

Yu Ping Feng San /Jade Windscreen Powder

One of the most famous herbal formula to increase the body's Defensive energy/immunity is called Yu Ping Feng San (Jade Windscreen powder). Yu Ping Feng San was found to modulate the release of cytokines

- **Action**

- i) Tonifies Qi
- ii) Stabilizes the exterior
- iii) Stops sweat

- **Syndrome**

- i) Spontaneous sweating due to Qi Deficiency
- ii) Spontaneous sweating due to Wei Qi Deficiency
- iii) Lung Qi Deficiency

- **Symptom**

- i) Recurring cold/flu
- ii) Spontaneous sweating
- iii) Chronic cough or bronchitis
- iv) High Fever
- v) Tongue with tooth marks at the sides

- **Ingredients**

Astragalus root	(Astragalus membranaceus)	(Huang Qi)
Siler root	(Saposhnikovia divaricata)	(Fang Feng)
Bai-zhu atractylodes rhizome	(Atractylodes macrocephala)	(Bai Zhu)

- 1) Astragalus root: reinforce the Defensive Qi and improve the immune system, not only has antiviral properties but also has antibacterial and anti-inflammatory properties.
- 2) Siler root :Fang Feng(guard against wind): In the past, wind was considered dangerous because people believed it carried germs and spread diseases. It can also be applied to the body's internal system where infection can spread as quickly as the wind. The healing properties of the Ledebouriella divaricata root have been known for centuries.
- 3) Bai-zhu :to boost the digestive system which feeds into the Defensive energy.