to cold air: **Chill Chaser**
- Sneezing from changes in temperature: **Purge External Wind**
- Cough with perspiration: **Chest Relief + Consolidate Moisture**
- Cough with abundant phlegm: **Chest Relief + Purge Phlegm**
- Painful cough, yellow-green phlegm: **Pipe Cleaner**
- Dry cough without expectoration: **Chest Relief + Tonify Moisture**
- Dryness of mouth or throat without thirst: **Tonify Blood**
- Tight chest or wheezing: **Open Air**
- Cough triggered by emotional distress: **Harmonize Heart-Lung + Harmonize Lung-Liver**

Asthma

Base Formula:
Acute: **Open Air**
Chronic (in between episodes): **Deep Breath**

For additional symptoms, add:

- Cold symptoms: **Windbreaker**
- Flu symptoms: **Bug Beater**
- Allergy symptoms: **Enviroshield**
- Phlegm: **Purge Phlegm**
- Cough: **Chest Relief**
- Tenacious phlegm and chest pain: **Pipe Cleaner**
- Fatigue, weakness, or shortness of breath: **Strengthen Lung**
- Low resistance: **Resilience**

Dermatological Ailments

Base Formula: **Fire Fighter**

For additional symptoms, add:

- Itching: **Tonify Blood + Purge External Wind**
- Hives: **Harmonize Heart-Lung + Harmonize Lung-Liver**
- Boils: **Purge Damp Heat**
- Cysts/nodules/tumors: **Cluster Dissolving**
- Cellulitis: **Purge Blood**
- Lymphadenitis: **Phologisticlean**
- Aggravations from emotional distress: **Comfort Shen**
- Reactions to food/condiments: **Meal Mover**
- Reactions to environmental agents: **Enviroshield**

Digestive Ailments

Base Formula: **Digest Aid**

For additional symptoms, add:

- Acid reflux: **Disperse Qi**
- Food stagnation: **Meal Mover**
- Acute nausea: **Disperse Moisture**
- Acute constipation: **Max Lax**
- Chronic constipation: **Lax Lite**
- Poor appetite or weak digestion: **Strengthen Spleen**
- Erratic appetite and flatulence: **Harmonize Liver-Spleen**
- Bloating and water rentention: **Harmonize Spleen-Kidney**
- Food poisoning: **Purge Damp Heat**

For these symptoms, substitute:

- Acute diarrhea, substitute: **Belly Binder**
- Prolonged diarrhea, substitute: **Harmonize Spleen-Kidney + Consolidate Qi + Consolidate Moisture**

Menopausal and Perimenopausal Ailments

Base Formula: **Wise Woman's Well**

For additional symptoms, add:

- Hot flashes (without perspiration): **Purge Heat**
- Hot flashes (with perspiration):
  Purge Damp Heat +
  Consolidate Moisture
- Dryness:
  Tonify Blood +
  Tonify Moisture
- Irritability:
  Tension Solution +
  Harmonize Liver-Spleen
- Insomnia:
  Comfort Shen +
  Harmonize Kidney-Heart
- Melancholy: **Ease Strain**
- Brain fog: **Feed Memory**
- Low libido: **Passion Potion**
- Osteopenia/osteoporosis: **Marrow Matters**

Metabolic Ailments

Base Formula: **Weight Manager**

For additional symptoms, add:

- Water retention:
  Harmonize Spleen-Kidney
- Edema: **Purge Moisture**
- Cold sensitivity: **Purge Cold**
- Heat sensitivity: **Purge Heat**
- Excessive thirst: **Tonify Moisture**
- Fatigue or lethargy: **Basic Boost**
- Erratic appetite or cravings:
  Harmonize Liver-Spleen

Female Ailments

- Cystitis/urethritis:
  Harmonize Kidney-Heart +
  Purge Damp Heat
- Genital herpes:
  Harmonize Lung-Liver +
  Purge Damp Heat +
  Fire Fighter
- PMS (tension or irritability):
  Got Rhythm +
  Harmonize Liver-Spleen
- PMS (bloating or water retention):
  Got Rhythm +
  Harmonize Spleen-Kidney
- PMS (headache or muscle tension):
  Got Rhythm +
  Tension Solution
- PMS (fatigue or weakness):
  Got Rhythm +
  Tonify Blood
- PMS (anxiety or insomnia):
  Got Rhythm +
  Comfort Shen
- Delayed menstruation or dysmenorrhea:
  Got Rhythm +
  Disperse Blood +
  Disperse Qi
- Shortened menstrual cycle:
  Got Rhythm +
  Strengthen Liver +
  Tonify Blood
- Heavy or prolonged bleeding:
  Strengthen Spleen +
  Tonify Blood +
  Consolidate Blood
- Anemia:
  Tonify Blood +
  Strengthen Liver
- Ovarian cyst/uterine fibroid/endometriosis:
  Got Rhythm +
  Cluster Dissolving
- Low libido:
  Passion Potion +
  Strengthen Liver
- Fertility:
  Strengthen Kidney +
  Replenish Essence

