



Wellbeing Clinic Newsletter

Today's Focus: **FLU, COLDS, RESPIRATORY INFECTIONS**

Virtually everyone occasionally has a flu, a cold or another airborne viral or bacterial infection. With the threat of Covid-19 still very much in existence and the recent alarming news about devastating outcomes of Strep A infections, it is perhaps time to consider how you can protect yourself and your family in a natural way.

If you asked us whether there is one remedy that every family should be keeping in their cupboard, we would answer: **Qing Fei Pai du Pian (QFPD)**.



In order to make this remedy available for you even if you cannot attend our Clinic in person, we have now included it in our online shop <https://www.wellbeing-clinic.uk/online-shop/>.

This is a “modern” remedy developed on the basis of several ancient Traditional Chinese Medicine (TCM) prescriptions used over the centuries to control epidemics. This new combination of ancient formulations has been predominantly designed with the aim of addressing the threat of **Covid-19** disease. Initial studies on this remedy conducted in China have demonstrated its efficacy in

treatment of Covid-19 symptoms, including reduction of clinical symptoms of Covid-19 such as fever, cough, fatigue, poor appetite and sore throat, shortening of hospital stay, reducing of the recovery time and mortality of Covid-19 patients. Also, no serious adverse reactions have been identified.

Based on these encouraging results, the Food and Drug Administration (FDA) in the US approved this formula for a randomised controlled trial, to study it as a possible treatment for Covid-19 in the US.

The QFPD comprises 21 Chinese herbs known in TCM for their benefits in regulating the immune system response, anti-inflammatory properties and multi-organ protection.

Although this formula was initially aiming at treating Covid-19, its multi-target and multi-pathway characteristics make it suitable in various other viral and bacterial respiratory infections. Three of our family people have recently used it on a suspected **Strep-A** infection and with great results. We also recommend this formula for treatment of **Long Covid** symptoms.

This product has a long shelf life and we recommend always having some in your cupboard so that it can be used immediately whenever needed, in the comfort of your home, to ensure that an infection can be quickly controlled before it

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has a chance of progressing into a more serious or even dangerous condition. It comes in a form of small granules which are easy to swallow but for younger children the pills can be crushed into a powder or boiled with some water and given in a liquid form.

We highly recommend carrying some with you during travel, as it is very easy to catch an airborne infection on the go. This is a remedy which can truly save your day.

For the best results QFPD pills can be used together with another amazing remedy, also available in our online shop.



Our **Nim Jiom Pei Pa Koa Honey and Loquat Cough Syrup** is an ancient TCM formula effective in providing a quick relief from sore throat and from dry or wet cough. It has a very pleasant sweet taste, particularly appealing to children, which makes it easy to administer even to very young patients.

The recommended dosage instructions are available on our website and on the products' packaging but you can always phone us for more information or if you require any help or advice on using these products.

Whilst QFPD and our Honey and Loquat Syrup are very practical, versatile and easy to use remedies which we recommend as a first line of defence against viral or bacterial respiratory infections, these are not the only treatment solutions available to us.

We also have many other trusted herbal remedies in our Clinic, available subject to our prescription, to suit multiple types of respiratory problems.

Acupuncture and cupping are also very efficient methods in treating the symptoms of various respiratory infections and can be used either as a stand-alone treatment, in conjunction with herbal remedies but also as a support in conventional medical treatment. With their ability to provide almost instant results in most cases, these treatments are recommended in particular if the condition is already more severe or if help is needed urgently but of course, it is always best to seek help as soon as possible rather than waiting until you are seriously unwell.

Please get in touch if you would like to find out more about the TCM treatment options we can offer for respiratory infections.

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