

COLD? FLU? SOMETHING ELSE?



AILMENT	VIRUS	BACTERIA	BACTERIA OR VIRUS	ANTIBIOTICS NEEDED	HERBALS THAT MAY HELP	MAJORITY OF SYMPTOMS PRESENT
COMMON COLD			X	No	Cang Er Zi San - yellow sinus discharge Bi Yan Pian- clear sinus discharge- unsure if allergies or cold at start; Andographis Chuan Xin Lian for symptoms that start in throat; Garlic Neti Pot; Zinc lozenges 15 mg as prevention when exposed or traveling; Gan Mao Ling as preventative every four hours when exposed or traveling; Yin Chao Mai- as preventative while traveling if you have a history of colds starting in the throat	Fever Not common; usually less than 101.5° F Feeling of pressure in head Headache or sinus pain Sinus congestion Sinus discharge, yellow or green Sinus infection, acute; possible start in throat; sneezing; incubation period 8-12 hrs; From 24 hours before onset of symptoms up to 5 days after symptoms appear.
FLU	X			No	Xie Bai San or ACF by Buried Treasure taken every few hours for acute symptoms or bottle dosage for prevention if others around you are sick- BEST ADVICE -consult an acupuncturist or herbalist that uses herbs daily. they will be more effective at tailoring herbs to the stage you are at and will most likely know what is currently being passed around in their community. If established a visit may not be necessary and phone consult may be adequate.	Characteristic, high, 102°-104° F, lasting 3-4 days ; pronounced loss of appetite; extreme fatigue at start than can linger Body aches, severe, headache Bronchial asthma Bronchitis Chest, stiffling sensation in Cough various types, Dry mouth possible diarrhea or vomiting wheezing; incubation period 1-4 days; Adults are contagious from 1 day before symptoms appear and up to 3-7 days after symptoms appear; Children can be contagious up to one week after fever disperses.
SINUS INFECTION			X	Maybe	Can Er Zi San; Garlic Neti Pot;	Feeling of pressure in head Headache or sinus pain Sinus congestion Sinus discharge, yellow or green Sinus infection, acute
BRONCHITIS			X	NO- antibiotics shown not be effective even in cases of bacteria as long as bacterial pneumonia is ruled out through chest x-ray	Ban Xia Hou Po Tang- profuse yellow green phlegm; Xiao Chai Hu Tang- used when going chronic with yellow green or when head cold drops into chest; elderberry syrup or lozenges will help and are both antiviral and antibacterial	Breathing difficulty Bronchitis Chest, stiffling sensation in Cough with profuse sputum; Xiao Chai Hu Tang use after 7 days of cough
EAR INFECTION			X	Maybe- Children that are not better in 2-3 days may need antibiotics* if child is less than 6 months old antibiotics are strongly recommended.	children's ear formula Hai Er Fang by Golden Flower Chinese Herbs* need practitioner to prescribe and order; garlic net pot may help adults; hyland's homeopathic earache drops may help and are available OTC at most drugstores.	Ear infection with pain in infants and young children Eardrum, inflamed or bulging without pain Ears, congested; children often pull at their ears when they are affected
STREP THROAT		X		Yes	Viola Clear Fire* available from Golden Flower from practitioner only; Andographis Chuan Xin Lian; Huang Lian Jie Du Pian - famous antibacterial formula; Pu Ji Xiao Du Yin - antibacterial and antiviral formula	feeling of razor blades in throat, possible pustules or white stones on tonsils, fever, malaise, tender lymph nodes in throat, NO cough; strep culture recommended; incubation period is 2-5 days