

TREATING EPIDEMIC VIRAL PRESENTATIONS: Acute and Long-Haul COVID, Flu and Measles

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1. Acute COVID and Influenza (Flu)	p. 1
2. Long Haul Covid	19
3. Measles	31
Further Resources	37
Code Letters for the Herbal Companies	40
Code Letters for The Herbal Categories	41

1. ACUTE COVID AND/OR INFLUENZA (FLU)

Recommendations from mainland China published by John Chen, Ph.D.

www.elotus.org/content/tcm-resources-covid-19

1. Wind Heat-Attacking Exterior

Strategy: expel wind, clear heat; detoxify and soothe throat

Symptoms: fever, sore throat, cough

Tongue: slight/thick fur, red tip

Wuhan No. 2 Formula

DD*	<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	15g
DD	<i>Lian Qiao</i> 连翘 (Fructus Forsythiae)	10
BB	<i>Bo He</i> 薄荷 (Herba Menthae)	5
BB	<i>Niu Bang Zi</i> 牛蒡子 (Fructus Arctii)	10
CA	<i>Ban Xia</i> 法半夏 (Rhizoma Pinelliae)	10
BB	<i>Chai Hu</i> 柴胡 (Radix Bupleuri)	10
DB	<i>Huang Qin</i> 黄芩 (Radix Scutellariae)	10
DD	<i>Ban Lan Gen</i> 板蓝根 (Radix Isatidis)	15
CA	<i>Jie Geng</i> 桔梗 (Radix Platycodonis)	10
AA	<i>Gan Cao</i> 甘草 (Radix et Rhizoma Glycyrrhizae)	6
DC	<i>Xuan Shen</i> 玄参 (Radix Scrophulariae)	15
DD	<i>She Gan</i> 射干 (Rhizoma Belamcandae)	10
BB	<i>Fang Feng</i> 防风 (Radix Saposhnikoviae)	10
CC	<i>Ku Xing Ren</i> 苦杏仁 (Semen Armeniacae Amarum)	10
BA	<i>Qiang Huo</i> 羌活 (Rhizoma et Radix Notopterygii)	10
FB	<i>Cang Zhu</i> 苍术 (Rhizoma Atractylodis)	10
FB	<i>Bai Dou Kou</i> 薏仁 (Fructus Amomi Rotundus)	6

Decoct into 400ml, one packet per day. Take twice per day warm.

3 days equals a course, modify after each course.

* For Code Letters of Herbal Categories, see p. 36

2. Toxic Heat Attacking the Lung

Strategy: Expel Wind, Release the Exterior; Clear Heat, Detoxify fever,

Symptoms: aversion to cold, sore and dry throat, dry cough, scanty sputum, sore and painful muscles in the limbs, body weakness, headache

Tongue: Tip and sides are red; thin white or yellow tongue coating.

Pulse: Floating and rapid.

PX: Flu Formula #2

(Modified Yin Qiao San and Qing Wen Bai Du San)

DD	<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	10g
DD	<i>Lian Qiao</i> 连翘 (Fructus Forsythiae)	10
BA	<i>Jing Jie</i> 荆芥 (Herba Schizonepetae)	10
CC	<i>Niu Bang Zi</i> 牛蒡子 (Fructus Arctii)	10
BB	<i>Bo He</i> 薄荷 (Herba Menthae)	10
AA	<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10
DA	<i>Dan Zhu Ye</i> 淡竹叶 (Herba Lophatheri)	10
DA	<i>Lu Gen</i> 芦根 (Rhizoma Phragmitis)	15
DB	<i>Huang Lian</i> 黄连 (Rhizoma Coptidis)	6

3. Damp Warmth in Early Phase

Strategy: dissolve, drain expel damp, disperse, cool and clear heat

Symptoms: low grade fever, muscle aches and pain, poor appetite,

Tongue: thick tongue coating

3. Damp Warmth in Early Phase

PX: Wuhan No.3

DD	<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	25 g
DD	<i>Lian Qiao</i> 连翘 (Fructus Forsythiae)	15
BB	<i>Sheng Ma</i> 升麻 (Rhizoma Cimicifugae)	25
AB	<i>Dang Gui</i> 当归 (Radix Angelicae Sinensis)	15
CA	<i>Ban Xia</i> 法半夏 (Rhizoma Pinelliae)	10
G	<i>Ju Hong</i> 橘红 (Exocarpium Citri Rubrum)	10
FC	<i>Fu Ling</i> 茯苓 (Poria)	15
FB	<i>Cang Zhu</i> 苍术 (Rhizoma Atractylodis)	15
G	<i>Da Fu Pi</i> 大腹皮 (Pericarpium Arecae)	15
BB	<i>Chai Hu</i> 柴胡 (Radix Bupleuri)	10
DB	<i>Huang Qin</i> 黄芩 (Radix Scutellariae)	15
CC	<i>Ku Xing Ren</i> 杏仁 (Semen Armeniacae Amarum)	10
FB	<i>Huo Xiang</i> 藿香 (Herba Pogostemonis)	10
FB	<i>Hou Po</i> 厚朴 (Cortex Magnoliae Officinalis)	6
DD	<i>She Gan</i> 射干 (Rhizoma Belamcandae)	10
G	<i>Zhi Qiao</i> 枳壳 (Fructus Aurantii)	10
CB	<i>Zhu Ru</i> 竹茹 (Caulis Bambusae in Taenia)	10
	<i>Hong Jing Tian</i> 红景天 (Radix-Rhizoma Rhodiola)	10

Decoct into 400ml, a packet per day. To be taken 4x per day warm over 3-7 days.

Other Prescriptions from China for Acute COVID or Influenza (Flu)

See:

www.elotus.org/promo-files/COVID-19_resources/COVID-19%20Formula%20Charts%202021.09.08.pdf

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020

Prevention

Influenza phase

Pneumonia Phase

Wuhan Union Hospital 2/17/2020

Prevention

Influenza phase

Pneumonia Phase

Treating Acute COVID with Chinese herbal products

CO-GENERAL (Dr.J)

CLEAR TOXIN (Dr.J)

SVP LUNG (Dr.J)

CHUAN XIN LIAN

GAN MAO LING

XIAO CHAI HU TANG

OTHER

SUGGESTED USE:
Shake well before using.

