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HEALTH & WELLNESS



Holistic Healing with Herbs and Chinese Medicine

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January 29th 2013: Herbs and Chinese Medicine for the Flu, Common Cold, Allergies and Asthma

In this show we will be discussing detailed information concerning the acute prevention and long term prevention of flus and colds using Chinese medicine, herbs, and lifestyle. Using the diagnostic lens of Chinese medicine we will discuss how common foods and herbs can be used to address and resolve cold and flus at different levels of development in accordance with their symptoms. In addition, we will discuss how to adapt food, herbs, and lifestyle with the seasonal weather shifts to best optimize health. Learn how to treat yourself and family members with common foods and herbal resources.

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