



# TRADITIONAL CHINESE MEDICINE WITH A MODERN TWIST

## 5 Simple, Ancient, & Powerful Ways to Keep Healthy During Cold & Flu Season

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## The Basics About Why We Get Sick From a Chinese Medicine Perspective Start Here

Chinese medicine approaches cold and pollen season much differently than how western doctors approach these rather nasty times of the year. From offering a range of Chinese herbs to boost immunity, to acupuncture points that address one's "defensive Qi", Chinese medicine can be incredibly powerful in keeping you healthy - and it's easier, more effective, and more natural than other over the counter supplements.

Although we tend to think of colds and issues that spring up during pollen season as totally unrelated - one caused by nasty microbes and the other by small but mostly inanimate particles - there is a unifying explanation according to Chinese medicine theory. In essence, all of these assaults on the body by these seemingly ubiquitous pathogens and allergens are carried by the "wind". Although it is hard to think of the climatic conditions being dangerous in the modern world of the microbe, we do have a similar notion in the English language.

Whenever your grandmother told you to close the window because you might catch a cold from a "draft," she was speaking in a language very similar to that of Chinese medicine (your grandmother was actually talking about your Qi - read on!).

The concept of "wind" in Chinese medicine not only refers to the draughts of yesteryear, it also expresses the suddenness with which they strike. One morning you awake and are off to work as usual, perhaps working next to a whirring air conditioning unit; by the afternoon you have left the office with a fever and chills. On another occasion you make a trip to visit some old friends; you feel fine for the entire journey, but the moment you step into your friends' home and pet their sweet dog, you start sneezing uncontrollably.

Sound familiar?

## Important Traditional Chinese Medicine Concept: “Deficiency”

The concept of “deficiency” is central to Chinese medicine, yet it is almost impossible to find a corresponding term in Western medicine. According to Chinese Medicine theory, as a general concept, “deficiency” is a way of speaking about vulnerability or weakness in the body.

It can be brought on by chronic illness, but it may develop due to prolonged periods of stress, lack of sleep, poor eating habits, “hard living,” the demands of pregnancy and giving birth, and the many minor, unconscious ways that we fail or are unable to care for our bodies as we age.

Perhaps the closest expression in English is the notion of a “weak immune system,” although this idea doesn’t come close to capturing the broadness of the term in Chinese Medicine theory, the dozens of ways doctors have for specifying and treating the type and degree of deficiency a patient might have.

## Don’t Neglect Your Defensive Qi

Returning to those who are suffering from “deficient Qi” (those of us who seem to have more challenging cold seasons, pollen seasons, etc), their shared deficiency is an inability to ward off the dangers of “wind” because their “defensive Qi” is weak. Simplistically: Qi is a term for describing the “energy flows” within the body (talk with an acupuncturist for a more in-depth overview - but for the purposes of this document, we’ll keep it simple)

Defensive Qi refers to the Qi that circulates at the surface of the body, invigorating the skin, keeping the pores closed, fortifying the body against external pathogens. When it is deficient, the skin becomes vulnerable, the pores open, pathogens have greater opportunity to enter the body. One classic sign of this condition is excessive sweating, as defensive Qi is unable to retain bodily fluids. In our highly regulated indoor climates of the modern world, where we don’t have to regulate our body temperature in the ways that humans once had to, this symptom is not always present. Instead, we find individuals who are particularly susceptible to colds and allergies.

## A Simplistic Summary of Traditional Chinese Medicine & How Pathogens Enter Your System

Circulates at the surface of the body to invigorate the skin.

When Defensive Qi becomes “deficient”, the skin becomes vulnerable, and pores open allowing pathogens in.

Helps fortify the body against airborne pathogens.

**Defensive Qi**

Don’t neglect your defensive Qi.



