

### ***Therapeutic Actions***

1. Treats cold and flu
2. Fever, sinus and chest congestion, coughing, aversion to wind headache, sore throat
3. Tonsillitis, otitis media, measles, pharyngitis

### ***Chinese Therapeutic Effects***

Clears wind heat  
Addresses phlegm cough

### **Administration**

**Internal:** 3 tablets, 4 to 6 times per day, between meals  
90 tablets, 500mg, 7 day supply

### **Ingredients**

Isatis extract root & leaf <i>ban lan gen &amp; da qing ye</i>	Forsythia fruit <i>lian qiao</i>	Wild Chrysanthemum flower <i>ye ju hua</i>	Magnolia flower <i>xin yi hua</i>
Lonicera flower <i>jin yin hua</i>	Scute root <i>huang qin</i>	Citrus peel <i>chen pi</i>	Xanthium fruit <i>cang er zi</i>
Andrographis herb <i>chuan xin lian</i>	Platycodon root <i>jie geng</i>	Angelica root <i>bai zhi</i>	Licorice root <i>gan cao</i>

## Formula Rationale

This formula is modified from a combination of the Chinese formulas *Gan Mao Ling* and *Yin Qiao*. It has been used successfully over 10 years in the practice of Misha Cohen, OMD, L.Ac. More recently, this formula was tested in her practice and others for efficacy in pill form. Cold Away had a very high rate of patient satisfaction and reported efficacy.

Cold Away is best used to treat the early stages of externally contracted wind-heat disease, especially the earlier stages of colds and flu, which can include fever, sinus and chest congestion, coughing, aversion to wind, headache and throat pain, but can be used at any stage. The pulse is usually superficial and rapid and the tongue red or red tipped with a white or yellow coating. Cold Away may also be used with throat infections, cold sores, and fevers. Besides cold and flu symptoms, some Western indications may include viral tonsillitis, otitis media, measles, and pharyngitis.

Isatis concentrate (*da qing ye* and *ban lan gen*) includes two clear heat, clear toxin herbs. *Ban lan gen* is especially important for its action of entering the throat. Lonicera (*jin yin hua*) is used for its action to clear heat and toxins and expel wind. Andrographis (*chuan xin lian*) is used to clear heat and fire toxins and is often used with Lonicera (*jin yin hua*) for early stages of externally contracted wind-heat with fever and sore throat. Forsythia fruit (*lian qiao*) clears heat and fire toxin. Scute (*huang qin*) clears heat and drains fire, especially from the upper burner and is often used for cold sores. Platycodon (*jie geng*) is used to soothe the throat, open and disseminate the lung qi and expels phlegm in both warm and cold disorders; it is often used for phlegm and cough. Wild chrysanthemum (*ye ju hua*) drains fire, relieves toxins, and can be used for sore swollen throats and wind-heat causing red eyes. Citrus peel (*chen pi*) is used to address phlegm and cough.

Angelica (*bai zhi*) expels wind, alleviates pain, and in this formula is used to direct the herbal formula to the head especially the nasal passages. Magnolia flower (*xin yi hua*) and xanthium (*cang er zi*) unblock the nasal passages, and along with angelica (*bai zhi*) and wild chrysanthemum increase the efficacy of this formula for entering the nasal passages and clearing sinus congestion. Licorice (*gan cao*) helps to direct the herbs into the proper channels as well as clears heat and fire toxin, especially in sore throat and cold sores.

Cold Away can be taken with **Clear Air** if there is more chest involvement. Cold Away is only used in acute stages of externally contracted illness. It is not used for prevention of colds and flu on long-term basis.

## Additional Formulas

- Add **Clear Air** (2 tablets, 4 to 6 times per day) with coughing and wheezing
- **Clear Phlegm** with copious phlegm
- Consider **Isatis Gold** for echinacea and goldenseal
- **Astra C** or other tonic formulas to prevent colds and flu