



Jade Spring Wellness Center

ACUPUNCTURE • MASSAGE THERAPY • CHINESE HERBAL MEDICINE

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PREVENTIVE SEASONAL TREATMENT FOR COLDS AND FLUS

With the fall and winter here, we wanted to discuss how Oriental medicine is used to prevent and treat colds and flus.

THE FLU, YOU AND CHINESE MEDICINE



Clinical studies have suggested that using acupuncture as a preventative approach to colds and flu can reduce the incidence of upper respiratory tract infection and shorten the length of the illness.

Acupuncture and Chinese medicine work by rebalancing the body's systems, regulating the body's healing energies and enhancing the immune system.

One of the main theories supporting acupuncture and its treatment of colds and the flu is the concept of Wei Qi.



A special Chinese Herbal blend is given to patients for the prevention and treatment of cold and flu. This formula was developed by Mia Song, M.S., L. Ac. and is known to have a very high success rate to boost the immune system.

WHAT IN THE WORLD IS WEI QI?

The concept of Wei Qi is similar to the Western concept of the immune system. Wei Qi functions as a barrier protecting and defending the body against foreign substances, which can cause illness and disease. When Wei Qi is strong and abundant, we remain healthy.

When the supply of Wei Qi becomes inadequate, health is compromised and we become vulnerable To outside invaders.

Acupuncture and Chinese herbal medicine support and strengthen the systems of the body that are involved in the production of Wei Qi and can help rebalance and support the immune system and stimulate Wei Qi energy.



HOW OFTEN DO I HAVE TO COME IN?

On average most adults need to be seen four times a year at the change of seasons to increase immunity to the changing environment. When it relates to the seasonal flu, 4-6 treatments are needed to strengthen the immune system to prevent Depending on each individual. It is important to receive treatment prior to feeling the symptoms of the flu, as this makes treatment easier and more effective.

Testimonial-

"I used to get asthma from catching colds and flus every winter, the last few years I have not had any asthma since being treated by Mia Song. My immune system is so much stronger and I am so grateful..."

Jannette Lee

**Please call our office
to make an appointment.
(425) 803 – 2050**

In Good Health,

From the staff at Jade Spring Wellness Center

Mia Song, M.S., L. Ac.

Jewell Smith, M.S., L. Ac

Heidi Manning, M.S., L. Ac.

Nicole Wane, MSAOM, L. Ac.