



Ecole de médecine orientale  
HAI-THUONG

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### **An herbal tea dietary supplement that can improve or even suppress Covid-19 symptoms**

Dear colleagues,

Oriental doctor and refugee from the Asian communist regime, I was welcomed by France 41 years ago. Since then, I have been continuing to practice the traditional medicine of my country in the Rhône-Alpes region (France).

Of course, today, Covid-19 mobilizes all my attention. In this context, I have obtained rapid and positive clinical results, which I would like to share with you.

I know that the theoretical frameworks are fundamentally different and that the principles of action are totally different; in no way would I want to compare the methods of intervention but just, from a clinical perspective, question some results.

Traditional Oriental Medicine is a medicine of energy, based essentially on the understanding of restoring the Yin/Yang balance. It acknowledges that all symptoms manifesting in the human body, whether physical or psychological, have their origin in an energetic imbalance. As soon as the Yin/Yang balance is restored, the body quickly regains its strength, all its faculties automatically return to their natural state and good health is restored.

This Sars-Cov2 coronavirus directly affects the organism at the level of the lungs, causing a major inflammation and an infection. The inflammation of the infected pulmonary alveoli makes breathing difficult; the patient lacks oxygen, which leads to general exhaustion and in severe cases to death.



The inner layer of the alveoli becomes inflamed and consequently the O<sub>2</sub>/CO<sub>2</sub> exchange is blocked. There lies the key to understanding what makes this virus so deadly. Our formula, immediately bringing in Yin factors, freshness and dampness, rapidly and effectively causes the inflammation and swelling of the alveoli to go down and easy breathing is eventually restored.

For our theoretical framework, we see that, in this situation, Yin energy is extremely low and Yang energy excessive. With this in mind, I developed an herbal tea formula with well known ingredients of oriental medicine\*, composed of Yin fortifying herbs in association with some herbs to treat cough. This formula helps to restore a perfect Yin/Yang balance in the organism. (\*These well-known plants of oriental herbal medicine are of course non-toxic and authorized in Europe, the Americas and Asia.)

Let us try to briefly suggest a comprehensive perspective on Yin/Yang by looking around us and considering their manifestations in Nature: The air is dry and the heat unbearable. There hasn't been a cloud in the sky for over a month, not a drop of water. The plants have withered, turned yellow. Animals are suffering and so are we, with throats, noses, bodies dry. We all are exhausted. These phenomena are the expression of an excess in Yang and a deficit in Yin energies.

Suddenly, unexpected rain pours down on the earth: a massive rainfall. Water is back, abundant, refreshing, cooling, and vegetation can come back to life. The earth becomes softer, the air pleasant to breathe. All feel alive again and the birds are back singing.

This rainfall, which has neutralized the scorching heat, reflects the beneficial presence of Yin energy. This return to an agreeable situation for plants and animals alike, for life, is in fact the restoration of the balanced and natural state between Yin and Yang in our bodies, minds and in Nature.

Our medicine stems from the observation of such movements of transformation in Nature, applied to heal illnesses in the human body with efficacy and precision.

When a disease appears in the body as a result of a Yin/Yang imbalance, we bring a sort of artificial rain or sunshine, thus restoring the natural balance of the organism in order to allow it to regain its health. Our task is to observe and imitate the natural balancing movements between Yin and Yang and to adapt them to the human body. The natural characteristics of Yang are fire, heat, mobility, expansion, going upwards. The natural characteristics of Yin are freshness, water, immobility, concentration, going downwards tendency, descent. We thus understand how this "Yang" coronavirus can so quickly cause such an inflammation and how, with the contribution of Yin factors, we can quickly neutralize the excessive heat and swelling that ensues.

Barely 20 minutes after taking the decoction, patients regain a natural calm and can fall asleep peacefully. When waking up, 5 or 6 hours later, they cough much less, their fever has come down and above all, they can breathe much better and they feel much less tired.

