



Chronic Cough and Lung Heat

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Lung heat, in TCM, is referring to a lung condition with the symptom of persistent chronic cough with or without phlegm. Such a condition is usually due to a cold, flu or bacteria infection, such as pneumonia, bronchitis and bronchiectasis. We recommend the ClearLung Formula to help clean the lung heat and resolve the chronic cough. Patients will experience the improvement with less cough and phlegm in 1-3 days. However, if patients have excessive phlegm in their lungs, they will experience more productive phlegm initially as the bronchi open up and then follow with less phlegm production. For chronic cough resulting from the common cold; the treatment usually takes 3 days to 1 week. If the condition is due to severe flu or chronic infections, the treatment will take 2 – 6 weeks depending on the severity of the condition.

Lung Yin Deficiency and Structure Degeneration

If patients have shortness of breath in addition to the chronic cough, patients may also have lung structure degeneration (Lung Yin Deficiency in TCM). When patients have the lung heat and lung Yin deficiency, their improvement with the ClearLung treatment may plateau. The Soup A and LC Balancer are recommended in addition to the ClearLung to nurture the lung tissue and resolve the chronic cough and shortness of breath.

Liver Wind and Asthma

Chronic cough can also result from asthma due to liver wind in TCM. Patients with chronic cough due to asthma may not respond to the ClearLung treatment. The EzAir Capsule is recommended to help clear the liver wind and resolve the asthma condition. Patients should experience symptom improvement right after taking the EzAir and will take 3 days to 1 week treatment.

COPD, IPF and Chronic Pulmonary Disease

If patients just has a cold, acute bronchitis, pneumonia or other infection and still experience a lot of coughing with phlegm, we recommend patients use the ClearLung to clear-up the acute condition before using the Soup A, Soup B and LC Balancer treatment.

Chronic Bronchitis

If patients have a lot of cough with phlegm due to Chronic Bronchitis, we recommend patients take the ClearLung to reduce the phlegm first, and then start the Soup treatment. The treatment with ClearLung will increase the effectiveness of Soup treatment.

If patients catch the flu/cold or infection during the Soup A/B and LC Balancer treatment, it is recommended to take the ClearLung to help fight the acute infection while continuing the Soup treatment. Antibiotics are also required for bacteria infection.

Recommended Dosage:

ClearLung Formula: 50mL (1/4 cup), twice a day.