



# A VIRAL GUIDE

Due to continual requests, we are sharing our treatment protocols from clinical experience (100+ Covid patients) at San Diego Herbal Medicine

INSTRUCTIONS: 3 scoops 2 times a day  
one! Enjoy your formula!

ments have not been evaluated by the Food and Drug Administration  
This product is not intended to diagnose, treat, cure, or prevent any disease.

# EARLY STAGE

Day 1-3 Early stage symptoms while the pathogen is still on the exterior level



## 1 WIND-HEAT

Sore throat, more fever than chills, slight dry cough, fatigue

Formula Base: Yin Qiao San

Minus- Dan Zhu Ye and Dan Dou Chi

Plus- Jin Yin Hua, Ban Lan Gen, Huang Qin



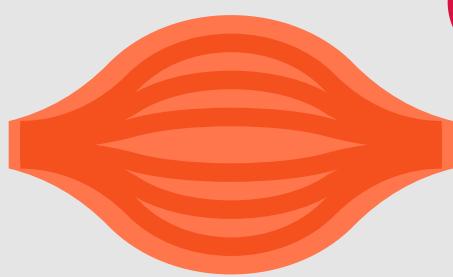
## 2 WIND-COLD

Allergy type symptoms, runny nose, stuffy nose, more chills than fever, watery eyes, sneezing

Formula Base: Gui Zhi Tang

Plus- Jin Yin Hua, Ban Lan Gen, and Huang Qin

(smaller dosage of these herbs, no more than 3-6g raw)



## 3 WIND COLD DAMP IN MUSCLE LAYER

Wind Cold Symptoms plus pronounced body aches.

Formula Base: Ge gen tang

Plus- Fang feng, Qiang Huo, Jin Yin Hua, Huang Qin



## 4 WC OR WH HEADACHE

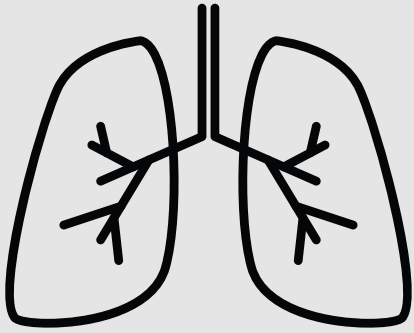
Early stage wind cold or wind heat symptoms with pronounced headaches

Formula Base: Chuan Xiong Cha Tiao San

Plus- Jin Yin Hua, Huang Qin

# MIDDLE STAGE

Day 3-8 symptoms will include 1 of these 3 presentations



1

## LUNG PATTERN

Respiratory symptoms, phlegmy cough, shortness of breath

Formula Base: Qing Qi Hua Tang Wan base  
Plus- Jin Yin Hua, Ban Lan Gen, Huang Qin, Zi Su Ye, Xie Bai, Chuan Xin Lian



2

## CARDIAC OR BLOOD STAGNATION PATTERN

Headache, calf pain, dark sublingual veins

Formula Base- Tao hong si wu tang  
Plus- San Qi, Dan Shen, Jin Yin Hua, Huang Qin



3

## DIGESTIVE PROBLEMS

Diarrhea, lack of appetite, fatigue

Formula Base: Ge gen tang  
Plus: Jin Yin Hua, Huang Qin, Ban Lan Gen, Bai Zhu, Xi Yang Shen, Lian Zi, Sha Ren, Sheng Jiang



4

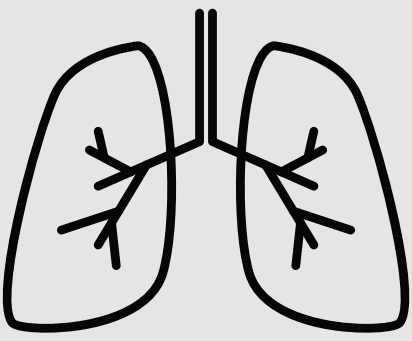
## SEVERE FATIGUE

Severe fatigue, possible loose stools, lack of appetite.

Formula Base- Si Jun Zi tang  
Substitute- Ren Shen with Xi Yang Shen  
Plus-Shan Yao, Da Zao, Jin Yin Hua, Huang Qin

# END STAGE/ RECOVERY

Post illness after symptoms have  
subsided



1

## LUNG PATTERN RECOVERY

Formula Base- Bu Fei Tang

Plus-Wu Wei Zi, Xi Yang Shen, Dong Chong Xia Cao,  
Chuan Bei Mu, Gua Lou



2

## CARDIAC OR BLOOD STAGNATION PATTERN

Herbs: Si Wu Tang

Plus: San Qi, Dan Shen, Ren Shen



4

## DIGESTIVE

Formula Base- Si Jun Zi Tang

Plus- Shan Yao, Huang Qi, Bai Bian Dou



3

## SEVERE FATIGUE

Formula Base- Si Jun Zi Tang

Plus- Huang Qi, Dong Chong Xia Cao