By taking this herbal tea once a day, after 4 to 6 days, the person recovers his initial good condition.

This herbal tea produces 2 determining effects for the treatment of Covid-19:

1. The clear respiratory improvement, explained by the neutralization of the inflammation.
2. The lowering of the fever to the normal temperature of 37° makes the viral action less "offensive".

Undeniably, there is a rapid and powerful anti-inflammatory and antiviral effect.

At the clinical level, this herbal tea often yields spectacular results, especially in serious cases where severe respiratory difficulty is accompanied by general exhaustion (the person no longer has the strength even to breathe).

Only 6 or 8 hours after taking the herbal tea:

-The patient has regained his ability to breathe easily, as before.

-The great fatigue is much less.

This dietary supplement helps the patient's body to regain its Yin/Yang energy balance, which is why migraines, loss of balance, aches and pains in the body are clearly and naturally improved over 4 or 5

days of treatment. For my patients who were tested "Covid-19 positive", after this treatment, there is no problem of loss of sense of smell.

This herbal tea has proven effective to treat colds, seasonal flu, angina.

These positive results stem from a very comprehensive logic and the association of the traditional knowledge of Yin and Yang with that of modern medicine.

Currently, the second wave of Covid-19 has hit our hospitals with many deaths. I see this herbal tea dietary supplement as an ideal solution to quickly put a stop to this epidemic.

Dear fellow therapists, I am writing you today with the hope you may find this formula of interest. You can find, along with this document, the formula for this herbal tea and all indications for a positive treatment of your Covid-19 patients. You may use it directly if you wish. You may also contact me if you would like to receive further information.

In this way, my wish that this herbal tea may be accessible to all would be fulfilled.

With my proposal, I would like to take part in the collective effort to solve the problem of this most serious epidemic. It would be truly unfortunate to miss out on possible solutions, which are easily accessible, inexpensive and safe.

I would like to thank you for your taking the time to read these words. I hope they may initiate a fruitful dialogue and collaboration,

Respectfully yours,

DO Trong Lê

Oriental doctor

With his collaborators :

Pr. Bernard Moyen / [moyen.bernard@orange.fr](mailto:moyen.bernard@orange.fr)

Dr. Danuta Hallier / [annahallier@hotmail.com](mailto:annahallier@hotmail.com)

Dr. Le van Hoang / [chanphaplu@yahoo.fr](mailto:chanphaplu@yahoo.fr)

Dr. H el ene Momer / [l.momer@yahoo.fr](mailto:l.momer@yahoo.fr)

Stefan und J urgen Wiel - TCM Akupunktur / [praxis.diewiels@gmail.com](mailto:praxis.diewiels@gmail.com)

**Docteur Jean LACHANAT**

Maladies du Système Nerveux

41 cours Eugénie

69003 LYON

Tél. : 04 78 54 54 05

Courriel : jean.lachanat@free.fr

LYON, le 2 octobre 2020

**M. DO TRONG LE**

19 avenue de l'Europe

69140 RILLIEUX

Monsieur,

En réponse à votre courrier du 18 septembre 2020, dont je vous remercie, voici quelques éléments :

Le dimanche 18/09/2020, j'étais pris d'une toux importante et j'étais très fatigué.

Le lundi 19/09/2020, la situation s'est nettement dégradée au point de vue pulmonaire. J'étais très fatigué et je toussais beaucoup jour et nuit.

J'avoue que je n'ai pas pris ma température.

Le mardi 20/09/2020 matin, mon épouse est allée chercher chez vous la fameuse tisane dont vous nous aviez parlé et je l'ai prise aussitôt.

L'effet de cette tisane a beaucoup étonné le médecin que je suis, peu enclin à croire aux miracles.

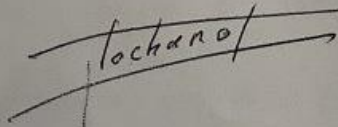
En deux jours mon état s'est très nettement amélioré, toux et fatigue diminuant de façon assez spectaculaire chaque jour.

