

Travel Remedies



GAN MAO LING The Exposure Prevention Formula. Strengthens immune response used preventatively. Best Resolving Viral Infection Cold and Flu Formula. 70% of ingredient herbs are anti-viral. Prevention: One dose (4 tablets) and one packet of **EmergenC** (lots of Vitamin C & Zinc). First thing in the morning on travel days. Cure: 4 tablets, 3 times daily.

PE MIN KAN WAN Allergy Remedy. Clears runny nose, nasal congestion, sinus infection. Dosage: 4-6 tablets 3 times a day.

BAO HE WAN & ADHESIVE MAGNETIC PELLETS Motion / Travel / Sea Sickness. Bao He Wan works internally. Magnetic Pellets work topically. Harmonize the Stomach. For Nausea. Vomiting. Distention. Pain. Belching. Bao He Wan aids food digestion and removes food stagnation. Safe remedy for kids. For motion sickness, one dose before traveling. Another dose as needed. Apply adhesive Magnetic Pellets to 'magic points' (see point location map). Happy Travels!

THE GREAT MENDER TEA PILLS / JIN GU DIE SHANG WAN Muscle and Joint Support & Recovery. Aches, pains, strains, overuse. This formula will relieve aches & pain & facilitate recovery. After any repetitive motion activity: sightseeing, hiking, biking & workouts,. Strengthens tendons and bones. Helps heal traumatic injuries. Dosage: 8 teapills, 3 times daily.

WHITE FLOWER OIL Muscle Aches. Headache. Sinus Congestion. Tired Feet. Bug Bites. Multi-Purpose Topical Remedy. Relieves aches & pains. Inhale to clear sinuses. Stops itching. Relieve headache with a drop or two on temples or forehead. Soak to soothe tired feet. Apply topically twice daily (more often if needed). Keep away from eyes.

BURN CREAM / CHING WAN HUNG Burns. Sunburn. Rashes. Poison Ivy. Poison oak. Stops pain & itching immediately. Heals tissue. Keep Burn Cream in the kitchen. Apply immediately to affected area. Repeat 2-3 times daily.

CURING PILLS Indigestion. Nausea. Vomiting. Food Poisons. Hangovers. Remedy of choice for overindulgence! Single dose as needed, as soon as needed. One dose should do it.

PEACH KERNEL TEAPILLS Blocked / Irregular Bowels. Resolves common traveler's constipation. Rhubarb, peach kernel and flax seed combine to resolve occasional constipation. 8 teapills 3 times daily.

AN MIEN PIAN / THE PEACEFUL SLEEP FORMULA Insomnia. Tossing & Turning. Calms the mind. Relaxes the body. Promotes restful, restorative, uninterrupted sleep. 3-4 tablets at night before sleeping. If sleeping trouble persists, take 3-4 tablets, 3 times each day.

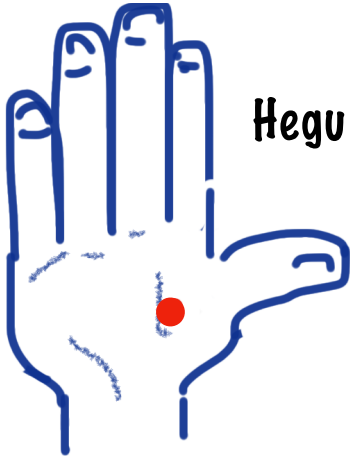




Neguan / Pericardium 6

LOCATION: between the tendons, 3
finger widths above wrist crease
FOR: Nausea, vomiting

Where to Place Adhesive Magnetic Pellets for Motion Sickness



Hegu / Large Intestine 4

LOCATION: in the fleshy angle
between the thumb & index finger
FOR: Nausea, vomiting



Yifeng / San Jiao 17

LOCATION: just below the tip of the earlobe
between the jaw and the mastoid process
FOR: Dizziness