



# TIPS TO MAKING SUMMER MORE TOLERABLE IN ARIZONA



Herbal formulas can help combat different symptoms that are caused by heat.

Cool down your body's internal and external heat with herbal formulas containing cooling herbs. "Temper Fire" is beneficial if you experience chronic internal heat due to overwork, stress, or prolonged exposure to heat over the years. This herbal formula nourishes the kidneys and helps redistribute dampness. "Relaxed Wanderer" clears heat, alleviates stress-related body stagnation and stiff muscles, and promotes a cooling effect. By evaluating your pulse, tongue, and symptoms, I can determine the most suitable formula for you.



## "Sometimes nerve pain can be a cold/flu virus"

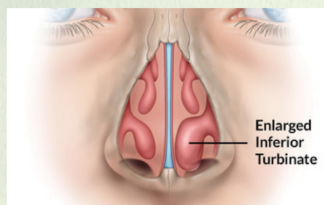
In recent weeks, some patients have been dealing with nerve pain that has significantly affected them. This pain varies from chronic, dull and achy discomfort to sudden and excruciating pain. The swelling and fluid that occurs during a cold can put pressure on nerve endings.

After ruling out any structural issues using medical imaging and consultations, we treated the pain with antiviral herbs, steam cupping, steam gua sha, and acupuncture, similar to how we would treat a cold or flu. This approach helped the patients recover more quickly. One of the herbs I rely on for this is Viracid, which comes in an easy-to-take capsule and contains both Western vitamins and herbs as well as Eastern Asian herbs.



Support your nose and lungs with humidifiers and oil.

Humidifiers are excellent for the home, just as the turbinates in your nose act as natural humidifiers for the air you breathe. To keep your nasal passages moisturized and prevent swelling, use natural oils like tallow, prickly pear seed oil, coconut oil, olive oil, and jojoba oil. This will also help prevent the drying of capillaries.



Reference: Picture of Turbinator <https://www.stlsinuscenter.com/common-sinus-problems/inferior-turbinate-hypertrophy/turbinate-reduction-surgery/>