Dosage age 6 and above: 1 teaspoon (5-6 squirts), 2-3 times per day.
Add 1-2 inches of boiling water.
Take away from food by at least 15 min.

Safe during pregnancy.

Manufactured for:
Dr. Jake's Herbal Formulas
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**DR. JAKE FRATKIN'S
HERBAL FORMULAS**

**CO-GENERAL
FORMULA**



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts
Serving Size 1 tsp (5 ml, 108 drops)
Servings Per Container 24

Amount per serving, mg/5 ml	
4108 mg	
416 mg*	hái zhū (莪朮), Rhizoma-Anclystode Macro
416 mg*	chái hú (柴胡), Radix Bupleuri
416 mg*	hé běn xià (合平夏), Rhizoma Pinelliae Praep.
416 mg*	lí lóng (茯苓), Poria
416 mg*	qīng hǎo (青蒿), Herba Artemisiae Annuae
375 mg*	hú pú (厚朴), Cortex Magnoliae
375 mg*	huáng qín (黄芩), Radix Scutellariae
333 mg*	hái sù kǎo (益草薹), Fructus Anemoli Korean
333 mg*	chén pí (陈皮), Pericarpium Citri Reticulatae
333 mg*	guì zhī (桂枝), Ramulus Cinnamomi
333 mg*	zhī gān (制干), Rhizoma Belamcandae

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (186 g/120 ml)

TCM Applications: Harmonizes *shaoyang* level, clears heat-toxin, dispels damp, descends stomach *qi*.

Comments: This formula is based on Chinese recommendations for treating acute COVID or influenza. It can be taken alone for early and middle stage illness with symptoms of gastrointestinal distress. With fever, chills and malaise, combine with CLEAR TOXIN FORMULA. For harsh cough, combine with SVP LUNG FORMULA. For asymptomatic exposure, and prevention, combine with IMMUNE PLUS.

CO-GENERAL (continued)
(Dr. Jake Formulas)

Ingredients:

AA	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	10 %/g.
BB	<i>chái hú</i> (柴胡), Radix Bupleuri	10
CA	<i>fǎ bàn xià</i> (法半夏), Rhizoma Pinelliae Praep.	10
FC	<i>fú líng</i> (茯苓), Poria	10
DE	<i>qīng hāo</i> (青蒿), Herba Artemisiae Annuae	10
FB	<i>hòu pò</i> (厚朴), Cortex Magnoliae	9
DB	<i>huáng qín</i> (黄芩), Radix Scutellariae	9
FB	<i>bái dòu kòu</i> (白豆蔻), Fructus Amomi Kravanh	8
G	<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	8
BA	<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	8
DD	<i>shè gān</i> (射干), Rhizoma Belamcandae	8

SUGGESTED USE:
Shake well before using.

Adults and children 6 or above: 1 teaspoon (5-6 squirts), every 3 hours. Add 1-2 inches of boiling water. Take away from food by 15 minutes.

Children 2 to 5: 1 squirt (33 drops) for each year of age, plus one. Add boiling water. Add small amount of sweetener if necessary.

Children below 2:
Consult practitioner of Chinese herbal medicine.

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Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

**DR. JAKE FRATKIN'S
HERBAL FORMULAS**

CLEAR TOXIN



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts
Serving Size 1 tsp (5 ml, 100 drops)
Servings Per Container 24

Amount per serving, mg/5 ml	
4165 mg	
bǎn lán gēn (板蓝根), Radix Isatidis	400 mg*
lián qiào (连翘), Fructus Forsythiae	400 mg*
bái zhú (白术), Rhizoma Atractylodis Macro	358 mg*
dàn zhú yè (淡竹叶), Herba Lophatheri	350 mg*
lú gēn (芦根), Rhizoma Phragmitis	350 mg*
yú xīng cǎo (鱼腥草), Herba Houttuyniae	350 mg*
jīn yīn huā (金银花), Flos Lonicerae Japonicae	350 mg*
gé gēn (葛根), Radix Puerariae Lobatae	350 mg*
jú huā (菊花), Flos Chrysanthemi	350 mg*
fáng fēng (防风), Radix Saposhnikoviae	350 mg*
bó hé (薄荷), Herba Menthae	308 mg*
gān cǎo (甘草), Radix Glycyrrhizae	250 mg*

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Application: Clears heat, resolves toxin, dispels wind-heat, regulates *taiyang* and *yangming* stage of exogenous wind invasion.

Comments: CLEAR TOXIN follows the Chinese health ministries' recommendations for treatment of acute COVID, influenza or acute common cold, with symptoms of fever, chills, headache, or sore throat. The formula should be administered every 3-4 hours until symptoms are gone. If flu or common cold turns to cough, combine with SVP LUNG FORMULA. For acute COVID, combine with CO-GENERAL FORMULA.

CLEAR TOXIN (continued)
(Dr. Jake Formulas)

Ingredients:

DD	<i>bǎn lán gēn</i> (板蓝根), Radix Isatidis	9.6 %/g.
DD	<i>lián qiào</i> (连翘), Fructus Forsythiae.....	9.6
AA	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.....	8.6
DA	<i>dàn zhú yè</i> (淡竹叶), Herba Lophatheri	8.4
DA	<i>lú gēn</i> (芦根), Rhizoma Phragmitis	8.4
DD	<i>yú xīng cǎo</i> (鱼腥草), Herba Houttuyniae.....	8.4
DD	<i>jīn yín huā</i> (金银花), Flos Lonicerae Japonicae.	8.4
BB	<i>gé gēn</i> (葛根), Radix Puerariae Lobatae	8.4
BB	<i>jú huā</i> (菊花), Flos Chrysanthemi	8.4
BA	<i>fáng fēng</i> (防风), Radix Saposhnikoviae	8.4
BB	<i>bò hé</i> (薄荷), Herba Menthae	7.4
AA	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae.....	6.0

SUGGESTED USE:
Shake well before using.
Adults and children 6 or above: 1 teaspoon (5-6 squirts), every 3 hours. Add 1-2 inches of boiling water. Take away from food by 15 minutes.
Children 2 to 5: 1 squirt (33 drops) for each year of age, plus one. Add boiling water. Add small amount of sweetener if necessary.
Children below 2:
 Consult practitioner of Chinese herbal medicine.

