

# AIR

Allergy Immune Respiratory  
Formerly (Zhi Sou Bu Zheng Qi Tang)

## *Stop Cough & Immuno-Support Decoction*

### **Ingredients:**

Glycerin (Plant Source), 生薑Sheng Jiang (Fresh Ginger), 桔梗Jie Geng (Platycodon), 車前子Che Qian Zi (Plantago Seed), 厚朴Hou Po (Magnolia Bark), 補骨脂Bu Gu Zhi (Psoralea Fruit), 沙參Bei Sha Shen (Glehnia Root), 蒼耳子Cang Er Zi (Xanthium Fruit), 白芷Bai Zhi (Dahurien Angelica), 辛夷花Xin Yi Hua (Magnolia Flower), Distilled Water

**Category:** *Formulas That Regulates Qi and Stops Cough*

### **Actions:**

#### TCM

Allow Lungs to grasp Qi  
Nourishes production of Yin & Yang  
Resolve Phlegm  
Transform Phlegm  
Eliminate Phlegm  
Open the Nose  
Rectifies the Qi

#### Western

Anti-histamine  
Anti-spasmodic  
Anti-emetic  
Anti-inflammatory  
Functions like Anti-biotic  
Functions like Anti-viral  
Stomachic  
Expectorant

### **Indications:**

- All types of Asthma
- All types Cough
- Rhinitis
- Sinusitis (including sinus infection)
- Seasonal Allergies (itchy, watery eyes, itchy nose, etc.)
- Certain types of Urticaria (Differential Diagnosis Required)

### **Commentary:**

This formula is designed to eliminate any upper-respiratory and/or sinus conditions. The formula was originally designed several years ago at the request of a local Holistic Pediatrician who was looking for something to stop coughs and clear infections that also tasted good.