

Product Review

Yin Chiao (or Yin Qiao Jie Du Wan)

By Donna Reynolds

Even though this is a classic Chinese patent herbal formula that I customarily recommend to my patients for use throughout the winter cold/flu season, Yin Qiao can be used any time of year since it is most effective at the first onset of symptoms of wind heat: in Traditional Chinese Medicine these would be sore throat, fever, headache and flu symptoms. Fortunately, this popular medicine also provides relief for full-blown flu as well as pneumonia, bronchitis, tonsillitis, measles, mumps, and inner ear infections. I have also used it successfully for patients suffering from poison ivy – it lessens the severity and shortens the duration of the outbreak. Known, too, by its Western name, “Honeysuckle and Forsythia Detox”, it can often be found in most health food stores.

Classical formulas often have their chief ingredients as part of their name. The word yin, meaning silver, comes from the Chinese name for honeysuckle (jin yin hua, or gold and silver flower). The word Qiao comes from the Chinese name for forsythia (lian qiao).

I like this patent formula because it is a straight-forward, no-nonsense formula

that works. Honeysuckle and forsythia are often used together due to their synergistic antimicrobial effect. Clinical research shows that honeysuckle flowers and forsythia fruit inhibit the bacteria that cause pneumonia, strep throat, staphylococcal infections, salmonella, and tuberculosis. They have both been used traditionally for thousands of years to clear fire toxins, which include a hot, painful, swollen throat; boils; fevers; and urinary tract infections.

Another ingredient in Yin Qiao is Schizonepeta flowers (jing jie). The profuse purple flower spikes are highly aromatic, giving the herb a dispersing quality. When the body is first attacked by a pathogen, the most effective way to repel the invader is through the use of aromatic herbs that disperse their energy to the exterior of the body. The highly volatile essential oils open up the pores in the skin and act as a diaphoretic (induces sweating). If the pathogen has not penetrated to the interior of the body, this dispersing effect drives the pathogen out before it can get a foothold and progress.

When considering any herbal formula as a remedy, always be mindful to consider the source of the herbs. Whether manufactured here or in China, ALWAYS check that organic herbs are used and that the manufacturer complies with US approved GMPs (General Manufacturing Principles) so that pollutants,



Product Review

continued from page 66

heavy metals, over-the-counter drugs, caffeine, paracetamol, chlorpheniraminum or other less-than-desirable ingredients are not present. You want to be sure that you are using a product of high quality. Some of the reliable brands are Tianjin, Bio Essence, Plum Flower and Planetary Herbals.

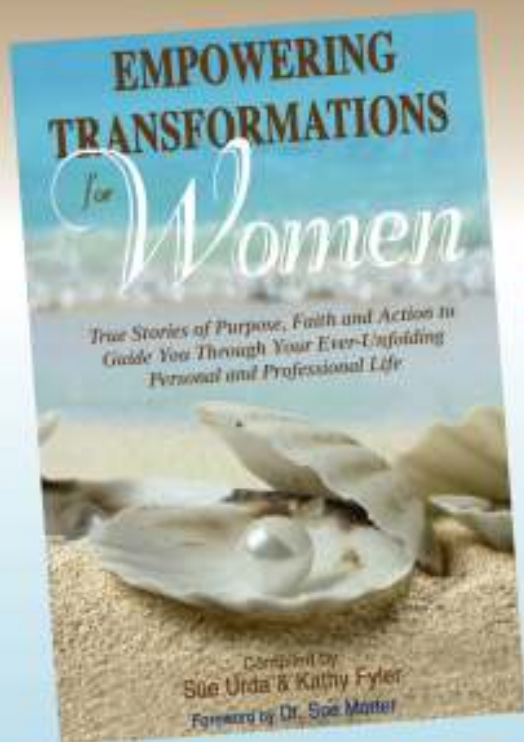
Follow the dosage on the label and do not take it for more than a few days.

• • •

Note: Any remedies or information listed are from historical references and used for teaching/ educational purposes only. The contents are not meant to diagnose, treat, prescribe, cure or substitute consultation with a licensed health-care professional. This information has not been evaluated by the Food and Drug Administration.

Donna Reynolds of Willow Moon Herbals is an experienced herbal practitioner, an herbal educator, a voice for her native green plant allies as well as a quiet tree-whisperer.

**What if You Had a “Handbook of Hindsight”
to See You Through Your Most Challenging Times?
Forty Women Are Here To Make Sure You Do!**



**40 Inspiring Women
40 Powerful Stories**

**In this Women's Anthology Book You'll
Discover these Lessons of Transformation:**

How to listen to the voice of your Spirit
Step out of your 'job' and into entrepreneurial freedom
Release the past so you can move forward with ease.
Heal your body through Mind-Body-Spirit modalities.
Gracefully manage divorce, break-ups and abandonment
Recognize that some hardships can lead to great joy.
How to spot your Angels of assistance!
And much more...

**Launch Date ~ March 8th, 2011
International Women's Day**

Receive lots of bonuses when you buy the book during the launch period.