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**SVP LUNG
FORMULA**



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts
 Serving Size 1 tsp (5 ml, 100 drops)
 Servings Per Container 24

Amount per serving, mg/5 ml	
4168 mg	
bán lán gān (板蓝根), Radix Isatidis	375 mg*
shé gān (射干), Rhizoma Belamcandae	375 mg*
zhé bái mǔ (浙贝母), Bulbus Fritillariae Thun.	375 mg*
guā lóu (瓜蒌), Fructus Trichosanthis	375 mg*
zhī zǐ (栀子), Fructus Gardeniae	292 mg*
qián hú (前胡), Radix Peucedani	292 mg*
huáng qín (黄芩), Radix Scutellariae	292 mg*
bái bú (白桔), Radix Stemonae	292 mg*
xíng rén (杏仁), Semen Amelanchiae Amarum	250 mg*
tiān mén dōng (天门冬), Radix Asparagus	250 mg*
qīng pí (青皮), Pericarpium Citri Reticulatae	250 mg*
gān cǎo (甘草), Radix Glycyrrhizae	250 mg*
sǎng bái pí (桑白皮), Cortex Mori	250 mg*
jié gǎng (桔梗), Radix Platycodonis	250 mg*

*Daily value not established.

Other ingredients:
 Grain alcohol (45-55% by volume), Deionized water
 Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Applications: Clears lung heat, clears heat-toxin, dispels wind-heat, moistens lung *yin*, resolves phlegm.

Comments: SVP LUNG FORMULA (“sticky, viral phlegm”) is used for early or middle presentations of acute cough. Symptoms include a harsh or hacking cough, with small amounts of phlegm. This is the most common presentation of early cough, often following onset of a common cold. Certain antiviral herbs chase the causative agent. It can also be used for pertussis and smoker’s cough.

SVP LUNG (continued)
(Dr. Jake Formulas)

Ingredients:

DD	<i>bǎn lán gēn</i> (板蓝根), Radix Isatidis	9 %/g.
DD	<i>shè gān</i> (射干), Rhizoma Belamcandae.....	9
CB	<i>zhè bèi mǔ</i> (浙贝母), Bulbus Fritillariae Thunbergii	9
CB	<i>guā lóu</i> (瓜蒌), Fructus Trichosanthis.....	9
DA	<i>zhī zǐ</i> (栀子), Fructus Gardeniae	7
CB	<i>qián hú</i> (前胡), Radix Peucedani.....	7
DB	<i>huáng qín</i> (黄芩), Radix Scutellariae.....	7
CC	<i>bǎi bù</i> (百部), Radix Stemonae	7
CC	<i>xìng rén</i> (杏仁), Semen Armeniacae Amarum.....	6
AD	<i>tiān mén dōng</i> (天门冬), Radix Asparagi	6
G	<i>qīng pí</i> (青皮), Pericarpium Citri Reticulatae.....	6
AA	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae.....	6
CC	<i>sāng bái pí</i> (桑白皮), Cortex Mori	6
CA	<i>jié gěng</i> (桔梗), Radix Platycodonis.....	6

CHUAN XIN LIAN

from Frattin, *Essential Chinese Formulas* (See p. 32)

Formula: *chuān xīn lián wán* (穿心莲丸), “Andrographis Pills”

Source: Modern patent medicine

Availability:

ANDROGRAPHIS FORMULA (GF)

ANTIPHLOGISTIC FORMULA (K)

CHUAN XIN LIAN KANG YAN PIAN (BP)

CHUAN XIN LIAN PIAN (HT, PF, PM)

ISATIS FORMULA (CC)

* ISATIS 6 (SF)

Ingredients: (from most sources)

<i>chuān xīn lián</i> (穿心莲), Herba Andrographis	50 %	DD
<i>pú gōng yīng</i> (蒲公英), Herba Taraxaci	25	DD
<i>bǎn lán gēn</i> (板蓝根), Radix Isatidis	25	DD

Clears heat, resolves toxin, cools blood, disperses swelling. Use for acute heat-toxin inflammation affecting the lymph, blood or organ level. Effective for viral tonsillitis, viral hepatitis, herpes simplex and zoster, common cold, influenza, mononucleosis, measles, mumps, and chicken pox. Also used for bacterial infections causing sore throat, tonsillitis, sinusitis, and skin infections and boils.

Pulse: Floating, rapid, excess

Tongue: Normal, or with red tongue tip

Comments: This small formula is a valuable treatment for heat-toxins (viral and bacterial) attacking the throat, lymph or liver. All three of the herbs used have strong antiviral properties. *Chuān xīn lián* is a recently utilized herb, not commonly found in the classical literature. It is reinforced with *bǎn lán gēn* and *pú gōng yīng*. Besides treatment of sore throat, the formula is good for swollen lymph glands in acute mononucleosis, and is a good adjunct in influenza. It is also effective for outbreaks of herpes simplex (oral and genital) and zoster (shingles), when combined with *lóng dǎn xiè gān tāng* (龙胆泻肝汤), which clears heat out of the liver or gallbladder channel.

The pills can be crushed and mixed with salve or Vaseline and applied directly to zoster sores or infected wounds.