J'ai pris cette tisane pendant 6 jours, sans autre médicament. Au bout d'une semaine, je peux dire que je n'avais pratiquement plus aucun symptôme.

Je ne pourrais que la conseiller en cas de grippe ou autre infection virale

Bien cordialement,

Dr Jean LACHANAT

A handwritten signature in black ink, appearing to read 'lachanat', is written over two horizontal lines that serve as a signature line.

## ENGLISH

Doctor Jean Lachanat  
Diseases of the nervous system  
41, Cours Eugénie - 69003 Lyon  
Phone: 04 60 18 54 54 05  
email: jean.lachanant@free.fr

Lyon, October 2, 2020

Dear Sir,

In response to your letter of September 18, 2020, for which I thank you, I would like to share a few elements:

On Sunday 18/09/2020, I had a severe cough and felt very tired.

On Monday 19/09/2020, the situation had clearly deteriorated from a pulmonary point of view. I was very tired and I was coughing a lot day and night.

I must confess I did not take my temperature.

On Tuesday 20/09/2020 morning, my wife went to fetch the famous herbal tea you had told us about and I took it immediately.

The effect of this herbal tea greatly impressed the doctor I am, who is not inclined to believe in miracles.

Within 2 days, my condition had very significantly improved, with coughing and fatigue decreasing quite dramatically every day.

I took this herbal tea for 6 days without any other medication. After a week, I can say that I had almost no symptoms left at all.

I can only advise it in cases of flu or other viral infections.

Best regards,

Dr. Jean Lachanat

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Philippe MICHEL  
11 rue de Marais  
01120 LA BOISSE  
Profession : enseignant

Le 18 décembre 2020

Les symptômes du Covid ont débutés pour moi vendredi 23 octobre par un état de lassitude et de fatigue qui s'accompagnait de quinte de toux.

J'ai commencé à prendre la tisane du docteur Do samedi 24 et ce pendant les 6 jours qui suivirent.

Les symptômes se sont intensifiés dimanche 25 et lundi 26 avec des courbatures assez violentes qui se sont ajoutées à la toux et à la fatigue. J'avoue ne pas avoir eu la présence d'esprit de prendre ma température. Mais le mardi 27, après une bonne nuit de sommeil, les symptômes avaient grandement reflué de sorte que j'ai pu aller me faire tester et faire des courses au supermarché avec mes enfants. Le test PCR s'est révélé positif.

A partir de ce jour, mon état de santé n'a alors cessé de s'améliorer et samedi 31, la toux avait quasiment disparu. Dimanche 1/11, je me sentais d'attaque pour reprendre le travail le lendemain.

Cette tisane m'a beaucoup aidé à lutter contre le virus au moment où la maladie était à son paroxysme en soutenant et stimulant mon organisme mais aussi ensuite pour récupérer rapidement.

J'espère que ce message encouragera les malades du Covid, en les rassurant, à prendre cette tisane pour se soigner.

Philippe MICHEL

**ENGLISH**

Philippe Michel  
11 rue de Marais  
01120 La Boisse  
Profession : teacher

December 18. 2020

The symptoms of Covid started for me on Friday, October 23rd with a state of weariness and fatigue accompanied by coughing fits.

I started to take Doctor Do's herbal tea on Saturday 24.10 and this for the following 6 days.

The symptoms intensified on Sunday 25th and Monday 26th with rather violent aches and pains that added to the cough and fatigue. I confess that I did not have the presence of mind to take my temperature. But on Tuesday 27th, after a good night's sleep, the symptoms had largely subsided, so I was able to go to the supermarket with my children, to get tested and do some shopping. The PCR test was positive.

From that day on, my condition continued to improve and, by Saturday 31st, the cough had almost disappeared. On Sunday Nov. 1st, I felt ready to go back to work the next day.

