

Yinchiao **YIN CHIAO**

INDICATIONS: Early stages of colds or flu ("Wind-Warm" style) with fever and possible mild chill, mild sore throat and cough, and/or with inner heat but little or difficult perspiration.

PROPERTIES: Cool, Spicy, and Expelling

ACTIONS: Clears Wind and Heat from superficial areas; helps to clear toxins.

INGREDIENTS: Honeysuckle Flower, Forsythia Fruit, Mint, Burdock Root, Balloon Flower Root, Fermented Soybean, Chinese Licorice Root, Schizonepeta, Lophtherum Stem and Leaf.

Lung Support-Y **QCJF**

INDICATIONS: Respiratory tract dryness, dry burning, or congestion, esp. with or after cold, flu, bronchitis, or pneumonia.

PROPERTIES: Cool, Moist

ACTIONS: Clears Dryness and Heat, nourishes, activates, and opens Lung Qi, restores Lung function.

INGREDIENTS: White Mulberry Leaf, Gypsum, Dwarf-Lilyturf Root, Tangerine Rind, Loquat Leaf, Ginseng Root, Chinese Licorice Root.

Momordica Tea **1CT-Y01**

INDICATIONS: Sore throat with dry cough, hoarseness, scratchiness.

SECONDARY INDICATIONS: High blood sugar.

PROPERTIES: Cool.

ACTIONS: Clears and moistens Lung.

INGREDIENTS: Luo-Han-Guo Fruit, Licorice Root, Black Tea.

Honeysuckle Flower Tea **1CT-Y19**

INDICATIONS: Sore throat, infection/inflammation of throat.

PROPERTIES: Cool.

ACTIONS: Clears Heat, clears toxins, disperses and expels Wind and Heat in superficial areas.

INGREDIENTS: Honeysuckle Flower, Licorice Root, Green Tea.

**Traditional Chinese Medicine
PERSPECTIVE ON
SORE THROAT**

According to Traditional Chinese Medicine (TCM) sore throat may have either external or internal causes. Common external causes are pathogenic Wind, Cold, Heat, Fire, and Dryness. Internal causes are usually related to Excess Heat or Fire, Yin Deficiency, or Phlegm.

Sore throats that arise from external pathogens usually starts with cold or flu symptoms, such as fever, chills, sneezing, runny nose, headache, body aches, and so on. The TCM principle for this type of sore throat is to expel the external pathogens and clear Excess Heat.

Internal conditions that cause sore throats are basically of two kinds: Excess or Deficiency. Excess conditions include toxic Heat, Fire, Dampness, or Phlegm. These types of sore throat are usually acute—they come about quickly with severe pain and swollen throat, and may or may not be accompanied by high fever, constipation, red tongue, and a strong, fast pulse. The TCM principle of treatment in such cases is to clear the Excess toxic Heat, Fire, or Phlegm.

Deficiency conditions mostly involve Yin Deficiency. Most common is Deficiency of Lung Yin, followed by Kidney Yin Deficiency, often with Excess or Deficient Heat or Fire. These kinds of sore throats come about slowly and gently, and gradually get progressively worse. Main symptoms are dry and scratchy throat, with or without enlarged glands, dry or horse voice, fatigue, dry mouth, insomnia, low-grade fever, and so on. The TCM principle of treatment is to tonify the Yin, and clear Heat accordingly. Excess conditions that are long-lasting, or improperly treated, could develop into Deficiency conditions. Also, quite often—especially for those who have chronic or frequent types of sore throat—the underlying conditions may be mixed and complicated and therefore require consulting with a specialist.

Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.



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Sore Throat

TCM FORMULA SELECTION GUIDE

YANT	Throat Support
1GT-2	First Defense-Heat
RG	Defense Regulator-R
YIN CHIAO	Yinchiao Tablets
1GT-4	ViraCool
QSHR	Upper Body Support
WJXD	Reed Formula
PDL	Severe Toxin
GH	Regulate Liver
QCJF	Lung Support-Y
1CT-Y01	Momordica Tea
1CT-Y19	Honeysuckle Flower Tea

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LIFE RISING HERBAL FORMULAS
Traditional Chinese Medicine Dietary Supplements

TCM FORMULAS FOR
Sore Throat

Throat Support **YANT**

INDICATIONS: Sore throat, infection/inflammation of throat.

PROPERTIES: Cool.

ACTIONS: Expels Wind and Heat; clears and detoxifies excess Heat.

INGREDIENTS: Peucedanum Root, Loquat Leaf, Balloon-Flower Root, Belamcanda Rhizome, Rehmania Root, Baikal Skullcap Root, Chinese Licorice Root, Honeysuckle Flower.