GAN MAO LING

from Frattin, *Essential Chinese Formulas* (See p. 32)

Formula: *gǎn mào líng* (感冒灵), “Common Cold Effective-Remedy”

Source: Modern patent medicine

Availability:

CHILDREN’S CLEAR AND RELEASE FORMULA (GF)

GAN MAO LING (DS, GF, K, PM, PF)

GAN MAO LING JIE DU WAN (HT)

GAN MAO LING (*continued*)

Ingredients: (From Yang Cheng Brand “Ganmaoling Tablets”)

<i>gǎng méi gēn</i> (岗梅根), Radix Ilex Asprellae	32.8 %	DD
<i>sān chā kǔ</i> (三叉苦), Folium Evodiae Leptae	22.2	DD
<i>mǔ jīng yè</i> (牡荆叶), Folium Viticis Negundo	16.4	BB
<i>yě jú huā</i> (野菊花), Flos Chrysanthemi Indici	12.3	BB
<i>bǎn lán gēn</i> (板蓝根), Radix Isatidis	12.3	DD
<i>jīn yín huā</i> (金银花), Flos Lonicerae Japonicae	4.0	DD

Clears heat, resolves toxin, dispels wind, relieves cough, opens the nasal passages, brightens the eyes. Use for *shaoyang* and *yangming* stages of pathogenic wind with symptoms of flu, fever with chills, headache, sore throat, red eyes, stiffness of upper back and neck, nasal discharge, general aching, and swollen lymph glands. Useful in common cold, influenza and viral pneumonia.

Pulse: Floating, rapid, excess

Tongue: Normal, or with red tongue tip

Comments: This is the most effective herbal product for the treatment of common cold, especially when administered early and at every 3 hours. It is the largest-selling patent medicine in China. The two lead herbs, *gǎng méi gēn* and *sān chā kǔ*, are not referenced in classical or modern TCM source books, and are indigenous to Taiwan. It is combined with other herbs to fight heat-toxins such as *bǎn lán gēn* and *jīn yín huā*, totalling

71% of the formula. Chrysanthemum *yě jú huā* and *mǔ jīng yè* (a cousin to *màn jīng zǐ* (蔓荆子, Fructus Viticis) clear wind-heat and bring the formula to the nose and eyes. *Gan Mao Ling* can be taken alone or combined with *Yin Qiao San* (Chapter 1B), which reinforces the dispersal of wind-heat.

There are many versions of *Gan Mao Ling*. Both Plum Flower, and Herbal Times' *Gan Mao Jie Du Wan* follow the original formula from Yang Cheng. Some providers, including Kan and Golden Flower, substitute *máo dōng qīng* (毛冬青, Radix Ilex Pubescens) for *gǎng méi gēn*. Kan and Golden Flower also substitute *wú zhū yú* (吴茱萸, Fructus Evodiae), a hot herb, for Evodia *sān chā kǔ*, a cold herb. This may have been a mistake, but it does have the benefit of warming the stomach and protecting against the coldness of the other herbs.

XIAO CHAI HU TANG

from Frattin, *Essential Chinese Formulas* (See p. 32)

Formula: *xiǎo chái hú tāng* (小柴胡汤), “Minor Bupleurum Decoction”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Shāng Hán Lùn* (伤寒论), “Injury (by) Cold, Discussion”, 220

Availability:

MINOR BUPLEURUM FORMULA (CC, EG, GF, HS, K)

XIAO CHAI HU TANG/WAN (BP, GC, HT, MS, PM, TL, TZ)

* CALM (EV)

Ingredients: (from the standardized “Minor Bupleurum Combination”)

<i>chái hú</i> (柴胡), Radix Bupleuri	25.8 %	BB
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	25.8	CA
<i>huáng qín</i> (黄芩), Radix Scutellariae	9.7	DB
<i>rén shēn</i> (人参), Radix Ginseng	9.7	AA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	9.7	AA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	9.7	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	9.6	AA

XIAO CHAI HU TANG (continued)

Soothes the liver, dispels liver heat, harmonizes and resolves half exterior-half interior, transforms phlegm, tonifies spleen qi. Use for various applications: 1) harmonizes and resolves *shaoyang* syndrome (half exterior-half interior syndromes), including exogenous heat-toxins that have moved in towards the interior, causing costal distension, lymphatic congestion, alternating chills and fever, bitter taste in mouth, nausea, and lingering illness; 2) congestion of liver *qi* with spleen *qi* deficiency causing digestive disturbance, including nausea, poor appetite, epigastric or costal distension, blood sugar imbalance, fatigue, irritability, and chronic hepatitis; 3) menstrual disorders due to liver *qi* stagnation, including irregular periods and premenstrual tension. The formula is also helpful for wind-cold attacking the uterus after childbirth or menses.

Pulse: Wiry in liver/gallbladder position and soft in spleen position

Tongue: Normal, or white coat

Comments: This historic formula addresses deficiency of liver stasis with deficiency of spleen *qi* and accumulation of phlegm. It is applied to three distinct presentations: *shaoyang* fevers with chills, including malaria; liver-spleen disharmony affecting digestion; and liver-spleen disharmony affecting menses. From a physiological perspective, it also facilitates detoxification of the liver and lymphatic system, and helps regulate blood sugar.

Bupleurum *chái hú* is the principal herb for moving liver *qi*. When combined with *huáng qín*, it clears liver heat. *Dǎng shēn*, *dà zǎo* and *gān*

XIAO CHAI HU TANG (continued)

cǎo boost spleen *qí*, and harmonize liver and spleens. *Bàn xià* and *shēng jiāng* clear phlegm, harmonize the stomach and gallbladder, and lower rebellious *qí*.

Caution: Do not use in cases of hyperactive liver *yang*.

