

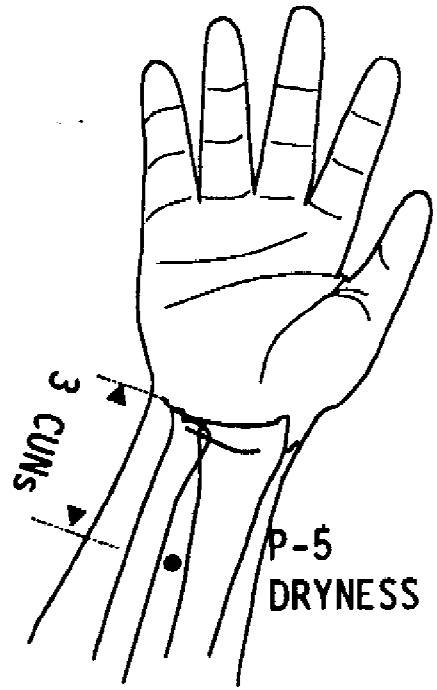
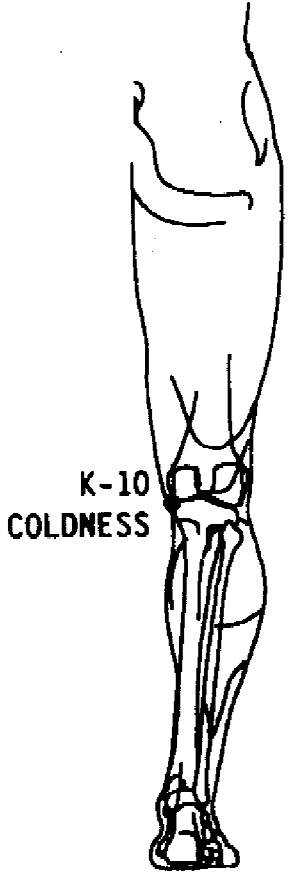
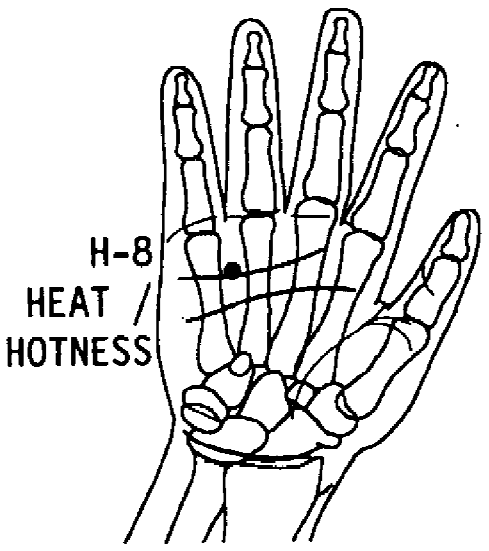
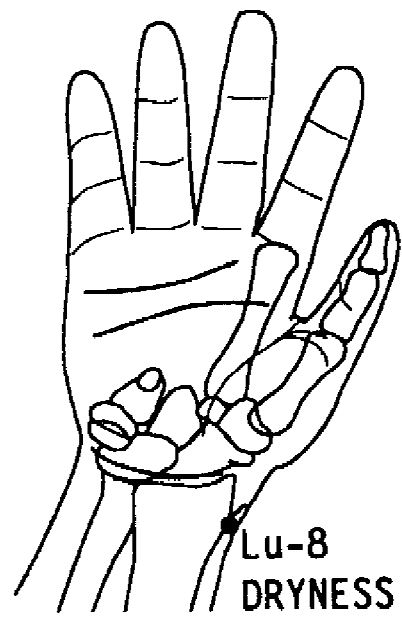
Common Cold

This is a widespread and mild infection of the upper respiratory tract caused by a virus. There is inflammation of the mucous membranes, and symptoms include feverishness, coughing, sneezing, running nose, sore throat, headache and sometimes pain in the sinus regions. This is an infectious disease and is spread by coughing and sneezing.

Improve your immune system by doing the immune system workout.

Acute condition - Reduce Yang Dryness ↓ Li-1 ↑ Si-5 ↓ B-66 ↓ TW-1

Chronic condition - Reduce Yin Dryness ↓ Lu-8 ↑ H-8 ↓ K-10 ↓ P-5



Sinusitis

Sinus in general refers to a cavity or channel and specifically refers to an air cavity in bone, as in the bones of the face and skull. Sinusitis is the inflammation of a sinus, usually on the parts of the face that link with the nose and may therefore be caused by the spread of infection from the nose. Headaches and tenderness over the affected sinus are typical symptoms, with a pus-containing discharge from the nose. Persistent infection may necessitate surgery to drain the sinus.

Improve the immune system though immune system workout.

Reduce Lung Humidity. ↓ Lu-9 ↑ Lu-11 ↓ Lu-8 ↓ P-7

