

# **COURSE 3: Prevention Medicine, Self Treatment & Early Intervention with Chinese Medicine**

## **STUDENT INTERACTIVE WORKBOOK**

**SESSION 11: Herbal medicine, food medicine and  
Acupressure for cold and flu symptoms**

## Learning Outcomes

1. Describe the Shang Han Lun (SHL) concepts of “right way” vs. non-conventional (Jing Gui) pathogenic invasion.
2. Identify the signs and symptoms of early-stage (Day 1–2) cold invasion and correctly select and prepare the appropriate herbal formula, food medicine, and lifestyle measures to resolve it.
3. Design and apply simple home food-medicine remedies (e.g., pungent-sour-sweet teas, congee, curries) using ingredients commonly found in the kitchen.
4. Match common cold/flu symptoms (cough, asthma, sinusitis, headache, gastro-flu, earache) with targeted Chinese-medicine herbal, food, and acupressure interventions.
5. Create a personalised convalescence plan (post-sweating, diarrhoea or vomiting) that includes nourishing soups, congee, appropriate ginsengs, and key acupressure/moxa points.
6. Demonstrate safe self-application of the listed acupressure points and explain when to seek professional herbalist support (e.g., for Chai Hu Gui Zhi Gan Jiang Tang granules).

## CLASS REFERENCES:

(Deadman, Al-Khafaji, & Baker, 2007) (Flaws, 1998) (Ji, Mitchell, Ye, & Wiseman, 2022)

### Section 1: How Do We Get Sick?

Cold \_\_\_\_\_

Taiyang is day \_\_\_\_\_. What are the symptoms of Tai Yang?

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Day 2-3 is known as \_\_\_\_\_ and the primary symptom that changes is \_\_\_\_\_

Day 3-4 is \_\_\_\_\_ .

Key symptoms are :

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**TAIYANG Day 1-2 Herbal Formula – Gui Zhi Tang** From your SHL class notes, copy / write the full recipe here:

Gui Zhi (Cinnamon) 9 g

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**Preparation & Food Medicine (tick when done)**

- Decoct and drink warm.
- Follow with a small bowl of plain rice congee.
- Go to bed, cover with blanket, induce gentle sweat.

**Kitchen Alternatives – Design Your Own “Sweat Tea”** Principle: 1 part sour : 1 part sweet : 2 parts pungent/spicy  
Ingredients you have today: Lemon / Grapefruit / Chen Pi (mandarin peel) \_\_\_\_\_  
Fresh Ginger / Cinnamon / Honey (max 1 tsp) \_\_\_\_\_  
Cayenne (tiny pinch) \_\_\_\_\_ Write your exact recipe here:

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PART 2:

Pathogens can invade directly to cause illness in a non-conventional way, described by Zhang Zhong Jing in the Jing Gui Lao Yue text.

Examples of this could be:

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Remedies for cold and flu Symptoms

**COUGH**

- Avoid all sweet flavours (except honey for dry cough only).
- Key herb: Wu Wei Zi (Schisandra) – sour, stops cough.

Alternatives of the sour flavour to stop cough/strengthen the lungs might be:

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Acupressure points for cough:

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**Asthma – Breathlessness / wheezing:**

Acupressure

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**SINUSITIS**

- Avoid \_\_\_\_\_
  - Essential Oils that may help :
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Acupressure points for sinusitis:

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Taiyang Headache (See previous week on headaches)

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**EARACHE**

- key formula often Chai Hu Gui Zhi Gan Jiang Tang. Often this is shaoyang or triple yang (all 3 yang levels involved)

The ears are surrounded by the 2 shaoyang channels: Gall bladder and San Jiao

Acupressure points for Earache:

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**SORE THROAT**

- key formula often Chai Hu Gui Zhi Gan Jiang Tang. Often this is shaoyang or triple yang (all 3 yang levels involved)

Sore throat red flags:

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Acupressure for sore throat :

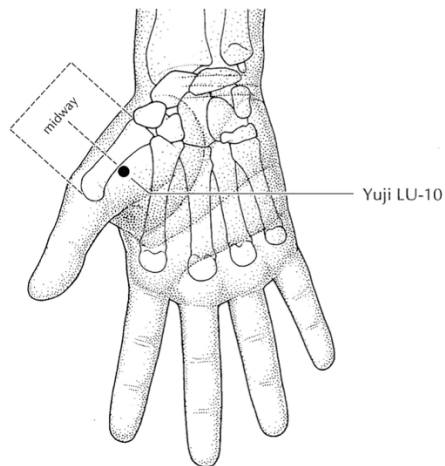
LI 4 -

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LI 11 -

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Lu 10 Yuji :



