

First Aid Kit

- **Acupuncture Needles, Alcohol, Sharps, hemastat**
- **Plastic cup**
- **BandAids, sterile pads, q-tips, Tea Tree Oil, Neosporin**
- **Warming pads** - Iron & Activated Carbon pads or Sodium Acetate & Water Packs
- **Gua Sha tools & massage oil**
- **Moxa** – loose and stick; matches or lighter
- **Muscle & Joint Linement** – Dr. Shi's is a good one to move blood; Po Sum On is warming
- **Medicated Plasters** – Wu Yang Brand, Jako Kokotsu,
- tiger Balm patches
- **Burn Cream** – Ching Wan Hung is excellent, but smells bad; Springwind Burn Cream smells better but is less effective
- **Garlic & Mullein Ear Oil** – for earaches
- **Yun Nan Bai Yao or Powdered San Qi / Tian Qi** - for trauma or injury. It reduces the pain inflammation and swelling of injury. Helps stop bleeding both internally and externally, and speeds recovery.
- **Tiger Balm** – patches and/or ointment
- **San Huang San 'Three Yellows' Ointment** – reduces inflammation and heat associated with injury and other issues (include wrappings)
- **Yin Qiao San** – Common Cold with sorethroat
- **Gan Mao Ling** - – For wind-heat or wind-cold. – For wind-heat or wind-cold. For colds and flu. Can be taken in the early stages of a cold, throughout an infection and for a few days afterwards. It can be used preventatively, especially when people around you are sick and you feel run down.
- **Echinacea tincture or glycerite** – boost immunity, especially during cold/flu
- **Chuan Xin Lian** – inflammation (strep, UTI, viral infection, fever, flu)
- **Watermelon Frost** – mouth sores and throat inflammation
- **Lo Han Kuo** – throat remedy
- **Licorice** – throat remedy
- **Ipecac Syrup** – to induce vomiting
- **Activated Charcoal** – binds with toxins to bring them out of the body
- **Bentonite or Montmorillonite Clay** – binds with toxins to bring them out of the body
- **Curing Pills** – for stomach discomfort: indigestion, abdominal pain, cramping, headache, bloating, gas, heartburn, nausea, vomiting, diarrhea, stomach flu, food poisoning, overeating, motion sickness, morning sickness
- **Thermometer**
- **Gloves**
- **Ibuprofen** - pain and fever reducer
- **Chuan Xiong Cha Tiao Wan** – wind-cold with headache.
- **Homeopathic Arnica 30C** – muscle pain reliever

Cold & Flu Prevention

- **Gan Mao Ling** – For wind-heat or wind-cold. For colds and flu. Can be taken in the early stages of a cold, throughout an infection and for a few days afterwards. It can be used preventatively, especially when people around you are sick and you feel run down.
- **Yin Qiao San** – for wind-heat with sorethroat
- **Sang Ju Yin** – wind-heat with cough
- **Zhong Gan Ling** – wind-heat with sudden high fever and sorethroat (contains Shi Gao)
- **Bi Yan Pian** – wind-cold and wind-heat nose, eye and facial congestion
- **Chuan Xin Lian** – inflammation (strep, UTI, viral infection, fever, flu)
- **Jade Wind Screen** – strengthen immunity to prevent common cold. Does not treat an active cold.
- **Chuan Xiong Cha Tiao Wan** – wind-cold with headache.
- **Oscillococcinum** - homeopathic remedy for flu (fever, chills, aches)

Possible Travel Remedies (depending on constitution)

- **An Mien Pian** – “peaceful sleep tablets” – for heat or liver congestion affecting the mind (Suan Zao Ren, Zhi Zi, Fu Ling, Gan Cao, others)
- **Huang Lian Su** – for traveler’s diarrhea. For bacterial and amoebic dysentery that causes diarrhea, bloody or watery stool, abdominal pain, nausea, vomiting and fever.
- **Curing Pills** – for stomach discomfort: indigestion, abdominal pain, cramping, headache, bloating, gas, heartburn, nausea, vomiting, diarrhea, stomach flu, food poisoning, overeating, motion sickness, morning sickness
- **Gan Mao Ling** – For wind-heat or wind-cold. For colds and flu. Can be taken in the early stages of a cold, throughout an infection and for a few days afterwards. It can be used preventatively, especially when people around you are sick and you feel run down.
- **Pe Min Gan Wan** – Sinus disorders, nasal congestion and runny nose caused by a cold or flu, sinus infection or allergies. Can be used with Gan Mao Ling for colds and flu with nasal discharge and congestion.
- **Tian Qi Wan** – Pills for trauma or injury. It reduces the pain inflammation and swelling of injury. Helps stop bleeding both internally and externally, and speeds recovery.
- **Yu Nan Bai Yao or Powdered San Qi / Tian Qi** - for trauma or injury. It reduces the pain inflammation and swelling of injury. Helps stop bleeding both internally and externally, and speeds recovery.
- **Chuan Xiong Cha Tiao Wan** – wind-cold with headache.
- **Tao Ren Wan** - Peach Kernel Teapills – gentle laxative that moistens and lubricates the bowels for constipation. It can be used for moving the bowels during travel, after an illness, postpartum or in the elderly. Do not use with pregnancy.
- **An Mien Pian** – “peaceful sleep tablets” – for heat or liver congestion affecting the mind (Suan Zao Ren, Zhi Zi, Fu Ling, Gan Cao, others)
- **Qing Qi Hua Tan Wan** “Clean Air Teapills” – for loud, productive cough with thick, yellow/green phlegm (+/- sticky) in the chest; +/- wheezing or difficulty breathing