Male Ailments

- Benign prostatic enlargement (BPH):
  Unlocking the Gate
- Severe prostatic enlargement (BPH):
  Unlocking the Gate +
  Cluster Dissolving
- Prostatitis, epididymitis, orchitis, or urethritis:
  Unlocking the Gate +
  Purge Damp Heat +
  Fire Fighter
- Genital herpes:
  Harmonize Lung-Liver +
  Purge Damp Heat
- Erectile dysfunction (ED):
  Strengthen Liver +
  Basic Boost
- Low libido:
  Strengthen Liver +
  Passion Potion
- Fertility:
  Unlocking the Gate +
  Replenish Essence

Psychological and Cognitive Ailments

- Mild to moderate depression: **Ease Strain**
- Anxiety and nervousness: **Comfort Shen**
- Tension and restlessness: **Tension Solution**
- Post-traumatic stress (PTSD) or drug withdrawal (with irritability and depression):
  Ease Strain +
  Harmonize Liver-Spleen +
  Harmonize Lung-Liver
- Post-traumatic stress (PTSD) or drug withdrawal (with fear and anxiety):
  Comfort Shen +
  Harmonize Kidney-Heart +
  Harmonize Heart-Lung
- Mental fatigue and drowsiness:
  Feed Memory +
  Basic Boost
- Age-related memory disorder (ARMD):
  Feed Memory +
  Replenish Essence

Neurological Ailments

- Nerve pain (superficial):
  Tension Solution +
  Purge External Wind
- Nerve pain (deep):
  Comfort Shen +
  Purge Internal Wind
- Numbness:
  Purge External Wind +
  Purge Internal Wind +
  Diserpse Blood +
  Disperse Qi
- Headache (heat helps):
  Purge External Wind +
  Chill Chaser
- Headache (cold helps):
  Head Clear +
  Purge Heat
- Migraine (cold helps):
  Purge External Wind +
  Purge Heat +
  Disperse Blood
- Migraine (warmth helps):
  Purge External Wind +
  Disperse Blood +
  Chill Chaser
  With nausea or bad taste: **Digest Aid**
  With constipation: **Max Lax**
  With nasal/sinus congestion, substitute
  Head Clear for **Purge External Wind**
- Recovery from stroke or head trauma:
  Feed Memory +
  Purge Internal Wind +
  Purge Phlegm

Cardio-vascular Ailments

Base Formula: **Strengthen Heart**

For additional symptoms, add:

- Angina:
  Disperse Blood +
  Disperse Qi
- Arrhythmias:
  Harmonize Kidney-Heart +
  Harmonize Heart-Lung +
  Comfort Shen
- Anemia: **Tonify Blood**
- Fatigue and shortness of breath: **Tonify Qi**
- Edema: **Purge Moisture**
- Low blood pressure:
  Strengthen Liver +
  Purge Cold
- High blood pressure:
  Tension Solution +
  Purge Heat
- Elevated cholesterol:
  Purge Blood +
  Purge Phlegm +
  Purge Heat
- Poor peripheral circulation: **Disperse Blood**

Drug Detoxification Acute Phase

Base Formula: **Ease Strain**

For additional symptoms, add:

- Anxiety: **Comfort Shen**
- Cramps and muscle spasms: **Tension Solution**
- Aches and pains (cold helps):
  Tension Solution +
  Purge Heat
- Aches and pains (heat helps):
  Tension Solution +
  Chill Chaser
- G.I. distress: **Harmonize Liver-Spleen**
- Headache: **Purge External Wind**
- Nasal/sinus congestion: **Head Clear**

Drug Detoxification Recovery Phase

Base Formula: **Ease Strain**

For additional symptoms, add:

