

## Stage 3

### Stage 3 Ointment

#### 1. Bone-Sinew Gao (*Gu Ji Wai Shang Xiao Tong Gao*)

Bone-Sinew Gao is indicated for 3rd stage sinew and bone injuries with swelling, stiffness and pain. This formula also helps to tighten and strengthen overstretched or lax sinews.

**Directions:** Apply a thick coating of the ointment over the injured area. Cover with a bandage and leave on for 24-48 hours.

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

**Caution:** May cause a rash in those with sensitive skin

**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, beeswax and sesame oil base.

### Stage 3 Liniment

#### 1. Joint Lotion (*Zheng Gu Yao Shui*)

Joint Lotion is specifically designed for wind-cold, damp lodged in the joints, causing stiffness and pain (Bi) This formula includes vine medicinals that open the channels and dispel wind and damp. Energetically balanced, it is suitable for both warm and cold Bi.

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

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

**Ingredients:** kuan jin teng; gou teng; ren dong teng; ji xue teng; wang bu liu xing; liu jin nu; mo yao; fang feng; da huang; jing jie; wei ling xian; xi xin; alcohol base.

## Stage 3 Soaks

### 1. Warming Soak (*Wen Jing Huo Luo Pao*)

Warming Soak is appropriate for 3rd stage sinew injuries, characterized by cold and damp with heaviness or restricted mobility of the injured area as the primary symptoms. Warms the channels, dispels cold and dampness, and relieves spasm.

**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:** chuan wu; cao wu; chuan jiao; tou gu cao; ai ye; cang zhu; du huo; gui zhi; fang feng; hong hua; shen jin cao; liu jin nu.

## 2. Bone Spur Soak (*Gu Si Pao*)

Osteophyte soak is used for bone spurs in conjunction with Bone Spur Powder, massage and acupuncture. Helps soften and help disperse spurs.

**Directions:** Place the bag in 3 gallons of liquid. Bring the water to boil and then turn down the heat and simmer for 30 minutes. Turn off the flame and **then add the Mang Xiao (Glauber's Salts)**. Stir the mixture until the salt crystals dissolve. 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:** wei ling xian; ru xiang; mo yao; su mu; hong hua; dang gui wei; tou gu cao; zhang mu; ji xing zi; cao wu; chuan wu; ding xiang; xiao hui xiang; mangxiao

## Stage 3 Pills

### 1. Bone Spur Powder (*Gu Si San*)

This formula is used for osteophytes or bone spurs. This formula is usually taken for 2-3 months in order to obtain clinically significant results. For Heel Spurs, use in conjunction with the Bone Spur Soak

**Use with Caution if pregnant**

**Ingredients:** shu di huang; lu xin cao; gu sui bu; rou cong rong; yin yang huo; lai fu zi.

**Recommended Dosage:** Take 4 capsules, 3 times a day.

### 2. Bone Knitting Pill – Stage 3 (*Jie Gu Wan - Stage 3*)

Derived from an ancient Shaolin Temple formula for treating fractures, Bone Knitting Pill Stage 3 is appropriate in the latter stages of fracture healing. Helps speed the knitting of the bones and treats non-healing fractures. This formula also strengthens weak ligaments.

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

**Ingredients:** shu di huang; chuan xiong; bai shao; dang gui; du zhong; wu jia pi; gu sui bu; san qi; bu gu zhi; tu si zi; mu gua; liu jin nu; gui zhi; tu bie chong; huang qi; dang shen; xu duan; lu jin; gui ban

**Contraindicated if pregnant**

### **3. Strengthen Sinew Pill (*Bu Jin Wan*)**

Strengthen Sinew Pill nourishes and invigorates the liver and kidney in order to strengthen the sinews and bones. Effective for chronically loose joints due to constitutional insufficiency, or when sinew healing is delayed following an injury.

**Ingredients:** shu di huang; dang gui; shan zhu yu; huai niu xi; fu ling; du zhong; xu duan; bai shao; qing pi; wu jia pi; ji xue teng

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

**Contraindicated if pregnant**