

'Spring Cleaning' program for your patients.

1 First stage: Gut and Bowel Detox program

This is a general protocol that can be applied to normalize digestion and elimination in the GIT; balance the bowel flora and regulate intestinal peristaltic movement. The therapeutic principles involve:

- Dry Damp and enliven the Spleen
- Reduce food stagnation and promote digestion
- Regulate the Qi and harmonise the middle Jiao
- Clear Damp-Heat
- Moisten the Intestines and open the bowels
- Promote normal Qi movement in the Intestines

GUT DETOX FORMULA
(*Qing Chang Tiao Jun Fang*)
3 capsules, 3 times daily

Plus

Run Chang Wan
(*Linum & Rhubarb Formula*)
12 pills, twice daily

Take 2 bottles of each formula
(26 days course)

Additional Formulas (generally to be used for persistent symptoms, after the first week):

Reflux and nausea:
Ban Xia Hou Po Tang – Jia Wei
(*Pinellia & Magnolia Combination*)
(If with thick tongue coat add: *Wen Dan Tang* (Bamboo & Hoelen Formula))
12-15 pills, 3 times daily

Bloating after meals:
Xiang Sha Yang Wei Wan (*Cyperus & Cardamon Formula*)
12-15 pills, 3 times daily

Malodorous stools:
Huo Xiang Zheng Qi Wan
(*Agastache Formula*)
12-15 pills, 3 times daily

2 Second stage: Liver Detox Program

This is also a four weeks program that promotes Liver function and assists in the breakdown and removal of xenobiotic substances as well as normal metabolites.

The therapeutic principles involve:

- Soothe the Liver and regulate the Qi
- Activate the Blood and dispel stasis
- Clear Damp-Heat from the Liver
- Drain the Gallbladder
- Nourish and tonify the Liver

LIVER DETOX FORMULA
(*Hu Gan Jie Du Fang*)

3 capsules, 3 times daily

Plus:

Yin Chen Hao Wan – Jia Wei
(*Artemisia & Rhubarb Combination*)
12 pills, 3 times daily

Take 3 bottles of **LIVER DETOX** Formula and 4 bottles of **Yin Chen Hao Wan – Jia Mei** (26 days course)

Additions, as above.

3 Third stage: Skin Cleansing Program

This may be conducted after one or both of the above protocols for Gut and Liver, as necessary. This program promotes the removal of wastes, while also improving dermal circulation and nutrition.

The therapeutic principles involve:

- Tonify the Qi
- Nourish the Blood
- Activates the Blood and dispel stasis
- Tonify the Kidney
- Soothe the Liver and regulate the Qi
- Clear Damp-Heat from the skin

YOUTHFUL SKIN FORMULA
(*Qing Chun Yang Yan Fang*)
3 capsules, 3 times daily

Plus

ANTITOX 2 Formula
(*Wu Wei Xiao Du Yin Jia Wei*)
3 capsules, 3 times daily

Take 2 bottles of each formula
(26 days course)



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