

The herbal formulas included in this kit are based on traditional Chinese decoctions, each of which enjoy several hundred years of clinical success. These are not tinctures. They are concentrated extracts which preserve not only the light essential oils, often lost during standard high temperature extraction processes, but also the heavier oils not normally extracted during the cold temperature soakings typical of tinctures. They contain the essence of the whole herbs listed below:

#### WIND-COLD

Jing Jie  
Fang Feng  
Su Ye  
Qiang Huo  
Chai Hu  
Zhi Ke  
Fu Ling  
Jie Geng  
Chuan Xiong  
Gan Cao  
Sheng Jiang

#### WIND-HEAT

Jin Yin Hua  
Lian Qiao  
Sang Ye  
Ju Hua  
Jie Geng  
Bo He  
Jing Jie  
Xuan Shen  
Niu Bang Zi  
Qian Hu  
Gan Cao

Future Medicine Now offers these tools in an effort to give clients greater control over their health. When used with conscientious attention to a healthy lifestyle, diet, and rest at times of vulnerability, you and your family can enjoy a new level of wellness.

Flu-Free is not intended to substitute for competent professional care. Frequent use of these formulas suggest that help from your Doctor of Oriental Medicine is required to bring the body into balance.

*future* MEDICINE *now*

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Flu free!

STOP FLU  
AT ITS ONSET

If you could stop an attack of a cold or flu dead in its tracks, what would it be worth to you and your family? When I see someone who is obviously catching a cold, they often tell me they are taking such-and-such, and "I think it helps...." This always makes me cringe, because, personally, I'm not interested in something that "helps." I don't **want** a cold or flu — period! I want something that knocks it out.

The FluFree Kit can do just that. Three ingredients are essential for success:

- Awareness of changes in your body
- Recognizing the correct pattern from your symptoms
- Access to the appropriate herbal medicines

This easy-to-use kit provides understanding of your symptoms and the appropriate herbal formulas. All you must supply is your own awareness.

#### ORIENTAL MEDICINE, INFLUENZA, AND THE COMMON COLD

In Oriental Medicine the common cold and influenza are recognized and diagnosed by the patterns of their manifestation. The primary patterns are syndromes known as "Wind-Cold" or "Wind-Heat". But you don't have to understand Oriental Medical theory to experience its benefits. It is sufficient that you are able to recognize the pattern at its earliest onset. This is one of the keys to effective use of the Flu-Free Kit.

Details of each syndrome are found inside.

## WIND-COLD

**Usual First Symptom:** Wind-Cold is most often first noticed as a vague sensation of TIGHTNESS OF THE ENTIRE HEAD. It is at this point that one should begin taking Wind-Cold herbs.

From tightness, Wind-Cold progresses to:

- Headache, starting at the base of the skull
- Stiff neck
- Body aches
- Runny nose with clear or white discharge
- Sneezing
- Cough
- Aversion to cold
- Chills with possible slight fever

Wind-Cold may transform into Wind-Heat at any time. Take both formulas if you're not sure which symptoms are dominant.

**Wind-Cold Dosage:** Adults: 1-2 droppers every two hours  
Children: 4-6 drops every two hours

Place drops in a small amount of pure, room temperature water, and drink, preferably on an empty stomach. Continue use for 24 hours after symptoms are resolved.

*T*hese formulas are extremely effective early intervention, and work best within the first few hours of onset; they are **not** a form of prevention. Prevention is best provided by a healthy lifestyle and competent guidance from your Doctor of Oriental Medicine. The formulas are also very specific to these syndromes, and will not treat disorders such as stomach flu.

Oriental medicine teaches that wind invasions should be treated immediately upon recognition and completely expelled from the body. There are two reasons for this:

## WIND-HEAT

**Usual First Symptom:** The hallmark of an invasion of Wind-Heat is a SORE THROAT WITH SWOLLEN TONSILS. In oriental medicine sore throat occurs for a number of reasons, but if you're feeling "off" and suspect the onset of flu when a sore throat appears, this is the time to administer Wind-Heat herbs.

Sore throat in a Wind-Heat invasion is most often followed by:

- Fever
- Runny nose with yellow discharge
- Slight sweating
- Slight thirst
- Aversion to heat
- Possible headache and body aches

It is possible for Wind-Cold to appear within Wind-Heat. In this situation, take full doses of each formula.

**Wind-Heat Dosage:** Adults: 1-2 droppers every two hours  
Children: 4-6 drops every two hours

Place drops in a small amount of pure, room temperature water, and drink, preferably on an empty stomach. Continue use for 24 hours after symptoms are resolved.

1. Unresolved wind invasions which manifest as flu, and which are not properly expelled will linger in the body as "Latent Heat", which eventually emerges as more serious disease.

2. Secondly, Wind-Heat symptoms may also be the initial stages of diseases more serious than flu. Measles, diphtheria, whooping cough, polio, acute nephritis, scarlet fever and meningitis all begin with Wind-Heat. Wiping out such disorders at the Wind-Heat stage is far more efficient than dealing with the full blown disease.

If symptoms persist, see your physician.