Ref: (Deadman et al., 2007)

End of the LI and Lung Channel – strong stimulation

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**Deficiency sore -throat /throat dryness:**

Kidney 3, Ren 22

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Honey / Licorice tea

Honey Water – dry tickly throat /dry tickle cough



### **PART 3: Gastrointestinal Flu's – 'Gastro'**

#### **Intervention 1: Stop Nausea / Stop Vomiting**

Pc 6 -

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Ren 12

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Could be St 36 or lower down the Stomach channel

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#### **Intervention 2: Stop diarrhoea**

Abdomen – St 25

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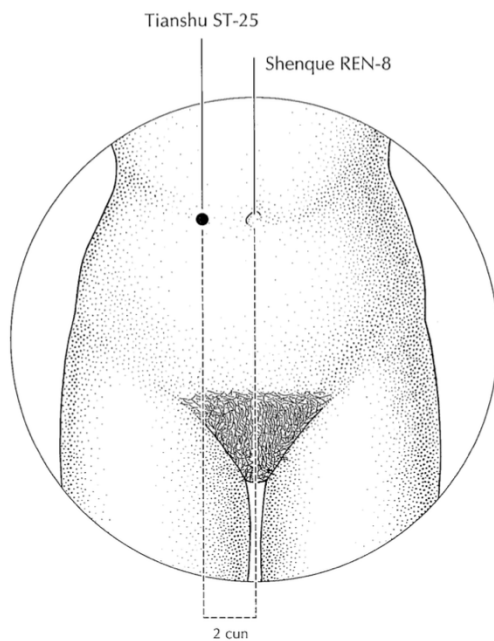
St 36 – preferably with Moxa

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#### **LOCATION**

On the abdomen, 2 cun lateral to the umbilicus.



(Deadman et al., 2007)

OVER THE COUNTER FORMULAS:

Bao He Wan / Po Chai Pills :



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**Intervention 3: Convalescence – after diarrhoea and vomiting**

Chicken stock / Chicken soup + Da Zao (red dates) + Gou Qi Zi (goji)

- Basic rice congee • 7x water : 1x Rice

Vegetarian Soup option:

Cook base soup vegetables + Herbs (SI Jun Zi Tang) – Strain to get stock liquid

Slow cook over several hours if possible.

Option to keep root veg in the main soup

Cook pumpkin / or main vegetable in the stock

FLUID NOURISHING herbs foods:

Ginseing

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Fungus / Mushrooms: Wood ears, ...

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Ginseng options :

Ren Shen    Tai Zi Shen    Dang Shen

Residual Nausea : Fresh Ginger + honey tea

Key herbal formula : Li Zhong Wan

Qing Dan Diet – keep foods light / less processed / less flavour-rich until digestive system returns to health

What is the main way we know the ‘digestive system’ is healthy in Chinese Medicine?

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Acupressure for Recovery (daily until strong again)

- ST 36 (Zusanli) – moxa if possible

Sp 9 – watery diarrhoea

- Ren 12 & Ren 6 – moxa if possible
- LU 9 & LU 7 – strengthen lungs
- Kidney points Kid 3 main one – strengthen root (also for watery diarrhoea)

The more deficient a person was to begin with (before the gastro/food poisoning) the more they will benefit from /require moxa to warm the yang to restore the Sp/St health .

**REFLECTIVE ACTIVITIES:**

Create a preparedness plan for cold /flu season

This may include habitually buying fresh ginger, growing ginger in your backyard, searching your cupboard or purchasing spices like cayenne pepper, lemon, honey etc to make the Gui Zhi Tang replacement mix.

This may include asking your Chinese herbal medicine practitioner for a stand-by formula of Chai Hu Gui Zhi Gan Jiang Tang or Gui Zhi Tang.

**What will you do to prepare for cold and flu season ?**

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**What will you do to prepare for traveling next time you travel ?**

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**REFERENCES :**

- Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.
- Flaws, B. (1998). *The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine*: Blue Poppy Press.
- Ji, Z., Mitchell, C., Ye, F., & Wiseman, N. (2022). *Shang Han Lun: On Cold Damage, Translation & Commentaries*: Paradigm Publications.