



**HEAVENLY HERBS and ACUPUNCTURE**  
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### Cleansing or Detoxifying from Air Pollution: Recommendations

- 1) Avoid Exposure: Follow the local Public Health department's recommendations to avoid exposure as outlined by the Air Quality Index – stay indoors in air conditioning when the air outside is deemed unhealthy.
- 2) Stay hydrated: Drink plenty of water to avoid dehydration and to moisten your mucus membranes. Smoke is very drying in general and especially so in the hot days of summer. Electrolyte drinks should be consumed instead of plain water if perspiration is common (electrolytes are minerals such as sodium and potassium that are excreted when we perspire). Use a natural electrolyte drink instead of something like Gatorade (has high fructose corn syrup, dyes and artificial flavors). A natural electrolyte drink recipe is available upon request!
- 3) General: Take a good brand of '**B Complex**' vitamins. The body uses more B vitamins when it is under stress, whether physical or emotional. It is best to take a 'complex' vs. individual B vitamins since the ratios are appropriate. Typical dosage would be 50 mg/day, or if stress levels are extremely high, consider 100 mg/day. (B vitamins are water soluble, so no problem taking extra!) Most multi-vitamin products do not have B vitamins in this dosage, so consider purchasing a separate product.
- 4) Antioxidants: Take extra antioxidants during this time (for at least 2 weeks) since this will help the body cleanse and repair itself from the free radical damage caused by exposure to the toxins in the air. These are common supplements such as **Vitamin C** (do high dosages such as 3-6g/day, to bowel tolerance), **Vitamin E** (use D-alpha-tocopherol – 800 IU day), and **Selenium** (200 mcg/day). Others such as Glutathione/Glutamine (excellent for the Liver), CoQ10 (excellent for the Heart and Cardiovascular system), and A-Lipoic Acid (excellent for Diabetics and any type of neuropathy or nerve damage).

<i>Condition</i>	<i>Formula/Product</i>	<i>Notes</i>
<b>General Cleaning/ Detox</b>	'Body Pure' 'Enviro Detox'	Both of these <u>homeopathic</u> products will help detoxify the body from exposure to smoke, or other pollution (air or otherwise). Best combination to use if you have no real specific complaints now, but did experience symptoms when exposed to the smoke.
<b>Headache</b>	'Bi Yan Pian'	Excellent Chinese herbal formula for this (basically a natural 'anti-histamine'; also used for allergic reactions and sinus congestion.
<b>Dry cough, shortness of breath</b>	Astragalus or Cordyceps	These are herbs that are Lung strengtheners or 'Tonics'. Both will also help with <b>fatigue</b> !
<b>Sore, dry throat</b>	Honey Loquat Lozenges; 'Ban Lan Gen Chong Ji'	These lozenges are true herbal 'cough' drops, and will help coat and soothe the throat. 'Ban Lan Gen Chong Ji' is a Chinese herbal formula to make into a tea (just add hot water) that is excellent for sore throats and is anti-bacterial as well.
<b>Poor memory, concentration</b>	'Cerecomp'	A homeopathic remedy that is excellent at strengthening brain function.
<b>COPD, Asthma</b>		The above Lung Tonic herbs will help strengthen the Lungs in between acute attacks. For an acute attack, a more formal diagnosis is needed to recommend the appropriate medicinal herbal formula.