This herbal tea helped me a lot to fight against the virus at the time when the disease was at its peak by supporting and stimulating my body, but also to recover quickly afterwards.

I hope this message will encourage Covid patients, by reassuring them, to take this herbal tea to cure themselves.

Philippe Michel

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**ENGLISH**

Danielle Bougault-Desrarzens  
Age 62  
275, Impasse Saint-Pierre  
01700 Beynost  
07.68.67.32.92

Dec. 02.2020

A Monsieur le Docteur DO  
19 avenue de l'Europe  
69140 Rillieux

I, the undersigned, Mrs. Danielle Bougault-Desrarzens, certify that I have benefited and taken the tea proposed by Doctor DO in the context of the symptomatology of covid-19.

Tested positive on 23.10.2020, it is from 25.10 that I took the first herbal tea, and this for 6 days as indicated according to the indications of use.

The symptoms were: fever for 2 days with aches and cough. Very quickly, a great fatigue and diarrhea. After the second intake, I felt an improvement. The fever fell, the aches and pains stopped.

The cough was a little longer to leave and the return to an intestinal transit took several days, but in the end I benefited rather quickly from an improvement of my general state.

Please accept, Mr. Doctor DO, the assurance of my consideration.

Danielle Bougault-Desrarzens

Madame Danielle BOUGAULT-DESARZENS

62 ans

le 2.12.2020

275 Impasse Saint pierre

01700 BEYNOST

07.68.67.32.92

A Monsieur le Docteur DO

19 avenue de l'Europe

69140 RILLIEUX

Je soussignée, Madame Danielle BOUGAULT-DESARZENS,

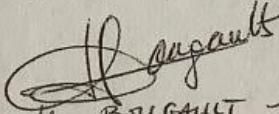
atteste avoir bénéficié et pris la tisane proposée par Monsieur le Docteur DO dans le cadre de la symptomatologie de la COVID 2019 .

Testée positive le 23.10.2020 après prélèvement du 22.10.2020, c'est à partir du 25.10.2020 que j'ai pris la première tisane et ce pour 6 jours comme indiqué selon ses indications d'utilisation.

Mes symptômes étaient : fièvre durant 2 jours avec courbatures, et toux. Très vite beaucoup de fatigue et diarrhée. Au bout de la deuxième prise, j'ai senti une amélioration. La fièvre est tombée, les courbatures ont cessées. La toux a été un peu plus longue à partir et le retour à un transit intestinal a duré plusieurs jours. Mais au final j'ai bénéficié d'une amélioration de mon état général assez rapidement.

Je vous prie de recevoir, Monsieur le Docteur DO, l'assurance de ma considération.

le 2.12.2020 .

  
Danielle BOUGAULT-DESARZENS



Colette Bourgain  
La Grole - 74150 Massingy  
[bourgain.laurent10@gmail.com](mailto:bourgain.laurent10@gmail.com)

Le 08 Octobre 2020

Par ce présent courrier, je tiens à apporter mon témoignage sur l'efficacité de la tisane de Monsieur Do Trong Le. Le samedi 14 mars 2020, j'avais mal à la gorge depuis la veille mais, dans l'après-midi, j'ai ressenti un gros coup de fatigue, accompagné d'un mal de tête et d'une sensation de mal-être indéfinissable. Le soir, j'ai aussi eu le cœur qui s'emballait alors que j'étais allongée. J'ai pris du "doliprane" et je suis allée me coucher. Le lendemain matin, j'avais toujours mal à la gorge, à la tête, et des vertiges. Par moments, j'avais l'impression que j'allais tomber dans les pommes ; je devais m'allonger et j'avais en plus de la température à 38,5°.

Je suis allée voir un médecin de "SOS Médecins" à Annecy qui m'a dit que j'avais tous les symptômes du Covid, sans pouvoir affirmer quoi que ce soit puisque il n'y avait pas de tests à ce moment-là. Je suis rentrée chez moi avec des "doliprane". Le lundi, mon état de santé n'était toujours pas vaillant. Mon mari s'est rendu chez Monsieur Do Trong Le, qui lui a remis une tisane pour moi.

