

## **Product List**

**Natural Insomnia Relief Pills :** A herbal formula in pill form that acts as a nerve tonic to decrease the fight-or-flight response and decrease restlessness due to over-thinking and occasional sleepless nights.

**Ping On :** A topical ointment in the form of a balm that contains Eucalyptus, Camphor and menthol. It is used to increase local area circulation to decrease pain and discomfort.

**Nim Jiom Syrup :** Ancient Chinese remedy used for lubricating the facial mucous membranes. It has been used by singers to assist with hoarse throat, but is most often used to treat sore/dry throat.

**Zheng Gu Shui :** A herbal ointment in liquid form used to benefit the blood and repair cell walls that have been damaged from injury or surgery. Most often recommended to mend broken bones in China. Can be used topical multiple times a day to increase healing speed.

**Yin Qiao San :** A common Chinese herbal formula in pill form used to treat the onset of a cold or virus attacking the immune system. Most commonly used in the stage where a headache, sore neck, hoarse/dry throat or fatigue has started at the beginning of illness.

**Po Chai Pills :** A herbal formula in pill form founded in Hong Kong that is better known as a “hangover remedy”, but is used widely as a digestive aid, or for settling the stomach from exacerbating food or drink.

**Moxa Heat Packs :** A one time use hot pack that stays warm for 16 – 24 hours once initially shaken. Recommended for long flights or drives to assist with stiff and sore muscles. Used widely for menstrual cramping.