

# Stage 1

## 1. Herbal Ice: (*San Huang San Gao*)

Herbal Ice is the premiere external Gao for 1st stage sinew and bone injuries characterized by swelling, pain and redness and heat. Herbal Ice should only be used until the initial inflammation, heat and swelling are gone or significantly reduced. It is not for long-term use.

**Directions:** Apply a thick coating of the ointment over the injured area. Cover with a bandage and leave on for 12-24 hours.

**External Use Only! Do not use over open skin lesions or rashes.**

**Ingredients:** da huang; huang qin; huang bai; hong hua; pu gong ying; zhi zi; beeswax and sesame oil base

## Stage 1 Ointment

## 2. Trauma Ointment (*Die Da Gao 1*)

Trauma Ointment is an alternative to Herbal Ice for 1<sup>st</sup> stage sinew and bone injuries, characterized by more blood stasis and bruising than heat and redness.

**Directions:** Apply a thick coating of the ointment over the injured area. Cover with a bandage and leave on for 12-24 hours.

**External Use Only! Do not use over open skin lesions or rashes.**

**Ingredients:** ze lan; xu duan; dang gui wei; bai zhi, su mu; gui zhi; gu sui bu; tie bao jin; ci ji li; san leng; hong hua; jiang xiang; fang feng; wu jia pi; da huang; beeswax and sesame oil base.

## Stage 1 Liniments

### 1. Extra Strength Trauma Liniment (*Die Da Jiu*)

Extra Strength Trauma Liniment (*Die Da Jiu*) is the number one treatment for bruises, contusions, sprains and fractures. This extra strength recipe is renowned for its ability to kill pain, reduce swelling and break stasis.

Directions: Rub into the injured and swollen area several times a day.

**For External Use Only! Do not use over open skin lesions or rashes. Use with caution over the Heart and Liver.**

**Ingredients:** sheng di huang; tao ren; wu jia pi mu gua; niu xi; gui zhi; bing lang; ze lan; jiu ceng ta; su mu; hong hua; xiang fu; fu rong ye; cao wu; chuan wu; chen pi; gan jiang; dang gui wei; ru xiang; mo yao; ai ye; huang qin; huang bai; da huang; mu ze; tu bie chong; bai zhi; xue yu tang; zi ran tong; wang bu liu xing, alcohol (*bai jiu*) base.

## Stage 1 Pills

### 1. Blood Stasis Trauma Pill (*Die Da Wan*)

An all-purpose formula for sprains, strains, contusions and fractures, with blood stasis, swelling, bruising, and localized pain. With appropriate presentation, Blood Stasis Die Da Trauma Pill can be used for both Stage 1 and Stage 2 Trauma.

**Recommended Dosage:** Right after an injury 6 capsules. Then, 3 Capsules 2-3 times a day or as recommended by your practitioner

**Prohibited during pregnancy, or if trauma is accompanied by internal bleeding or an open bleeding wound.**

**Ingredients:** sheng di huang, qing pi, fang feng, wei ling xian, dan shen, ze lan, ru xiang, mo yao, tao ren, jie geng, zi ran tong; gu sui bu, gan cao, san qi, tu bie chong