ViraCool **1GT-4**

INDICATIONS: Severe sore throat and enlarged glands without flu or cold; respiratory tract infection; other virus-related disorders.

PROPERTIES: Cold.

ACTIONS: Clears Toxic Heat and Fire. Detoxifies.

INGREDIENTS: Isatis Root, Isatis Leaf, Baikal Skullcap Root, Lophatherum Leaf, Mint, Schizonepta.

Upper Body Support **QSHR**

INDICATIONS: Pain, burning, fever, especially acute types in chest, neck, or head, including ear pain, toothache, red eyes, acute sinus problems, hay fever, acne, carbuncles, etc.

PROPERTIES: Cold.

ACTIONS: Clears Toxic and excess Heat in Upper Burner.

INGREDIENTS: Baikal Skullcap Root, Figwort Root, Immature Bitter Orange, Tricosanthes Root, Anemarrhena Rhizome, Honeysuckle Flower Chinese Thoroughwax Root, Chinese Licorice Root.

Regulate Liver **GH**

INDICATIONS: Anxiety, irritability, anger, headache, hypertension, difficulty falling asleep.

PROPERTIES: Very Cold.

ACTIONS: Clears Heat from Liver and Gallbladder channels and areas, also clears Heat generally.

INGREDIENTS: Gardenia Fruit, Scabrous Gentian Root, Chinese Goldthread Rhizome, Baikal Skullcap Root, Chinese Thoroughwax Root, Dong-Quai Root.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
SORE THROAT w/wo INFECTION/INFLAMMATION OF THROAT	YANT
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM ABOVE + COLD or FLU w/wo FEVER, HEADACHE, ITCHY EYES, RUNNY or CONGESTED NOSE	1GT-2 or RG or YIN CHIAO or ANY TWO TOGETHER
MAIN SYMPTOM ABOVE esp w SEVERE SORE + ENLARGED GLANDS w/wo COLD or FLU or RESPIRATORY INFECTION	1GT-4
MAIN SYMPTOM ABOVE + INFECTION IN UPPER BODY or HEAD w/wo FEVER	QSHR
MAIN SYMPTOM ABOVE + INFECTION/INFLAMMATION IN GENERAL BODY w/wo HIGH FEVER w/wo PAIN or SWELLING	WJXD or PDL or BOTH
MAIN SYMPTOM ABOVE + ANXIETY w/wo ANGER	GH
MAIN SYMPTOM ABOVE + RESPIRATORY TRACT DRYNESS w/wo DRY BURNING w/wo CONGESTION, esp after COLD, FLU, BRONCHITIS, or PNEUMONIA	QCJF
MAIN SYMPTOM ABOVE + DRY COUGH w/wo HOARSENESS w/wo SCRATCHY THROAT (use as beverage)	Momordica Tea
MAIN SYMPTOM ABOVE + INFECTION/INFLAMMATION OF THROAT (use as beverage)	Honeysuckle Flower Tea

Reed Formula **WJXD**

INDICATIONS: Eye, ear, nose, and throat infections; sinusitis, bronchitis.

PROPERTIES: Cold.

ACTIONS: Clears Heat and disinhibits Dampness; opens and drains the orifices and clears toxins.

INGREDIENTS: Reed Rhizome, Job's Tears Seed, Wax Gourd Seed, Wild Chrysanthemum Flower, Fragrant Angelica Root.

Severe Toxin **PDL**

INDICATIONS: Infections and inflammation with high fever and/or burning, pain, or red swelling.

PROPERTIES: Cold.

ACTIONS: Clears and eliminates excess Heat and toxic Fire; clears toxins.

INGREDIENTS: Dandelion, Viola, Dyer's-Woad Root, Baikal Skullcap Root.

Defense Regulator-R **RG**

INDICATIONS: Cold or flu with fever, headache, itchy and burning eyes, runny or congested nose, sneezing, sore throat. Floating, forceful, rapid pulse with red tongue.

PROPERTIES: Cool, Spicy, and Dispersive.

ACTIONS: Clears Wind and Heat from superficial areas.

INGREDIENTS: Honeysuckle Flower, Forsythia Fruit, Balloon-Flower Root, Mint, Chinese Thoroughwax Root, Belamcanda Rhizome, Peucedanum Root, Burdock Fruit, Dwarf Lilyturf Root.

First Defense Wind-Heat **1GT-2**

INDICATIONS: Wind-Heat colds or flu (rapid pulse, reddish tongue tip): fever, headache, itchy eyes, runny or congested nose, sneezing.

PROPERTIES: Cold.

ACTIONS: Clears external Wind-Heat

INGREDIENTS: Chinese Thoroughwax Root, Fang Feng Root, Tangerine Rind, Red Peony Root, Chinese Licorice Root, Ginger Rhizome .