

Herbal Patch Instruction:

The herbal patch, also called “Heavenly Moxibustion”, is a proven ancient method which does not require the use of needles or oral administration of herbal medicine. This method has been used for over three thousand years in China for the treatment of diseases. Modern medical research has demonstrated that this method boosts the immune system and lowers hypersensitivity of allergens. It increases resistance to illnesses and promotes health and well-being. Our clinic has treated the following indicated conditions, with over a thousand cases in the last two decades of practice. The efficacy rate is above 90%.

Indications: Hay fever, allergic and chronic rhinitis, sinusitis, chronic bronchitis, asthma, tennis elbow and frozen shoulder.

Contraindications: Diabetes, sensitive skin, pregnancy, and patients with active tuberculosis.

1. Each time, one or more herbal patches is/are placed on specific acupuncture points.
2. Let the herbal patches stay on the skin for up to eight hours.
3. You may start to feel numbness, warmth, heat, itching, prickling sensation or even slight pain about an hour after application. These are all normal sensations.
4. If you cannot tolerate the sensations on the herbal patch area(s), take it (them) out immediately. Otherwise, let them stay there for eight hours for the maximum effect.
5. Take off the herbal patches after eight hours. Rinse the skin areas with room temperature water. Do not use soap or scratch the back.
6. If there are blisters on the skin, apply an over-the-counter antibiotic cream (such as Neosporin) on the affected skin area(s). Cover with bandages. Do not puncture blisters, please call our clinic or drop by and we will treat the blisters for you.
7. If you do not experience any adverse skin reactions, the second set can be applied in 7-10 days. The third set is applied again in 7-10 days.
8. This process is repeated in three consecutive years, with three applications per year. This method is suitable and effective for immune system related illnesses.

Signature

(Print Name)

Date

穴位敷藥注意事項：

穴位敷藥（又稱“天灸療法”）是一種不用打針和服藥的外治法。在中國已有三千多年的歷史。現代醫學證明貼藥能提高人體的免疫功能、降低對外界的不良刺激的敏感。由於人體的防禦功能增強了，故此就不易生病。

本診所近 20 年，治近千例下列病症，有效率為 90% 以上。

適應症：花粉症、過敏性鼻炎、慢性鼻炎、鼻竇炎、慢性支氣管炎，哮喘、網球肘和肩周炎

禁忌症：糖尿病、皮膚過敏、孕婦 和 活動性肺結核患者禁用

1. 每次貼在穴位。
- 2 每次讓敷藥貼在皮膚上八小時。
3. 貼藥大概一小時後該穴位會出現麻木、溫、熱、痒、針刺或疼痛等感覺，均屬正常反應。
4. 若上述感覺達到難以忍受的程度，可即時取下敷物。
5. 若無特別劇烈反應，八小時后取下药膏，用清水沖洗局部，不要使用洗浴皂液，更不要搓、抓、撓背部。
6. 若有水泡出現，請不要刺破它。到藥房購買抗生素藥膏（如 Neosporin）塗在患處，再貼上消毒膠布。約時間到本診所再作處理。
7. 若無不良反應，七至十天後貼第二次穴位敷藥。又隔七至十天後再貼第三次穴位敷藥。
8. 一年貼三次穴位敷藥，連續三年敷藥可增強免疫功能，減少過敏性疾病，收效神奇。

簽名

（正階姓名）

日期