OTHER ANTI-VIRAL (HEAT TOXIN) FORMULAS

ASTRA ISATIS (HC)

BIDENS 6 (SF)

CHILDREN'S CLEAR AND RELEASE FORMULA (GF)

CHRYSANTHEMUM 9 (SF)

CLEAR HEAT (HC)

CLEAR TOXIN (DR.J)

FORSYTHIA 18 (SF)

ILEX 15 (SF)

ISATIS FORMULA (CC)

ISATIS GOLD (HC)

PARIS 7 (SF)

PATRINIA 7 (SF)

SCROPHULARIA 12 (SF)

VIOLA CLEAR FIRE FORMULA (GF)

LONG-HAUL COVID

Symptom presentation is similar to Chronic Fatigue Syndrome and Myalgia Encephalomyelitis

Symptoms: Persistent fatigue, cognitive problems, headaches, disrupted sleep, myalgias and arthralgias, post-exertion malaise

Treatment in China

from: [pmc.ncbi.nlm.nih.gov/articles/PMC9846609/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC9846609/)

For fatigue, dyspnea and insomnia, combine *Liu Jun Zi Tang* and *Sha Shen Mai Dong Tang*

COVID REHAB FORMULA

Ginseng <i>Ren Shen</i>	8.0 g.	AA
Atractylodes <i>Bai Zhu</i>	7.2	AA
Poria <i>Fu Ling</i>	7.2	FC
Glycyrrhiza <i>Zhi Gan Cao</i>	4.8	AA
Glycyrrhiza <i>Gan Cao</i>	4.0	AA
Pinellia <i>Ban Xia</i>	9.6	CA
Citrus <i>Chen Pi</i>	7.2	G
Adenophora <i>Nan Sha Shen</i>	8.0	AD
Polygonatum <i>Yu Zhu</i>	8.0	AD
Morus <i>Sang Ye</i>	4.8	BB
Ophiopogon <i>Mai Men Dong</i>	8.0	AD
Dolichoris <i>Bai Bian Dou</i>	8.0	DF
Trichosanthes <i>Tian Hua Fen</i>	8.0	CB

LIU JUN ZI TANG***Availability:***

LIU JUN ZI WAN (BP, HT, PM, TL)

MAJOR SIX HERB COMBINATION (EG)

SIX GENTLEMEN FORMULA (GF, HC, HS, K, PF)

XIANG SHA LIU JUN ZI TANG***Availability:***

APLOTAXIS-AMOMUM PILLS - XIANG SHA LIU JUN WAN (MS)

SAUSSUREA & CARDAMON COMBINATION (CC, EG)

SIX GENTLEMEN PLUS TEAPILLS (PF)

SOOTHE THE CENTER (TT)

VLADIMIRIA & CARDAMON COMBINATION (KP)

XIANG SHA LIU JUN WAN (BP, HT, GCT, PM, TL)

* PROSPEROUS FARMER (K)

SHA SHEN MAI DONG TANG***Availability:***

AUTUMN RAIN TEAPILLS (PF)

GLEHNIA & OPHIOPOGON COMBINATION (EG, HS)

SHA SHEN MAI DONG WAN (BP, HT)

* WISE JUDGE (K)

* JADE SPRING (TT)

LONG-HAUL COVID

Treatment Principle: clear Internalized toxic pathogens, dispel Blood Stasis.

Products:

Combine *Chuan Xin Lian* formulas (above, p. 12) with *Xue Fu Zhu Yu Tang*

XUE FU ZHU YU TANG

from Frattin, *Essential Chinese Formulas* (See p. 32)

Formula: *xuè fǔ zhú yū tāng* (血府逐瘀汤), “Blood Mansion Drive-Out Stasis Decoction”

Author: Wáng Qīng-Rèn (王清任)

Source: *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

Availability:

BLOOD PALACE FORMULA (GF)

DRIVE OUT STASIS IN THE MANSION OF BLOOD FORMULA (HS)

PERSICA & CARTHAMUS COMBINATION (EG)

STASIS IN THE MANSION OF BLOOD (PF)

XUE FU ZHU YU WAN (BP, HT, TL)

UPPER PALACE TABLETS (SF)

XUE FU ZHU YU TANG (continued)

Ingredients: (from the standardized “Persica & Carthamus Combination”)

<i>táo rén</i> (桃仁), Semen Persicae	16 %	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12	AB
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	12	DC
<i>hóng huā</i> (红花), Flos Carthami	12	K
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	12	K
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	8	G
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	8	K
<i>jié gěng</i> (桔梗), Radix Platycodonis	6	CA
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	6	K
<i>chái hú</i> (柴胡), Radix Bupleuri	4	BB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4	AA

Invigorates blood, breaks blood stasis, soothes the liver, opens heart orifices, relieves chest oppression and pain. Use for stagnation of *qi* and blood in the upper burner, including the chest, epigastrium, or head. Symptoms include chest or costal pain accompanied by restless sleep, palpitation, dizziness, irritability or depression. Also for chronic stabbing headache due to trauma; also for oppression in the epigastrium causing belching, prolonged hiccoughs or a choking sensation. Use in coronary heart disease, angina, arrhythmia and head trauma, and hypertension due to blood stagnation. Can be used as a preventative before or following stroke.

SUGGESTED USE:
Shake well before using.

Dosage age 6 and above: 1 teaspoon (5-6 squirts), 2-3 times per day.
Add 1-2 inches of boiling water.
Take away from food by at least 15 min.
Safe during pregnancy.

Manufactured for:
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www.DrJakesHerbs.com

Made in USA with highest quality Chinese herbs, lab-tested to ensure no heavy metals, pharmaceuticals or chemicals.