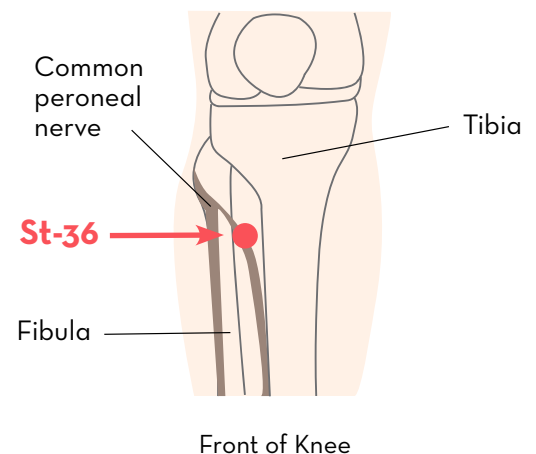
## **5 Simple Tips To Boost Immunity & Keep Healthy During Flu & Pollen Season From a Chinese Medicine Perspective**

The above explanation is a very simplified introduction to Chinese medicine theory, as are the recommendations below. That said, the beauty of the practice comes in its simplicity. The below 5 recommendations are based on the 2,500 heritage of Chinese medicine and are practiced by acupuncturists and Chinese medicine doctors worldwide and are meant to help you boost and support your defensive *Qi*. As you feel the benefits of the below, we'd encourage you to consider acupuncture and Chinese herbs for many of your other health and wellness needs: the benefits can be life changing.

### **1. Apply Acupressure Below the Knee**

Acupressure is like acupuncture, in that you're placing "pressure" on a certain point to elicit a response within your body (like with acupuncture, you are stimulating internal energy within your body. And a note to the reader: acupuncture does not hurt!). To boost immunity, you'll want to place pressure along "acupuncture point 36", which is described as 4 finger widths below the kneecap and about roughly one finger width lateral to the edge of the tibia (see the diagram below to the right). Many might find tenderness in the area when pressure is applied and the area massaged. It's one of the most widely used points in acupuncture, and helps boost immunity.

We recommend applying acupressure around this point both when you might feel something coming on, as well as preventatively when people around you are showing signs that they aren't feeling well. Gently press and hold, several times a day.



## 2. Embrace Chinese Dietary Therapy - Keep the Right Ingredients On-Hand

In Chinese medicine theory your immune system is called your “*Wei Qi*”, and it needs to be supplied with clean air, water, exercise and nutritious food to ensure that external forces do not cause illness or impair the body’s ability to heal itself. “Exterior conditions” on the surface of the body such as colds and flus are most prevalent as skin and mucous membranes are exposed directly to the environment. The sooner one notices these conditions and takes action, the more likely their interior progress can be reversed.

Suggestions for treating exterior conditions are to eat much less and use a more simple liquid based diet. Vegetable soups and soups that are whole-grain based (quinoa or wild rice, for example) provide nutrients that are easier to digest without being too filling or heavy. Warming herbs can be added if chills predominate over the fever. If the fever predominates, fruit or vegetable juices or fresh fruits are a better alternative. Chinese medicine seeks to treat the whole person rather than just the symptom to support and strengthen your body and your *Qi*.

We talk extensively about Chinese dietary therapy, a “food as medicine” approach to our wellness through the power of Chinese medicine on our blog, [The Way](#) where we offer extensive recipes and dietary recommendations (such as our [Middle Burner Diet by DAO Labs](#) that will transform your digestive health), all of which incorporate western ingredients with Chinese medicine theory.

### Some ingredients to keep on hand during flu season include:

- Quinoa: Strengthens one’s *Qi*
- Garlic: Promotes *Qi* circulation and removes toxins
- Chicken Stock: Tonifies *Qi*
- Roasted Red Peppers: Counteracts cold
- Shiitake: Strengthens *Qi*
- Leeks: Promotes *Qi* circulation, counteracts cold
- Dijon Mustard: Promotes *Qi* circulation
- Red Wine Vinegar: Promotes *Qi* circulation, counteracts cold and removes toxins



### 3. Cover Your Neck to Avoid “Evil Qi”

From acupuncturist Marcie Bower of [Stepping Stone Acupuncture in Massachusetts](#), when flu season strikes, cover your neck! Why? In acupuncture theory, there are two predominant kinds of “Evil Qi,” or pathogens that enter our system - warm pathogens and cold pathogens. Something like the common cold may be caused by either a warm pathogen or a cold pathogen (an acupuncturist would diagnose that based on your symptoms). Cold pathogens enter the body through the nape of the neck. Therefore, it is particularly important that you keep your neck covered when outside in cold, damp, or windy weather, or if you sit in a drafty area at work or home. The solution: keep a scarf handy and wear it liberally, keeping the Evil Qi at bay.