J'ai pris cette tisane le lundi soir où j'étais allongée dans mon lit avec fièvre, maux de tête, des sensations de vertige et, toujours, des palpitations cardiaques élevées. Quand je me suis réveillée le lendemain matin, de suite je me suis sentie beaucoup mieux. Je n'avais plus de fièvre, plus mal à la tête, plus de palpitations (qui ne sont jamais revenues depuis) mais surtout j'avais l'impression d'être sortie un épais brouillard. J'ai pris cette préparation pendant 3 jours et tout est rentré dans l'ordre.

Je ne le remercierai jamais assez car je suis une personne à risque. J'ai 61 ans je souffre d'hypercholestérolémie familiale, j'ai du diabète et un peu de surpoids (toutes tes conditions requises pour attirer Monsieur le virus Covid). J'espère que mon témoignage servira à pouvoir rendre cette tisane accessible à tous.

Colette Bourgain

## ENGLISH

Colette Bourgain  
La Grole - 74150 Massingy  
[bourgain.laurent10@gmail.com](mailto:bourgain.laurent10@gmail.com)

October 08, 2020

With this letter, I would like to give my testimony on the effectiveness of Mr. Do Trong Le's herbal tea. On Saturday, March 14, 2020, I had a sore throat since the day before, and in the afternoon, I suddenly felt really tired, along with a headache and an indefinable feeling that things were just not right. In the evening, as I was lying down, I also felt my heart racing. I took some "doliprane" (paracetamol) and went to bed. The next morning, I still had a sore throat, a headache, and felt dizzy. At times, I thought I was going to faint; I had to lie down and, also, I had a temperature of 38.5°.

I went to see a doctor from "SOS Médecins" (emergency medical service) in Annecy, who told me I had all the symptoms of Covid, without being able to affirm anything since there were no tests at the time. I went home with "doliprane". By Monday, my health was still not well. My husband went to Mr. Do Trong Le's house and got some herbal tea for me.

I took this herbal tea on Monday evening, when I was lying in bed with fever, headaches, dizziness, and, still, high heart palpitations. When I woke up the next morning, I felt much better right away. I no longer had any fever, nor did I have the former headache or palpitations (they have incidently never come back since). Most striking was the feeling of having just come out of a heavy fog.

I took this preparation for 3 days and everything returned to normal. I will never be able to thank him enough as I am a person at risk. I am 61 years old, I am affected by familial hypercholesterolemia, by diabetes and am a little overweight (all the conditions you need to attract this "Mr. Covid" Virus). I hope that my testimony will be used to make this herbal tea accessible to everyone. Colette

Bourgain

Nadège HADID / [hadid42@gmail.com](mailto:hadid42@gmail.com)>

**Objet: témoignage pour traitement en phytothérapie orientale (tisane)**

22 décembre 2020

Bonsoir docteur DO TRONG LE ,

Je m'appelle madame HADID NADEGE EPOUSE GIRAUD et patiente de MADAME CHOVET kiné. Je travaille en milieu hospitalier et j'ai contracté le covid avec les symptômes suivants :

Grande fatigue, pas d'odorat, pas de goût, grosse fièvre et forte toux avec gêne respiratoire. J'ai pris la tisane en suivant le protocole, 24h après, ma toux a fortement diminuée et 3 jours après la gêne respiratoire a disparue. Au bout de 10 jours moins de fatigue, le goût et l'odorat sont revenus progressivement. J'ai repris mon travail au bout de 3 semaines.

Je vous informe que mes parents ont pris également ce traitement en prévention. Je le recommande à mes amis aussi.

En vous remerciant chaleureusement.