**DR. JAKE FRATKIN'S
HERBAL FORMULAS**

**CO-RECOVERY
FORMULA**



Herbal Supplement
4 fl oz (118 ml)

Supplement Facts
Serving Size 1 tsp (5 ml, 100 drops)
Servings Per Container 24

huáng qī (黃芪), Radix Astragalus	12%
fú tóng (茯苓), Poria	8
xié mén dǒng (麦门冬), Radix Ophiopogonis	8
zhī shān (知母), Radix Adenophorae/Glehniae	8
xī yáng shēn (西洋参), Radix Panacis Quinquefolii	8
bái zhú (白术), Rhizoma Atractylodis Macro	8
qī jūn xiā (祛军夏), Rhizoma Pinelliae Prep	8
dān shēn (丹参), Radix/Rhiz. Salviae Miltior	8
hóng huā (红花), Flos Carthami	8
chén pí (陈皮), Pericarpium Citri Reticulatae	7
gān cǎo (甘草), Radix Glycyrrhizae	7
shí méi zǐ (五味子), Fructus Schisandrae	6

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

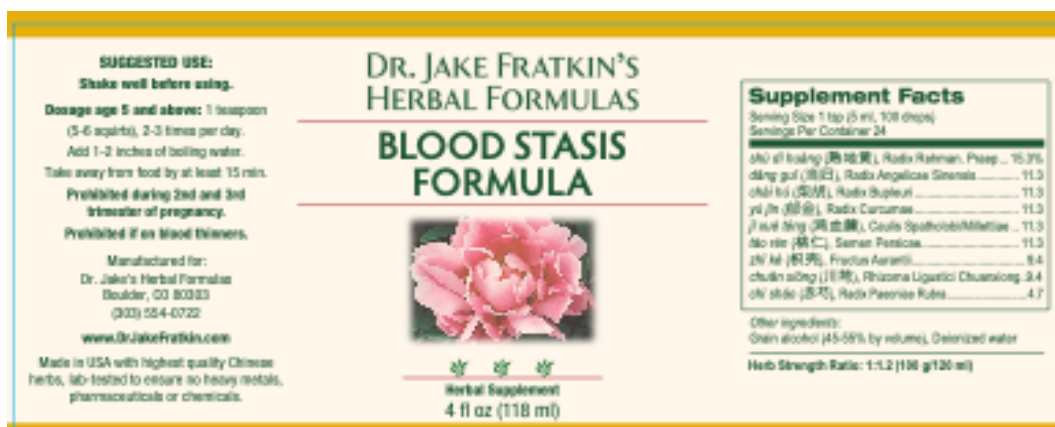
TCM Applications: Tonifies *qi* and *yin*, resolves damp, moves blood.

Comments: This formula is based on Chinese recommendations for symptoms following COVID or flu. It can be taken alone for late or chronic illness with symptoms of fatigue, or combined with BLOOD STASIS FORMULA, with symptoms of brain fog, fatigue, headache, fibromyalgia, or other pain. To reinforce immune enhancement, combine with IMMUNE PLUS.

CO-RECOVERY (DR. J)

*continued****Ingredients:***

<i>huáng qí</i> (黄芪), Radix Astragali	12 %/g.	AA
<i>fú líng</i> (茯苓), Poria	9	FC
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	9	AD
<i>shā shēn</i> (南沙参), Radix Adenophorae/Glehniae	9	AD
<i>xī yáng shēn</i> (西洋参), Radix Panacis Quinquefolii	9	AD
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	8	AA
<i>bàn xià</i> (半夏), Rhizoma Pinelliae	8	CA
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorr.	8	K
<i>hóng huā</i> (红花), Flos Carthami	8	K
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7	G
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7	AA
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6	L



TCM Applications: Tonifies blood, invigorates blood, breaks blood stasis, invigorates *qi* circulation, resolves swelling and dissipates masses.

Comments: BLOOD STASIS FORMULA addresses residual blood stasis contributing to long-haul COVID. It is also useful for menstrual cramping, post-traumatic bruising, headache, fibromyalgia, and general aches/pain. For long-haul COVID, combine in equal parts with CO-RECOVERY.

Caution: Prohibited in second and third trimesters of pregnancy. Prohibited when taking prescription blood thinners such as Coumadin and Eliquis.

BLOOD STASIS FORMULA (DR.J)

*continued****Ingredients:***

<i>shú dì huáng</i> (熟地黄), Radix Rehman. Prep	15.3 %/g.	DC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	11.3	AB
<i>chái hú</i> (柴胡), Radix Bupleuri	11.3	BB
<i>yù jīn</i> (郁金), Radix Curcumae	11.3	K
<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Millettiae	11.3	K
<i>táo rén</i> (桃仁), Semen Persicae	11.3	K
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	9.4	G
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	9.4	K
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	4.7	K

SUGGESTED USE:
Shake well before using.

Dosage for adults: 1 teaspoon
(5-6 squirts), 2-3 times per day.
Add 1-2 inches of boiling water.
Take away from food by at least 15 min.

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no heavy metals, pharmaceuticals
or chemicals.

**DR. JAKE FRATKIN'S
HERBAL FORMULAS**

IMMUNE PLUS




Herbal Supplement
4 fl oz (118 ml)

Supplement Facts
Serving Size 1 tsp (5 ml, 100 drops)
Servings Per Container 24

Amount per serving, mg/5 mL	
huáng qí (黄芪), Radix Astragali	584 mg*
tài zǐ shēn (太子参), Radix Pseudostellariae	458 mg*
fáng fēng (防风), Radix Saposhnikovia	458 mg*
bái zhú (白术), Rhizoma Atractylodis Macro	458 mg*
jiàn qióng (连翘), Fructus Forsythiae	458 mg*
bǎn lǎn gēn (板蓝根), Radix Isatis	458 mg*
huò xiāng (藿香), Herba Agastache	458 mg*
jú huā (菊花), Flos Chrysanthemi	417 mg*
gān cǎo (甘草), Radix Glycyrrhizae	416 mg*

*Daily value not established.

Other ingredients:
Grain alcohol (45-55% by volume), Deionized water

Herb Strength Ratio: 1:1.2 (100 g/120 ml)

TCM Application: Boosts *zhong qi*, boosts *wei qi*, clears heat, resolves toxin.

Comments: IMMUNE PLUS follows the Chinese health ministries' recommendations for the prevention of COVID, flu or cold during risk of exposure, including entering crowded buildings, schools or airplanes. Also useful for recovery from cold or flu, and as part of hay fever allergy treatment or prevention. The formula is based on *Yu Ping San*, adding herbs that clear viral heat toxins leading to respiratory or digestive symptoms.