### 4. Boost Your Immunity Through *Yu Ping Feng San* (a profound herbal blend)

Chinese herbs are an important component of most acupuncturists toolkits, and they are used widely throughout the world. The herbal combination of *Yu Ping Feng San* is three simple herbs that are blended together - but don't let the simplicity bely the formula's power. This 700 year old formula is used widely for providing preventive immunity support, along with when quick action is needed for those moments when you feel something coming on. Among the three herbs is astragalus root which is used extensively for it's preventative immunity boosting powers. Simplistically, the name translates to “Jade Windscreen”, as the powerful blend is through to create a protective screen around your body, powerful and precious as jade.

*Yu Ping Feng San* was used by the Chinese health authorities during the [2003 SARS](#) outbreak across China<sup>1</sup>, just imagine what it can do to boost immunity. [DAO Labs](#) offers a version of this tried and tested formula, but combined it with a refreshing pear-ginger flavor combination that you add to your water bottle much like you would other vitamin-C powders. It's kept the writers of this document, along with hundreds of customers healthy over the course of three flu seasons. Check out [Immunity Support here](#).



<sup>1</sup> <http://www.worldscientific.com/doi/abs/10.1142/S0192415X0600359X>

## 5. The “Basics” for Flu Season Immunity in the West have their Roots in the East

And don't forget the other usual suspects which cross the barrier of both Eastern and Western medicine. Again, from Acupuncturist Marcie Bower (and as we've been taught since childhood):

- **Get enough fluids (ginger & mint helps):** Water, water, and more water. Drinking enough water during the day (64 fluid oz for adults) helps your body flush out toxins, allows your tissues to be adequately hydrated, and helps to loosen any congestion before it is a problem. Sometimes when sicknesses affect our digestive tract (like a “stomach bug”), it can be hard to get enough fluids. It is vitally important that you do! Try drinking ginger or mint tea (both of which calm the stomach), to get your fluids and deal with the symptoms at hand.
- **Thoroughly wash your hands - with soap!:** Warm pathogens, as described above, in acupuncture theory, enter the body through the mouth and nose. These are things like bacteria and many viruses; epidemic diseases tend to be warm pathogens. One of the best ways to prevent warm pathogens from entering your body is by making sure they don't come into contact with your nose or mouth. In addition to being sure you don't share drinking glasses with people, wash your hands as much as possible. One study in Washington DC found that the average person touches his or her face 3.6 times per hour without even realizing it (although a general Google search for this will tell you the average is much higher).
- **Get enough sleep.** Seriously. It is absolutely amazing how often quality sleep is overlooked. It is estimated that healthy adults need about 7-8 hours of sleep per night to function at optimal health. Clinical studies have shown that lack of sleep makes you more likely to get sick after being exposed to a virus, increases the likelihood of the sickness lasting for a longer period of time, and also changes your body's immune response on a cellular and chemical level.

If you struggle with staying asleep, Chinese herbal medicine provides a gentle, natural, and non-habit forming solution. DAO Labs [Mental Tranquility](#) was designed for the sleeper whose mind won't turn off at 2 AM, and [Physical Tranquility](#) was designed for those who sleep hot, toss and turn, and are agitated under the sheets.



Simple enough, right? Actually, they truly are, and from experience, the above really do work when it comes to boosting immunity, much like many of the options available in Chinese medicine. For more insight into any of the above, please don't hesitate to contact us with questions. We always encourage you to work with an acupuncturist for additional insights and solutions that may be more tailored to your health and wellness goals. The practice is beautiful and powerful, and can help elevate one's wellness beyond just the immunity recommendations above.

## Enjoy 20% off Immunity Support & Stay Healthy This Flu Season Three Chinese Herbs + Pear & Ginger: Simply Mix with Water During Flu and Pollen Season



### Feeling Great!



"I was feeling the beginnings of a cold begin. I took 2 packs of Immunity support and felt so much better later that day!"

IS20

### Best time to use Immunity Support Formula is:

- When it's cold and pollen season. We recommend taking daily
- Before travelling the way you would other powdered vitamins
- When those around you are sick, from kids to colleagues
- When you need a quick immunity bump (take two!) as you feel something coming on
- When confronted with pets and dust

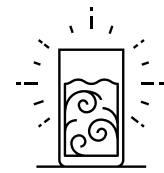
### How To Take Immunity Support



1. POUR



2. STIR



3. ENJOY

You'll use Immunity Support the way you use other vitamin supplement powders - simply add the powdered herbs to your water and let the ancient powers of Chinese herbal medicine deliver and unmatched level of immunity strength to your wellness routine.