Madame HADID

## ENGLISH

Nadège HADID / [hadid42@gmail.com](mailto:hadid42@gmail.com)>

Subject: Testimony for treatment in oriental herbal medicine (herbal tea)

December 22, 2020

Good evening doctor DO TRONG LE ,

My name is Mrs. NADEGE HADID GIRAUD, a patient of MADAME CHOVET, physiotherapist. I work in a hospital and I contracted Covid with the following symptoms: great fatigue, no sense of smell, no sense of taste, high fever and severe cough with respiratory discomfort. I took the herbal tea following the indicated protocol. 24 hours later, my cough significantly decreased and after 3 days the respiratory discomfort disappeared. After 10 days, I felt much less fatigue, the sense of smell and taste came back gradually. I went back to work after 3 weeks.

I would like to say that my parents also took this treatment as a preventive measure.

I recommend it to my friends as well.

I would like to express my warm appreciation.

Mrs. HADID

**Virginie Jouvray**, née le 01/01/1970 à Lyon / Formatrice / [virginie@jouvray.com](mailto:virginie@jouvray.com)

Premiers symptômes Covid le 23 mars 2021 : Fièvre (< 38,5°), peau douloureuse, fatigue intense, courbatures

1er test PCR passé le 23 mars 2021 : négatif

Tisane samedi 27 mars

Symptômes très atténués :

Fièvre légère, absence de courbatures, fatigue moins intense, peau sensible.

Tisane dimanche 28 mars :

Absence de fièvre, fatigue légère, peau encore un peu sensible.

Tisane lundi 29 mars :

Absence de symptôme.

Second test PCR pour certificat le 30 mars 2021 : positif.

Durée du traitement 6 jours jusqu'à rétablissement

Avec tous mes remerciements,

Virginie Jouvray

## **ENGLISH**

Virginie Jouvray, born 01/01/1970 in Lyon / Course instructor / [virginie@jouvray.com](mailto:virginie@jouvray.com)

First symptoms Covid on March 23. 2021 : Fever (< 38,5°), pain sensations on my skin, intense fatigue, muscle aches

First PCR test on March 23. Negative

I took the herbal tea on Saturday March 27: followed a great reduction of the symptoms (light fever, no more muscle aches, skin was still sensitive)

Herbal tea on Sunday March 28: No more fever, I was slightly tired, with my skin still somewhat sensitive) Herbal tea on Monday March 29: No more symptoms.

Second PCR test to have a certificate on March le 30: positive

The treatment lasted 6 days until recovery

Many thanks,

Virginie Jouvray

A l'attention de Dr DO Trong Le :

Monsieur,

Je vous écris pour vous faire un retour par rapport à la tisane que vous avez confié à ma mère, Nicole CHRISTIANNE, qui me l'a ensuite remise pour traiter les symptômes du COVID. J'ai constaté les premiers symptômes le 4 avril avec frissons, courbatures, maux de tête et fatigue intense. Je suis testée positive le 6 avril avec perte progressive du goût et de l'odorat et maux de tête en permanence. J'ai commencé à prendre votre tisane le 8 avril et celle-ci s'est montrée remarquablement efficace. Dès le lendemain, je constate des maux de tête moins importants, et je perçois de nouveau quelques odeurs. Tout au long des six jours, mon état s'améliore, la fatigue diminue nettement, et le goût et l'odorat finissent par revenir complètement, ce qui est un grand soulagement. En tant qu'infirmière, je rêverais d'un établissement où nous pourrions soigner les patients avec cette tisane. Je conseillerais celle-ci sans hésitation.

En vous remerciant,

Maud CHRISTIANNE ([maud.christianne@gmail.com](mailto:maud.christianne@gmail.com))

## **ENGLISH**

To Dr DO Trong Le:

Dear Sir,

I am writing to give you feedback on the herbal tea you gave to my mother, Nicole CHRISTIANNE, who then gave it to me to treat the symptoms of COVID. I noticed the first symptoms on April 4 with chills, aches, headaches and intense fatigue. I was tested Covid-positive on April 6 with progressive loss of taste and smell and constant headaches. I started to take your herbal tea on April 8 and it proved to be remarkably effective. The very next day, I noticed less headaches and I could perceive some smells again. Throughout the six days, my condition improved, my fatigue decreased significantly, and my sense of taste and smell returned completely, which was a great relief. As a nurse, I would dream of an institution where we could treat patients with this herbal tea. I would recommend it without hesitation.