IMMUNE PLUS (DR J)

*continued****Ingredients:***

AB	<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12 %
AC	<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae.....	10
AD	<i>tiān mén dōng</i> (天门冬), Radix Asparagi	10
AB	<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9
AC	<i>suǒ yáng</i> (锁阳), Herba Cynomorii	9
AC	<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae.....	9
AC	<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	9
FB	<i>shā rén</i> (砂仁), Fructus Amomi.....	9
K	<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	9
AA	<i>dǎng shēn</i> (党参), Radix Codonopsis	6
AA	<i>rén shēn</i> (人参), Radix Ginseng	4
AA	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae.....	4

YU PING FENG SAN

Formula: *yù píng fēng sǎn* (玉屏风散),

“Jade Screen (against the) Wind Powder”

Author: Zhū Zhèn-Hěng (朱震亨) *aka* Zhū Dān-Xī (朱丹溪)

Source: *Dān Xī Xīn Fǎ* (丹溪心法), 1481

Literal: “Dan-Xi’s Heart Method” (eg, “Personal Insights”)

Availability:

ASTRAGALUS & SILER FORMULA (EG)

CHILDREN’S JADE DEFENSE (GF)

JADE SCREEN (JD, TT)

JADE SCREEN FORMULA (CC, GF, HS, PF, SF, TT)

JADE WINDSCREEN FORMULA (GF, HS)

YU PING FENG WAN (BP, HT, JD, TL, TZ)

* ASTRA C (HC)

* JADE WINDSCREEN (K)

* IMMUNE PLUS (DR JAKE)

Ingredients: (from the standardized “Astragalus & Siler Formula”)

AA	<i>huáng qí</i> (黄芪), Radix Astragali	60 %
AA	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	20
BA	<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriellae	20

YU PING FENG SAN (continued)

Replenishes qi, tonifies wei qi, consolidates the exterior, stops sweating. Use for deficiency of *wei qi* causing spontaneous sweating, catching cold easily, or before or during allergies. Symptoms can include sensitivity to cold and wind, fatigue, pale or puffy complexion, low voice, and poor appetite. Use for pediatric cold, chronic hay fever allergies and chronic nasal discharge of white or clear mucus. Used adjunctively in the treatment of chronic disease, including AIDS, tuberculosis, and weakened liver due to cirrhosis or hepatitis. Taken preventatively for the common cold, to boost immune responsiveness, and to prevent allergy.

Pulse: Normal, or floating and soft

Tongue: Normal, or pale

Comments: This is a valuable formula for building a weakened immune system, especially when the symptoms include perspiring easily or sensitivity to wind or cold. It is valuable in pediatric conditions for chronic runny nose and as a *qi* tonic during hay fever allergies.

A simple formula, it uses *bái zhú* to build and astringe *ying qi*, *huáng qi* to build *wei qi*, and *fáng fēng* to disperse *wei qi* to the surface. Most manufacturers follow the standardized formula, with 60% belonging to *huáng qi*.

MEASLES

Source: *Pediatrics in Chinese Medicine*, Wang, Mulin and Zhao, People's Medical Publishing House, 2012

- An acute infectious viral disease
- Main symptoms: fever, cough, nasal discharge, Koplik's spots on pharynx and the inner cheeks, red maculopapular rash
- Effective vaccine has been available since 1963 (60+ years)
- World-wide, has caused 107,000 deaths in 2023, mostly children 6 months to 5 years, in third world

In TCM:

- Mainly affects lung and spleen
- Divided into 3 stages: Initial fever stage, Eruption stage, Recovery stage
- Most prevalent in winter and spring
- Incubation is 10-14 days
- May appear in vaccinated within 3-4 weeks

1. Initial Fever Stage: Pathogenic Qi Attacks Lung; Lung Qi Fails To Descend

- Symptoms: high fever up to 104, aversion to cold, sneezing, cough, nasal discharge, red eyes, Koplik's spots, photophobia, diarrhea
- Measles is confirmed by measles antibodies
- Treatment principle: promote eruption, clear heat, release the exterior, expel pathogens, nourish yin, diffuse the lung

2. Eruption Stage

- Lasts 3-5 days
- Rash appears 3 days after fever starts, usually behind ears or hairline
- Within 2-3 days entire body is affected with rash
- Rash can be irregular, with some areas untouched
- Treatment principle: Clear heat, remove toxins, promote eruption, expel pathogens

3. Recovery Stage

- 3-4 days after eruption of rash, fever begins to recede and general health improves
- Rash completely disappears in 2-3 weeks
- Treatment principle: nourish yin, clear heat

TREATMENT OF MEASLES

1. Initial Fever Stage:

Px: *XUAN DU FA BIAO TANG* or
YIN QIAO SAN

XUAN DU FA BIAO TANG

Schizonepeta <i>Jing Jie</i>	6 g.	BA
Ledebouriella <i>Fang Feng</i>	6	BA
Mentha <i>Bo He</i>	6	BB
Arctium <i>Niu Bang Zi</i>	10	BB
Pueraria <i>Ge Gen</i>	7	BB
Cimicifuga <i>Sheng Ma</i>	6	BB
Lophatherum <i>Dan Zhu Ye</i>	6	DA
Forsythia <i>Lian Qiao</i>	10	DD
Clematis <i>Akebia Mu Tong</i>	6	FC
Peucedanum <i>Qian Hu</i>	10	CB
Platycodon <i>Jie Geng</i>	6	CA
Armeniaca <i>Xing Ren</i>	12	CC
Aurantium <i>Zhi Ke</i>	6	G
Glycyrrhiza <i>Gan Cao</i>	4	AA

YIN QIAO SAN

from Frattin, *Essential Chinese Formulas* (See p. 32)

Formula: *yín qiào sǎn* (银翘散), “Lonicera, Forsythia Powder”

yín qiào jiě dú sǎn (银翘解毒散), “Lonicera, Forsythia Resolve Toxin Pills”

Author: Wú Táng (吴瑭) aka Wú Jū-Tōng (吴鞠通)

