

# HEALTHY HEALING

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<http://www.healthyhealingli.com>

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## **H1N1 + TCM = VIRUS BUSTING**

Of course this is not a real math equation, but rather one possible solution to the virulent flu virus, H1N1 this season. TCM has been historically effective against viral strains, even new ones such as the SARS outbreak in 2003. Chinese herbs such as ban lan gen (isatis root) were used to treat infected patients and protect health care professionals from contracting the SARS virus.

Transmission of H1N1 - It is transmitted similarly like other flu viruses with respiratory droplets ejected during sneezing or coughing. Transmission of these large particle droplets requires close contact between source and recipient persons. Close contact is considered to be within about an 8 foot radius. The droplets cannot remain suspended in the air for long and can travel only a short distance of < 6 feet. Universal precautions should be adhered to: 1) Frequent and vigorous hand washing with soap and water for at least 20 seconds. (Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.) 2) Finger contact to one's own face should be avoided, 3) coughing or sneezing into one's upper arm, not hand.

Symptoms of H1N1 – The Center for Disease Control considers the H1N1 flu symptoms similar to other influenzas. People with uncomplicated disease due to H1N1 infection have experienced fever, chills, headache, and upper respiratory tract symptoms such as cough, sore throat, runny nose and shortness of breath. Other frequently reported symptoms include muscle and joint achiness as well as fatigue. Some people have reported gastrointestinal symptoms such as nausea, vomiting and diarrhea. The two most significant symptoms to be aware of are fever and cough.

Pathogenesis and Contagion – Unlike the common cold, which attaches to the adenoids, the influenza virus attaches to the lung tissue. Incubation for the H1N1 virus appears to be 1-4 days after exposure, but possibly up to 7 days. An adult can be contagious for about 24 hours after the fever has dropped below 100F

without the need for fever-reducing medication. Children can be contagious up to 1 week after the fever has been relieved.<sup>1</sup>

## HOW CAN TCM HELP AGAINST H1N1?

**Preventive Stage:** Prior to exposure of the virus one can support the immune system by maintaining wei qi or defensive qi and keeping the zheng qi (normal qi) strong. Preventive formulas will be prescribed according to your constitutional needs with examples such as Yu Ping Feng San or Huang Qi Jian Zhong Tang.

**Initial Exposure Stage:** The early stages of the virus can be effectively treated with herbs that have strong neuraminidase inhibitors (type of anti-viral similar to Western drug Tamiflu\*) such as ban lan gen and ku shen. Neuraminidase inhibitors interfere with the H1N1 virus's ability to replicate. These types of herbs must be taken within the first 1-3 days of the virus if symptoms are still mild. Symptoms of the initial stage are tickle in the throat, mild lethargy, some loss of appetite and slightly higher pulse rate. If symptoms do not abate within the first 24 hours, then an anti-toxin formula of the fully engaged stage will be added.

**Fully Engaged Stage:** Viral replication has reached peak production within 72 hours after onset of symptoms. The most common symptoms are racing pulse, high fever, pronounced fatigue/weakness, loss of appetite, chest discomfort with cough, headache, muscle and joint aches, vomiting or diarrhea. Once the virus has attached to the lung tissue it is in full replication mode and the anti-viral strategy will not work. Chinese formulas that disperse heat, restore the body's immune response and relieve symptoms by forcing the pathogen out of the lung tissue. Depending upon your main symptoms, a formula will be tailored for you by your TCM practitioner.

**Critical Stage:** This stage can occur rapidly, in as little as 72 hours after onset of the symptoms described above. Some symptoms at this stage can include great difficulty breathing, extreme fatigue and body ache, bluish discoloration to skin.<sup>2</sup> A person may have complications of pneumonia or other respiratory infections at this stage. One must go the emergency room of their nearest hospital immediately.

This article is meant as informational and not to be used for self-diagnosis. Please consult your TCM and Western physicians if any of these symptoms occur.

*\*Tamiflu*, which reduces the symptoms of avian or swine flu, is made from star anise, a naturally occurring herb that is harvested in four Chinese provinces between March and May.

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<sup>1</sup> Golden Flower Chinese Herbs News, Autumn 2009, John Heuret, DOM

<sup>2</sup> Golden Flower Chinese Herbs News, Autumn 2009, John Heuret, DOM

## UPCOMING EVENTS!

**Happy & Healthy Holidays!**

### **UNIQUE GIFTS FOR THE HOLIDAY SEASON:**

**Gift Certificates** for a 1 hour session of Acupuncture, Acupressure & Massage - \$75.00

**Spa Gift Bag** of 1 Young Living Essential Oil (choose Lavender, Peppermint or Pine) with Herbal bath blend of rejuvenating herbs, Calming Herbal Eye Pads, Herbal Foot Detox and Young Living Cinnamint or Lavender Lip Balm - \$40.00

**Stocking Stuffer - Single & Blended Young Living Essential Oils by Request, varied price/bottle**

**Essence of the Season** – EOs of Frankincense, Myrrh, Christmas Spirit (orange, cinnamon & spruce) and Resins of Frankincense & Myrrh - \$75.00

**Essential 7 Young Living Essential Oils** – Blended oils of Joy, Panaway, Peace & Calming, Purification. Single Oils of Lavender, Peppermint and Lemon - \$90.00

**Everyday Oils Collection** – **9 essential oils** consisting of single oils of Lavender, Frankincense, Lemon, Peppermint. Blended oils of Thieves, Purification, Panaway, Valor and Peace & Calming - \$135.00

**Chinese Quote of the Day:** At the center of your being you have the answer; you know who you are and you know what you want. - Lao Tzu