

Herbal Formulas for Travel

EXTERNAL PATHOGEN FORMULAS

Gan Mao Ling Formula is one of the most effective formulas to address the initial onset of a wind-heat invasion. It can also be used as a preventative when you are pretty sure that exposure to a wind-heat pathogen has already occurred, but no signs/symptoms have yet appeared. Many people use this formula prior to boarding an aircraft and at each flight connection.

Viola Clear Fire Formula is a great anti-microbial formula to have on hand. It has one of the largest scopes of application of any formula in its class. It is the go-to formula when you're not sure about the nature of the external invasion. Children are especially responsive to Viola Clear Fire. Because it is so versatile, we never travel without it.

Minor Bupleurum Formula is one of the most popular formulas in the world for prevention of illness from external invasion, as well as being highly effective for *shaoyang* stage disease. Its effectiveness stems from the fact that it not only has herbs that clear heat and resolve phlegm, but also ones that spread liver *qi* and augment the central *qi*. As a preventative, it can be taken for a week or two prior to travel right up through your return.



DIGESTIVE SYSTEM FORMULAS

Ease Digestion Formula is a modification and gluten-free version of the popular “Pill Curing” formula. It is used for various types of acute gastro-intestinal discomfort, whether from external invasion or dietary indiscretion.

Perscia & Cistanches Formula benefits slow moving bowels. Sometimes when away from home and departing from accustomed dietary and work-rest patterns we may need a little help to keep things moving.

Wu Hua Formula is arguably the most important formula to take along when traveling to an area with poor sanitation or poor water quality. It resolves heat-toxin or damp-heat-toxin invading the intestines and can be taken when ingested or imbibed heat-toxin causes skin lesions. It is highly effective for treating the initial stages of “*gu*” syndrome.

Stomach-Harmonizing Formula is based on *Bao He Wan*, the most-prescribed formula for food stagnation in Chinese Medicine. It is modified to expand the scope of application to address reflux issues and other excesses conditions in the stomach that are due more to dietary choices and constitution than to external pathogens.



SHEN FORMULAS

Bupleurum D Formula was originally formulated to unblock the three yang (*taiyang*, *shaoyang*, and *yangming*). It is used today primarily to treat various manifestations of withdrawal, or to help adapt to new surroundings. For travelers, it quiets restlessness and excessive dreaming, while also gently unblocking the bowels. Compared to *An Mien Formula*, *Bupleurum D* is better for *shen* disturbance due to excess.

An Mien Formula treats disturbed *shen* due to deficiency or to a combination of excess and deficiency. It nourishes heart *qi* and blood, supports the spleen, and stabilizes unsteady *shen* to facilitate true restfulness.

PHYSICAL TRAUMA

Tieh Ta Formula — Sometimes when we travel it is for a physical challenge like a ski trip or a backpacking adventure. *Tieh Ta Formula* is handy to have in case of traumatic injury while traveling. This is a classic martial arts remedy when there is bruising, contusion, sprains, and fractures.





Never Travel Far Without Your Custom Travel Kit From Golden Flower Chinese Herbs

Different trips and different people require different preparations. When traveling to an area where the water quality is questionable, prepare by bringing along an appropriate external pathogen formula. If planning a trip that includes a lot of eating—like visiting family for the holidays—then a digestive formula will prove a more appropriate travel companion. *Shen* formulas help with allowing rest in unfamiliar beds, and with calming down after a busy, exciting, or stressful day. And because the unexpected happens, every travel kit should include a trauma formula. Golden Flower has created this pamphlet to help you consider which formulas will be most useful to preserve health and well-being no matter what kind of trip is planned. You can mix and match them according to the needs of the trip and the person.



Golden Flower Chinese Herbs
provides a complete line of Chinese medicinal herbs and formulations to licensed Oriental Medicine practitioners.

Our catalog includes traditional and modern herbal formulas, topical remedies, innovative supplements, essential oils, acupuncture needles, books, sound healing tools, and clinical supplies.

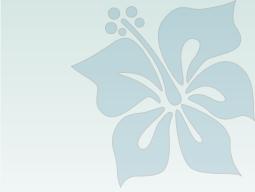
Our mission is to offer the highest quality herbal products at the most reasonable cost possible, and to make Oriental Medicine easily accessible to the general public. We are devoted to the promotion of Oriental Medicine through our support of professional associations, education, and charitable activities, as well as through our work with legislation on national and state levels.

Thank you for your interest in our company.

John Scott, DOM and Lorena Monda, DOM



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Travel Support



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