



Cultivate Wellness Studio
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Jade Windscreen: Exploring the immune system and herbs to strengthen it through the lens of Chinese Medicine.

Join Michelle J. Cummins, L.Ac. as she discusses the Immune System through the lens of Chinese Medicine. She will also be dissecting the popular formula, Jade Windscreen, for strengthening the immune system.

All participants will receive 20% off a session with Michelle until 7-7-2020 code #calendula2020.

Acupuncture, herbal remedies, Flower Essence consultations and remedies, I Ching Readings, Qi Gong movement protocols, Gua Sha and cupping massage.

Appointments are limited and COVID-19 screening and safety precautions are in place.

In Person treatments are available by appointment only:
Willits: Mondays and Thursdays
Telemedicine- Monday through Friday by appointment
Lakeport: Tuesdays and Wednesdays

The immune system is precisely that – a system, not a single entity. To function well, it requires balance and harmony.

Your first line of defense is to choose a healthy lifestyle is the best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental pathogens and supported by healthy-living strategies such as these:

- Regular bodywork/ acupuncture
- Eat a diet high in fruits and vegetables.
- Herbs and supplements
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as hygiene, safe food preparation, cleansing of your home and body, etc.
- Don't smoke.
- Try to minimize stress. Stress hormones suppress the immune system.

In Chinese medicine, we have environmental pathogens: Wind, cold, heat, dry, damp, summer heat and wind is the train that drives them into the body. The Wei Qi/ Immune system is like a blanket that we wear to keep the train of pathogens out and keep the presciousness in.

Chinsese new year- Year of the Metal rat. Utmost yang, lung, metal, and the hexagram from the I ching is built of thunder and wind- all pointing to extereme changes that move quickly, and penetrate everything... kinda moving like a rat.

In Western medicine, the immune system is defined as the bodily system that protects the body from foreign substances, cells, and tissues by producing the immune response and that includes especially the thymus, spleen, lymph nodes, special deposits of lymphoid tissue (as in the gastrointestinal tract and bone marrow), macrophages, lymphocytes including the B cells and T cells, and antibodies. The overall function of the immune system is to prevent or limit infection.

Chinese Medicine- Views body as an organic whole system and works to maintain balance

-Organs

- Kidney- primary pre-heaven qi/energy. Anchors breath/Lung into the body. Most immune imbalances start here.
- Lung-governs energy/Qi, respiration, skin, and hair. Grief. Metal element.
- Spleen- digestion, distribution of nutrients and water.
- All organ disharmonies can relate to Wei and the immune system

-Types of Qi- 15 types including primal, food, water, air, love, food, thought...

- Wei- Defense Qi that circulates through blood, organs, and tissue. Prevents EPF from entering and if they do, counters them to restore health. Circulates outside the blood vessels in skin, pores, muscles, skin and hair. Lymph is not directly acknowledged in TCM but this is a relation.
- Wei Qi- Defensive qi- protects body from “evil Qi” 72nd in Su Wen/Huang Di Nei jing/ Yellow Emporers Classic of Chinese Medicine “ If the Zheng Qi is strong, pathogens cannot invade the body.”
- Zang FU/ Organ Qi- circulates in the organs. In the formula, Jade Windscreen, Lung and Spleen are protected by Astragalus and Atactlodes.

-Pathogens

- External pathogens- wind, Damp, dry, heat, cold, summer heat,
- Internal/Emotional- joy, anger, anxiety, pre-occupation, support, fear, and fright
- Based on the state of these pathogens in ones whole body, the person will respond uniquely to pathogens. With the current pandemic, damp combined with both heat and cold type constitutions seem to be the most adversely affected.

The Formula...

Jade Windscreen/ Yu Ping Feng San

- used in the 2003 SARS outbreak to boost immunity.
- Chinese Hospitals mandated use of chinese herbs in hospitals last week.
- Vaccine- 16th Century Ming Dynasty-Blow into nose dried powdered skin scabs from small pox
- The Hong Kong University of Science and Technology found Yu Ping Feng San/ Jade Wind Screen
- Checks and balance- exterior releasing herb keeps pathogens out, qi tonifying herb protects interior, together they prevent any environmental pathogenic factors from being trapped in the interior.
- Lungs spread Wi Qi to the Skin- open to the environment like a donut. Spleen spreads water and nutrients throughout the body with its Qi and Kidney roots breath down to strengthen the Lung.

Signs and Symptoms	Treatment	Herbs
1.Spontaneous sweating, leak of precious bodily fluids due to Wei Qi/Immune deficiency 2. Aversion to wind and cold, increased susceptibility to external pathogenic factors/ conditions, Wei Qi/Immune deficiency 3.Pale face, white tongue coating, defiiient pulse, and Qi deficiency	1. Tonifies Wei Qi/Immune deficiency 2. Protects the exterior 3. Stops spontaneous sweating Acupuncture points Large Intestine 4 Lung 7 Stomach 36	1.Huang Qi/ Astragalus membranaceous- strengthens wei Qi at the exterior and increases the bodies defense 2. Bai Zhu/ Atractylodes macrocephalae- Strengthens exterior, stops spontaneous sweating 3. Fang Feng/Siler root/ Saposhnikovia divaricate- dispels any exterior pathogenic factor

Astragalus membranaceus/ Huang Qi

-University of Texas Medical Center in Houston showed that Astragalus extracts were completely able to restore the functions of immune cells in cancer patients.

-Available at Strictly medicinal seeds

-polysachharides, saponons, flavonoids

-works on the Lu

Siler root/ Fang Feng/ Saposhnikovia divaricate

-Maximizes synergistically the immune enhancing properties of astragalus

-Carrot/ Umbelliferacea seed available at Strictly Medicinal

-Strengthens exterior

Atractylodes-

-Available at sacred seed.com

-Strenthens Qi by tonifying the Spleen

-Concerns/ Contraindications- This formula is considered very gentle. Some concerns about people with autoimmune diseases taking this arise but in multiple studies, improvement has been shown using this formula as it is an immune modulator/amphoteric as well as and immune booster and it is a balanced formula.

Western-

- Actions- Immunostimulant, antiviral, nephroprotective, adaptogenic
- Diagnosis treated by Jade Windscreen-Respiratory tract infection, allergic rhinitis, abnormal perspiration, nephritis and facial paralysis, commonly catch cold/flu