Source: *Wēn Bìng Tiáo Biàn* (温病条辨), 1798

Literal: “Warm Diseases Systematic Differentiation”

Availability:

LONICERA & FORSYTHIA FORMULA (EG)

YIN CHIAO CHIEH TU PIEN (PF, PM)

YIN CHIAO FORMULA (GF, K)

YIN QIAO FORMULA (CC, HS)

YIN QIAO JIE DU WAN (GCT, HT, PM, MS, TL)

Ingredients: (from the standardized “Lonicera & Forsythia Formula”)

	<i>jīn yín huā</i> (金银花), Flos Lonicerae Japonicae	18.0 %	DD
✓	<i>lián qiào</i> (连翘), Fructus Forsythiae	17.9	DD
✓	<i>jié gěng</i> (桔梗), Radix Platycodonis	10.7	CA
✓	<i>niú bàng zǐ</i> (牛蒡子), Fructus Arctii	10.7	BB
✓	<i>bò hé</i> (薄荷), Herba Menthae	10.7	BB
	<i>dàn dòu chǐ</i> (淡豆豉), Semen Sojae Praep.	8.9	BB
✓	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.9	AA
✓	<i>dàn zhú yè</i> (淡竹叶), Herba Lophatheri	7.1	D
✓	<i>jīng jiè</i> (荆芥), Herba Schizonepetae	7.1	BA

Releases the exterior to dispel pathogenic wind, clears heat-toxin, benefits the throat, relieves thirst, diffuses lung qi. Use for early stage of common cold with symptoms of sore throat, low fever, thirst, aching shoulders and neck, headache or dry cough. Helpful for pediatric ear infection, tonsillitis and influenza. Also useful in early presentations of childhood viral diseases, including chicken pox, rubella, roseola and measles. May have beneficial effects in hives or skin itching with heat.

Pulse: Floating, rapid, excess or tight

Tongue: Normal, or with red tongue tip

Comments: This is an effective medicine for common cold when taken within the first twelve hours of the earliest symptoms of sore throat or general aching. Like other formulas for early wind-heat invasion, it should be given every 3 to 4 hours. The herbs *jīn yín huā* and *lián qiào* (which define the name *Yin Qiao*) are very effective against viruses causing upper respiratory infections; *niú bàng zǐ* addresses sore throat. Once the viral pathogen works its way into the interior with more pronounced symptoms, switch to, or combine with, formulas in *Chapter 2A. Heat-Toxins*.

Yin Qiao San is an important formula for pushing heat toxins to the surface and is used as a foundation for treating pediatric chicken pox, measles, and roseola. It is usually combined with a formula from Chapter 2A.

Yin Qiao is not appropriate once the pathogen has entered the lungs and is producing cough. For cough, look at formulas in *Unit 3. Respiratory Disorders*.

Combine with stronger heat toxin formula:

BIDENS 6 (SF)

CHILDREN'S CLEAR AND RELEASE FORMULA (GF)

CHRYSANTHEMUM 9 (SF)

CLEAR HEAT (HC)

CLEAR TOXIN (DR.J)

FORSYTHIA 18 (SF)

ILEX 15 (SF)

ISATIS FORMULA (CC)

ISATIS GOLD (HC)

PARIS 7 (SF)

PATRINIA 7 (SF)

SCROPHULARIA 12 (SF)

VIOLA CLEAR FIRE FORMULA (GF)

FURTHER RESOURCES

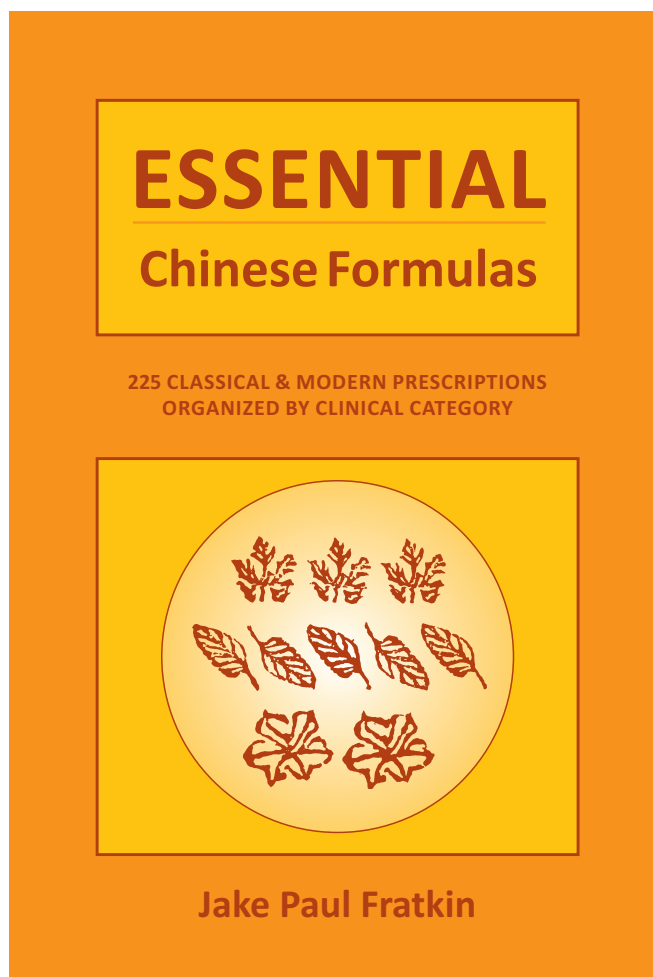
For a complete listing of herbal products by therapeutic category, see:

“WHO’S GOT WHAT”

For free download, go to: www.drjakefratkin.com/whos-got-what

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 • 5-Metabolic Syndrome & Weight Control • 6-GERDS-Gastritis • 7-IBS
 • 8/9-Leaky Gut 1 & 2 • 10-Neurotransmitter Disorders



The presenter:

JAKE PAUL FRATKIN, OMD, L.Ac. trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>

CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC (Kaiser Pharmaceutical), Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)

CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化瘀)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)