

## **SOME TRAVELLING BASICS:**

**Huo Xiang Zheng Qi Shui** – take 1 vial in AM each day to protect from stomach flus – also good for combination of head cold with stomach flu.

If you get sick, take 3 vials/day - Bring 2 cases with you

**Flew Away** – take 4 caps 3 x day at first sign of flu – you can also take 1 or 2 twice per day for protection

**Throat and Gland Spray** – spray a few times per day

**Yin Qiao San** – take 6-8 tabs 3 x day at **first** sign of cold or flu – continue only until symptoms resolve, or get worse – if you develop a cough, experience a loss of appetite, bowel changes, or high fever, stop this formula. Also, you can dose this formula to bowel tolerance, meaning that if you get too much of it your stools will get loose. Just back down a little bit on the dose.

**Bao He Wan** - This is a food stagnation clearing formula, great for when you anticipate a bad meal, or for when you feel stagnant food after a meal.

**Allithiamine** – This is an internal mosquito repellent – take 1-2 caps 2-3 x day in infested areas – also eat lots of garlic and use topical repellents