

Jade Mountain Protocol

Nutritional/Botanical Protocol For: Basic Cold and Flu protocol

Diagnosis: Wind-cold/Wind-Heat invasion

Type of protocol: Exterior releasing

Duration Protocol: Until symptoms resolve

Protocol Date: 11-24-09

Description	DOSE	PER DAY
BOTANICAL FORMULAE		
Yin Qiao San – take before mustard bath and before bed – watch for bowel tolerance – if bowels get loose due to this formula, back dosage down slightly	4-8 tabs	3-5 x day
Flew Away – Take before getting in hot mustard bath and before going to bed – get warm and sweat	3-6 caps	3-5 x day
Huo Xiang Zheng Qi Shui - **Open with bottle opener – take at first sign of stomach upset or before eating questionable food	1 vial	2 x day
Throat and Gland Spray – use throughout the day and keep by bedside at night – use liberally	5-10 sprays	Every hour
ADDITIONAL SUPPLEMENTS		
ACS 200 silver – for infections use high dose – start with 1 oz and then dose 3 tsp per day until symptoms subside – very good for heat – also spray directly into eyes for eye infections and into ears for ear infection	20 sprays	3-4 x day
Zinc (20 mg) – use whole food source	1 cap	2 x day

Fluid Electrolyte Replacement (if required)	
Coconut Juice (Health food store – www.amyandbriannaturals.com)	One can

Use Dr Singha’s mustard baths – soak in hot bath for 20-30 minutes – then bundle up to stay warm and sweat

Eat hot/spicy food to warm the interior – thai soup is good

***If your symptoms change, i.e. move to interior symptoms such as bowel changes, fatigue, more muscle aches, high, persistent fever, or deepening cough/wheeze/phlegm – call or email to re-evaluate protocol**