Thanking you,

Maud CHRISTIANNE ([maud.christianne@gmail.com](mailto:maud.christianne@gmail.com))

## Formula PAT-6 by Dr DO Trong Lê

*Radix Rehmanniae Praeparatae* - 熟地黄 - **Shu Di Huang / 80 gr.**  
*Rhizoma Dioscoreae* - 淮山 - **Shan Yao / 24 gr.**  
*Radix Ophiopogonis* - 麥門冬 - **Mai Men Dong / 24 gr.**  
*Poria Cocos* - 茯苓 - **Fu Ling / 12 gr.**  
*Radix Angelicae Sinensis* - 當歸 - **Dang Gui / 12 gr.**  
*Radix Achyranthis bidentatae* - 淮牛膝 - **Huai Niui Xi / 12 gr.**  
*Ramulus Cinnamomi* - 桂枝 - **Gui Zhi / 12 gr.**  
*Radix Codonopsis* - 党参 - **Dang Shen / 12 gr.**  
*Colla Corii Asini* - 阿膠 - **E Jiao / 12 gr.**  
*Rhizoma Atractylodis macrocephalae* - 白朮 - **Bai Zhu / 12 gr.**  
*Fructus Lycii chinense* - 枸杞子 - **Gou Qi Zi / 12gr**  
*Pericarpium Citri reticulatae* - 陈皮 - **Chen Pi / 8 gr.**  
*Rhizoma Zingiberis* - 乾薑 - **Gan Jiang / 8 gr.**  
*Radix Bupleuri* - 柴胡 - **Chai Hu / 8 gr.**  
*Rhizoma Acori graminei* - 石菖蒲 - **Shi Chang Pu / 5 gr.**  
*Semen Sinapis albae* - 白芥子 - **Bai Jie Zi / 5 gr.**  
*Fructus Schisandrae* - 五味子 - **Wu Wei Zi / 6 gr.**  
*Radix Glycyrrhizae Praeparatae* - 炙甘草 - **Zhi Gan Cao / 6 gr.**  
*Radix Asteris Tatarici* - 紫菀 - **Zi Wan / 4 gr.**  
*Radix Platycodi* - 桔梗 - **Jie Geng / 4gr.**  
*Cortex Radicis Mori Albae* - 桑白皮 - **Sang Bai Pi / 4 gr.**  
*Schizonepeta Tenuifolia* - 荆芥 - **Jing Jiè / 4 gr.**

**All these ingredients are ground and reduced into a fine powder.**

A normal treatment lasts 6 days, taking 10 gr/day as a hot herbal tea.

Preparation of the herbal tea decoction: 10 gr powder (equivalent to 2 full teaspoons) + 5 gr fresh ginger cut into thin slices + 22 cl. water + 2 teaspoons honey\* + 1 teaspoon lemon juice.

Boil all ingredients for 5 minutes. Filter with a strainer and drink while hot.

\*If honey is not available, one may use sugar instead

This herbal tea formula can be beneficial for seasonal flu, colds and angina. It can be taken by children (dividing the quantity according to weight / comparing to an adult of 70 kg) .

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[www.ecole-medecine-orientale.com](http://www.ecole-medecine-orientale.com)

[ecole.medecine.orientale@gmail.com](mailto:ecole.medecine.orientale@gmail.com)

For information, available in traditional powder at: <https://www.planetaverd.net/>

In Western countries, concentrated powder has become fashionable and much more commonly found. Nevertheless, I trust decoctions of traditional ground herbs to be more effective and also less expensive.