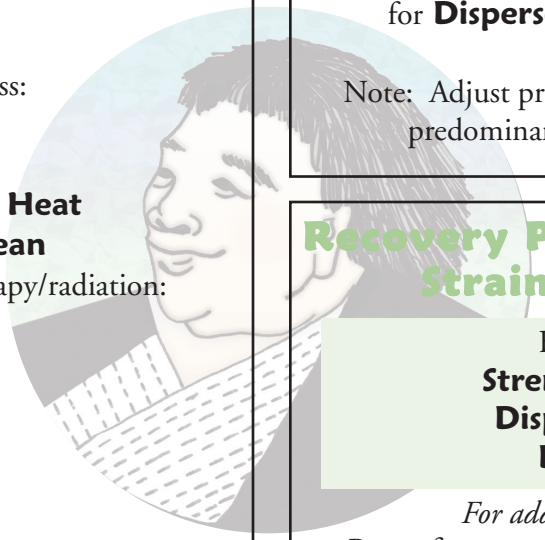
- Morose and melancholy:
  Harmonize Kidney-Heart +
  Harmonize Heart-Lung
- Irritable and depressed:
  Harmonize Liver-Spleen +
  Harmonize Lung-Liver
- Insomnia: **Comfort Shen**
- Generalized weakness: **Basic Boost**
- Poor appetite: **Strengthen Spleen**
- Indigestion: **Digest Aid**
- Overheats easily: **Purge Heat**
- Chills easily: **Purge Cold**

Musculo-skeletal Ailments

- Muscle soreness or pain:
  Disperse Moisture +
  Disperse Blood +
  Purge External Wind
- Muscle tension or spasm:
  Harmonize Lung-Liver +
  Tension Solution
- Joint pain (hot and swollen):
  Purge Damp Heat +
  Marrow Matters +
  Purge Blood
- Joint pain (cold and stiff):
  Purge Cold +
  Marrow Matters +
  Disperse Blood
- Lumbar pain from weakness (heat helps):
  Marrow Matters +
  Purge Cold
- Lumbar pain from strain (cold helps):
  Marrow Matters +
  Purge Damp Heat

Oncology Support

- Protection of GI tract, energy and blood:
  Digest Aid +
  Tonify Qi +
  Tonify Blood
- Immune deficiency:
  Resilience +
  Replenish Essence
- Indigestion with nausea or reflux:
  Tummy Tamer +
  Disperse Qi
- Anemia and leucopenia:
  Tonify Blood +
  Tonify Qi +
  Replenish Essence
- Loss of appetite and weight loss:
  Strengthen Spleen +
  Replenish Essence
- Mouth sores: **Purge Damp Heat**
- Swollen glands: **Phlogisticlean**
- Enhance effects of chemotherapy/radiation:
  Resilience +
  Cluster Dissolving
- Diarrhea:
  Belly Binder +
  Consolidate Qi
- Constipation:
  Easy Going +
  Disperse Qi



Initial Injury from Bruises, Strains and Sprains

Base Formula:
Purge External Wind +
Purge Blood +
Purge Damp Heat

For additional symptoms, add:

- Extreme pain: **Comfort Shen**
- Nerve injury:
  substitite **Tension Solution**
  for **Purge External Wind**
- Extreme bruising:
  substitite **Purge Blood**
  for **Disperse Blood**

Note: Adjust proportions depending on relative predominance of symptoms and signs

Recovery Phase from Bruises, Strains and Sprains

Base Formula:
Strengthen Liver +
Disperse Blood +
Disperse Qi

For additional symptoms, add:

- Better from warmth: **Chill Chaser**
- Aggravation from dampness:
  substitite **Disperse Moisture**
  for **Disperse Qi**
- Persistent bruise with hardness at the site:
  substitite **Cluster Dissolving**
  for **Disperse Blood**

Adult Dosage and Administration Guidelines

2 to 3 squirts, 2 - 4x per day
1 squirt = 1/2 dropperful = 30 drops = approximately 1 milliliter (ml)

When the rubber bulb of the glass dropper is firmly squeezed, approximately 1 ml is drawn into the dropper (1 squirt), equal to about 1/2 dropperful in a one-ounce bottle. Simply put, *one squeeze equals one squirt*. Take herbs in 1/4 to 1/2 cup water.

