



Su Wen  
Herbs

'Ancient  
Formulae for the  
Modern Child'

created by

馬萬里  
Giovanni  
Maciocia

## Sino Relief™

**Classic antecedent:** Qing Yan Tang *Clearing the Throat Decoction*  
and Li Yan Cha *Benefiting the Throat Tea*.

Jin Yin Hua *Flos Lonicerae japonicae*  
Lian Qiao *Fructus Forsythiae*  
Jie Geng *Radix Platycodi*  
Huang Qin *Radix Scutellariae*  
Ma Bo *Fructificatio Lasiosphaerae seu Calvatiae*  
Sheng Ma *Rhizoma Cimicifugae*  
Shan Dou Gen *Radix Sophorae subprostratae*  
Pang Da Hai *Semen Sterculiae scaphigerae*

Chen Pi *Pericarpium Citri reticulatae*  
Fu Ling *Poria*  
Shan Zha *Fructus Crataegi*  
Gu Ya *Fructus Oryzae germinatus*  
Tai Zi Shen *Radix Pseudostellariae*  
Gan Cao *Radix Glycyrrhizae uralensis*  
Da Zao *Fructus Jujubae*

The remedy *Sino Relief™* was formulated specifically to treat residual Dampness in the sinuses, throat, adenoids and tonsils.

The formation of residual pathogenic factor was discussed under the remedy *Resolve Phlegm™*. The remedy *Sino-Relief™* treat residual Damp-Heat in the head (sinuses, throat, adenoids and tonsils), and Damp-Heat in Stomach channel.

Indications related to this remedy may include catarrh, nasal voice, swollen adenoids, swollen and inflamed pharynx, swollen tonsils, restlessness, markedly poor appetite, disturbed sleep, a sticky tongue coating and a Slippery pulse.

This condition is caused by retention of residual Damp-Heat in the head following an upper respiratory infection. This is a very common occurrence in children, often aggravated by the use of antibiotics for an upper respiratory infection. The formation of a residual factor was discussed under the remedy *Resolve Phlegm™*.

The retention of Damp-Heat in the head will make the child somewhat listless and cause a typically nasal voice. Dampness in the head and in the Stomach channel will also severely affect appetite so that the child lacks appetite and picks at the food.

A residual pathogenic factor occurs when a child falls ill with an exterior invasion of Wind, he or she appears to recover (often with the use of antibiotics) but there is a residual pathogenic factor left over inside. This is usually Heat, Phlegm or Dampness or a combination of these.

In this case, the residual pathogenic factor is in the sinuses and tonsils which are under the control of the Stomach channel: the formation of a residual pathogenic factor in these areas is favoured by a preexisting condition of Heat or Dampness in the Stomach. This is very common in Western children as it is usually due to the excessive consumption of sweet and sugary foods.

For a complete list of distributors, please see

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