

## Stage 2

### Stage 2 Ointments

#### 1. Extra Strength Gold Yellow Ointment:(*Jin Huang Gao*)

Extra Strength Gold Yellow Ointment is the classic *Gao* for 2nd stage sinew injuries or late 1st stage injuries where redness and heat are not present, but there is stagnation of fluids and blood with swelling.

**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 bai; jiang huang; bai zhi; tian nan xing; chen pi; cang zhu; hou po; gan cao; tian hua fen; xi hong hua, beeswax and sesame oil base

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

Trauma Ointment 2 is an alternative to Extra Strength Gold Yellow Ointment for 2<sup>nd</sup> stage sinew and bone injuries, with blood stasis and bruising. It is more warming than Trauma Ointment Stage 1, making it more appropriate for Stage 2 injuries.

**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 2 Liniments

### 1. Dragon's Blood Tendon Lotion (*Xue Jie Jin Yao Shui*)

For 2<sup>nd</sup> and 3<sup>rd</sup> stage injuries to the tendon and ligaments. Dragon's Blood Tendon Lotion is very effective for sinew injuries or chronic problems with the tendons or ligaments.

**Directions:** Rub a small amount of the liniment into the injured area several times a day.

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

**Ingredients:** xue jie; cao wu; chuan wu; dang gui wei; tao ren; gui zhi; ru xiang; mo yao; mu tong; zi ran tong; da huang; lu lu tong; zhang mu; tian nan xing; alcohol base.

### 2. Tiger's Yu-Yi Oil: *Lao Hu Yu Yi You*

A stronger and more effective reprise of a classic proprietary oil for muscle soreness and tension. Makes an excellent tui na massage oil.

**Directions:** Rub or soak into the injured area

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

**Ingredients:** ai ye oil; xue jie; cassia (cinnamon) oil; peppermint oil; ding xiang; xing ren (apricot kernel); hong hua; Tibetan hong hua; song jie

### 3. Yoga Stretching Oil: (*Yoga Rou Jin You*)

Yoga Stretching Oil is designed to aid stretching and flexibility training or Yoga, Rub this liniment into muscles and joints before and after activities like Yoga, or stretching routines.

**Directions:** Rub into tight muscles. Use as a massage oil

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

**Ingredients:** soy oil; sesame oil; camphor oil; rectified turpentine oil; cassia (cinnamon) oil; tou gu cao; song jie

## Stage 2 Soaks

### 1. Extra Strength Tendon Relaxing Soak (*Song Jin Huo Xue Pao*)

For second stage injuries, characterized by spasm, tight sinews and restricted mobility of the injured area. The Tendon Relaxing Soak is very effective in the treatment of strains and sprains and muscle pulls. The large dosage of Tou Gu Cao helps stop spasm and heals and strengthens sinews.

**Directions:** Place the bag in 2-3 gallons of liquid. Bring the water to boil and then turn down the heat and simmer for 30 minutes. Steam the affected part in the vapor as the mixture cools. Then immerse the affected part in the liquid and soak for 15-20 minutes. Alternatively for areas like the back, hip knee and shoulder, one can soak a piece of flannel or a towel in the mixture, wring the cloth out and place it on the affected part as a compress. The mixture can be reused for up to 6 days. Simply save the liquid in the pot and reheat to the desired temperature.

**For best results add 1 quart of alcohol (vodka or rice wine) and a quart of rice wine vinegar or white vinegar, after you have simmered the herbs.**

**External Use Only! Do not use if there are skin lesions or rashes.**

**Ingredients:** dang gui wei; hong hua; su mu; bai zhi; jiang huang; wei ling xian; qiang hu; wu jia pi; hai tong pi; niu xi; chuan lian zi; tu fu ling; ru xiang; chuan jiao; tou gu cao; song jie

## **2. Master Bonesetter's Trauma Soak (*Zheng Gu Die Da Pao*)**

Master Bonesetter's Trauma Soak has been a staple of bonesetters for generations because of the all-around ability of this formula to relax spasm, move blood stasis and fluid accumulation, kill pain and dispel localized heat and inflammation.

**Directions:** Place the bag in 2-3 gallons of liquid. Bring the water to boil and then turn down the heat and simmer for 30 minutes. Steam the affected part in the vapor as the mixture cools. Then immerse the affected part in the liquid and soak for 15-20 minutes. Alternatively for areas like the back, hip knee and shoulder, one can soak a piece of flannel or a towel in the mixture, wring the cloth out and place it on the affected part as a compress. The mixture can be reused for up to 6 days. Simply save the liquid in the pot and reheat to the desired temperature.

**For best results add 1 quart of alcohol (vodka or rice wine) after you have simmered the herbs.**

**External Use Only! Do not use if there are skin lesions or rashes.**

**Ingredients:** tu bie chong; su mu; xue jie; chi shao; hong hua; mo yao; ru xiang; mu xiang; ding xiang; xu duan; wu jia pi; chuan xiong; bai zhi; san qi; da huang; huang bai; huang qin; wu ming yi; chuan shan long; chuan niu xi; mu gua; gu sui bu; shen jin cao; zhi zi

## Stage 2 Pills

### 1. Bonesetter's Special Pill (*Zheng Gu Zi Jin Dan*)

Specifically formulated for 2nd stage trauma, particularly if the presentation includes Qi deficiency. **Bonesetter's Special Pill** can be used for any 2<sup>nd</sup> stage injury in which there is bruising, the stiffness and pain in local area.

**Ingredients:** ding xiang; mu xiang; xue jie; er cha; zhi da huang; mu dan pi; hong hua; dang gui tou; lian zi; fu ling; bai shao; gan cao

**Prohibited during pregnancy.**

**Recommended Dosage:** 3 capsules 3 times a day

### 9. Bone Knitting Pill - Stage 2 (*Jie Gu Wan Stage 2*)

For the treatment of broken bones in the 2<sup>nd</sup> and 3<sup>rd</sup> weeks after a fracture. This Bone Knitting Pill continues to move stasis while nourishing the blood and promoting the mending of sinews and bones.

**Ingredients:** gu sui bu; sheng di huang; zi ran tong; dang gui, tu bie chong, hong hua; mo yao; ru xiang; xu duan; lu lu tong chi shao, bai shao

**Prohibited during pregnancy.**

**Recommended Dosage:** 3 Capsules 3 times a day for 1-2 weeks