

Conco—Food for the Respiratory System



- **Conco** comes from “con” meaning “against” and “co” short for “colds”.
- This phenomenal food primarily nourishes the functions associated with respiration (breathing) and the lymphatic system.
- **Conco** is the Respiratory System food in Quinary.
- **Conco’s** job is to smooth the energy “in and out” for balance throughout the body.

In ancient China, a similar formula was used to

- Resist viruses—phenomenal protection against influenza and colds
- Build protection against allergies (pollen, dust, etc.)
- Relieve congestion in air passages of the chest and head (sinus, bronchial, etc.)
- Relieve fevers and headaches (including migraines)
- Relieve muscle and joint pain accompanying influenza
- Soothe the stomach and reduce nausea and vomiting
- Rebuild and improve the immune system functions

Major organs fed: Lungs, large intestine, skin, and thyroid

Positive emotional response: creating order, determination, precision, organization

Negative emotional response: can’t let go; fortifies the body as emotional food for grief and melancholy

Suggested: At the first sign of a cold or flu, many choose to eat **Conco** freely at timely intervals, 3-4 times throughout the day, along with **Alpha 20C**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**. This promotes a strong immune response to environmental and viral attacks.

Ingredients: Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bellflower Root, American Lovage Root, Angelica Root, Licorice & Reed Root, Bamboo Leaf, Burdock Seed

“Should be part of your winter prevention chest!”