Pediatric Protocols

Dermatological Ailments (hives, eczema, rash, acne)

Base Formula: **Fire Fighter**

For additional symptoms, add:

- Triggered by environmental agents: **Enviroshield**
- Triggered by respiratory illness: **Windbreaker**
- Triggered by food intolerance: **Tummy Tamer**
- Fever: **Purge Heat**
- Chills: **Chill Chaser**
- Itching: **Tonify Blood**
- Boils or purulent secretions: **Purge Damp Heat**
- Swollen glands: **Phlogisticlean**

Gastro-intestinal Ailments

- Poor appetite or failure to thrive: **Grow and Thrive**
- Indigestion: **Tummy Tamer**
- Diarrhea: **Belly Binder**
- Constipation: **Easy Going**
- Stomach "flu": **Tummy Tamer + Purge Damp Heat**

Slow Growth and Development

Base Formula: **Grow and Thrive**

For additional symptoms, add:

- Retarded growth or development: **Replenish Essence**
- Chilliness or weakness: **Basic Boost**
- Poor appetite: **Strengthen Spleen**

Psychological and Cognitive

Base Formula: **Quiet Calm**

For additional symptoms, add:

- Insomnia and night terrors: **Harmonize Kidney-Heart**
- Overheated and restless: **Purge Heat**
- Sensitive, nervous and easily exhausted: **Grow and Thrive**
- Seizures: **Purge Internal Wind + Purge Heat + Purge Phlegm**
- Pain: **Tension Solution**
- ADD (distractibility): **Harmonize Kidney-Heart + Harmonize Spleen-Kidney**
- ADHD (impulsivity): **Harmonize Liver-Spleen + Harmonize Lung-Liver**
- ADHD (excitability): **Harmonize Kidney-Heart + Harmonize Heart-Lung**

Rescue Remedies

- "Curing Formula" (travelers stress): **Tummy Tamer + Windbreaker + Chest Relief**
- High fever: **Purge Heat + Comfort Shen**
- Food poisoning: **Tummy Tamer + Fire Fighter**
- Stings, bites or drug reactions: **Fire Fighter + Harmonize Lung-Liver**
- Pain, fright, or trauma: **Quiet Calm + Harmonize Kidney-Heart**

Upper Respiratory Illness

Base Formula:
Windbreaker + Chest Relief

For additional symptoms, add:

- Bronchitis or croupy cough: **Pipe Cleaner**
- Sinusitis: **Head Clear**
- Dry cough: **Tonify Moisture**
- Cough with phlegm: **Purge Phlegm**
- Wheezing: substitute **Open Air** for **Chest Relief**
- Chills, aches, lethargy, weakness: **Bug Beater**
- Fever (above 102°F/39°C): **Purge Heat**
- Sore throat, swollen glands: **Phlogisticlean**
- Earache: **Purge Heat + Phlogisticlean**
- Headache or neck ache: **Purge External Wind**
- Low resistance: **Grow and Thrive**
- Rash: **Fire Fighter**

Respiratory Allergies

Base Formula:
Windbreaker + Enviroshield

For additional symptoms, add:

- Cough: **Chest Relief**
- Wheezing: **Open Air**
- Phlegm: **Purge Phlegm**
- Sinusitis: **Head Clear**

Chronic Asthma (between acute episodes)

Base Formula: **Deep Breath**

For additional symptoms, add:

- Cough: **Chest Relief**
- Excessive phlegm: **Purge Phlegm**
- Aggravated by physical exertion, fatigue: **Grow and Thrive**
- Triggered by cold, damp air: **Purge External Wind**
- Triggered by emotional distress: **Quiet Calm**
- Shortness of breath: **Strengthen Lung**
- Frail and vulnerable: **Grow and Thrive**
- Low resistance: **Resilience**

Acute Asthma

Base Formula: **Open Air**

For additional symptoms, add:

- Cough: **Chest Relief**
- Tenacious phlegm or chest pain: **Pipe Cleaner**
- Triggered by physical exertion, fatigue: **Grow and Thrive**
- Triggered by allergens: **Enviroshield**
- Triggered by catching a cold: **Windbreaker**
- Low resistance: **Resilience**

Pediatric Dosage and Administration Guidelines

0-4 years: 1/2 to 1 squirt = 15-30 drops
4-8 years: 1 to 1-1/2 squirts = 30-45 drops
8-12 years: 1 to 1-1/2 squirts = 45-60 drops
12 years - adult: 2-3 squirts = 60-90 drops

Take above dosages 2-4 times per day

When the rubber bulb of the glass dropper is firmly squeezed, approximately 1 ml is drawn into the dropper (1 squirt), equal to about 1/2 dropperful in a one-ounce bottle Simply put, *one squeeze equals one squirt*. Dilute in 1 tsp. of breast milk or hot water for infants, or mix with 1 tbsp. of juice at room temperature or 1/4 tsp. of maple syrup for toddlers and children. Mix in 1/4 cup hot water or juice for children 10 years or older.

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