Reporting Results of Treatment 1

On July 17, 2018 the very first San Fu Jiu was conducted at the Colorado School of Traditional Chinese Medicine in the student clinic. This was the first of four treatments that will be offered on July 17, July 27, August 6 and Aug 16. There were 23 participants that received Chinese herb medicine paste treatments applied to 5 points on the upper neck and back including DU 14, BL 12 and BL13.

These San Fu Days treatments follow an ancient protocol using lung and yang points on the back, to bring in yang energy during the Dog Days of Summer, the time when yang is at its maximum and therefore can be used to treat and store energy for the deepest yin of winter when most upper respiratory ailments occur. Following the research and treatments of university hospitals in Taiwan, our participants were treated just as thousands were treated there this week.

30% of the participants.....

......stated that they arrived with nasal congestion, shortness of breath, chest congestion, and after the one hour treatment could breathe better, no longer had congestion and felt better.

When the participants arrived at the clinic a questionnaire was given to each, and then they were taken to the treatment room in the clinic. Four practitioners worked every 15 minutes to apply the herb medicine, tape and send the participant to a waiting area for one hour before removing the applications. The majority of the participants experienced burning and heat sensations which quickly resided once removed. We will be following up through the winter with each participant to see if the lung conditions will have improved.

During the Winter of 2018, the participants experienced coughs, colds, asthma, shortness of breath and rashes. The majority of the 23 participants in this study was sick between 1 week to one month, with multiple episodes.

Breaking down the lung symptoms, the majority of ailments included cough, either dry, with phlegm, with blood or deep cough. Experiencing eczema, asthma and rhinitis were also simultaneous or isolated conditions.

Taking both tongue and pulse of each of the participants before the herb treatment was applied, showed that the majority of the people experiencing lung conditions had deficiency.