



Get ready for the winter with
influenzinum 2008 strain 30c formulated
by Boiron! A homeopathic remedy to
prevent the flu this season. A great
natural alternative to the flu shot
without side effects!! Available @ OHS!



Give the gift of health this season!

Oriental Health Solutions is proud to announce its **new cold care kit** for families that will provide the convenience of treatment in their own homes. We believe it is important to have easy access to the variety of cold prevention products that Chinese Medicine has to offer. We are also offering **gift certificates for new patients at 50% off** through the month of January, so you can give the gift of health to your family and friends.

In Chinese Medicine a common cold is called a "Wind Invasion." We have excellent success at treating this condition with acupuncture and Chinese herbs. Included in the kit are formulas to rapidly combat the common cold. There are two types of wind invasion, wind cold and wind heat, both with different signs and symptoms. A wind cold presents itself predominantly with chills, mild fever, body

ache, stuffy nose with clear discharge, sneezing, scratchy throat, lack of sweat and a possible headache also being symptoms. Gan Mao Ling along with ginger & scallion tea can release this problem.

A wind heat invasion presents itself predominantly with fever, while also exhibiting slight chills, sore throat, congested nose with yellow discharge, headache, slight sweat, and thirst. Yin Qiao San is effective followed by Zhong Gan Ling especially for sore throat and lymph involvement. For a wind heat invasion with similar symptoms and a dry cough, Sang Ju Yin is recommended.

We also have included traditional formulas for those symptoms that just seem to linger. Some of these are rhinitis (runny nose) post nasal drip, sneezing, nasal congestion, sinus pain, headache, or a

lingering cough. The formulas Pe Min Kan Wan and Bi Yan Pian have proven to offer relief of these symptoms.

We are offering a prepackaged kit including six formulas to address any stage of the common cold that are regularly sold for \$9 a piece. With this kit you will receive all six for just \$40, complete with easy to follow detailed instructions to guide you in healing yourself during this cold season.

Contact Oriental Health Solutions for **your cold care kit and gift certificates** today with Kim LeBrun, Jude Roman or Carole Favero. Give the gift of health this season!

Yours in health,

OHS Staff



Happy Holidays!!!!