



Astragalus Jade Screen

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As cold and flu season approaches, I am often asked, “What is the best way to help prevent common respiratory infections?” Of course we begin with the [Foundations of Health](#) and [Basic Nutritional Protocol](#), which you can find right on this website. In addition to this, many people want to know if any “herbal tonics” might be right for them. If you are prone to respiratory infections, a traditional Chinese herbal formula – Yu Ping Feng Wan (Astragalus Jade Screen) may be just the tonic you are looking for. Although you may focus on the astragalus component of this formula, as it has the majority of the available research supporting its use, this combination with the Atractylodes rhizome and Siler root maximizes the immune-enhancing properties of the astragalus root. It is my clinical experience that astragalus used alone does not work nearly as effectively as this simple herbal combination. In addition, I have found that when my patients consume this specific formula, they tend get fewer and significantly less severe “colds” that respond more briskly to traditional herbal treatment.

Astragalus has many active constituents including polysaccharides, saponins such as astragaloside, and flavonoids that have antioxidant, anti-inflammatory, antineoplastic, and immunomodulating properties. It also has a significant antiviral effect. For people looking for a safe and effective tonic to help prevent infections, you will not find a formula with better traditional history or with more scientific backing. The Atractylodes rhizome and Siler root components have independent scientific validation for their synergistic role with astragalus.

The concern regarding people with autoimmune disease not taking such “immune boosters” has been brought into question. Mice models of autoimmune diabetes show dramatic improvement with astragalus, once again proving the role of astragalus as an immunomodulator not just as an immune booster. I find a role for astragalus in the treatment of people with autoimmune disease and not contraindicated in these conditions. The herbal constituents of astragalus help your immune system down-regulate the excessive immunity of allergic and autoimmune conditions and up-regulate immunity in fighting infections and cancer.

The specific Astragalus Jade Screen (Planetary Herbals) combination utilizes synergistic herbs meant to help your body fight off common infections. The usual dosage is 2-3 tablets twice daily between meals during cold and flu season or year-round if necessary. Astragalus has been shown to improve vaccine response in animal models,

which is of significant importance for our elderly who often have little immunologic response to their flu vaccine.

If you wish to help prevent colds and flu this season, Astragalus Jade Screen just might be for you. In upcoming articles we'll discuss the best treatments for a variety of common infections.

Your Journey to Health and Healing,
Gary E. Foresman MD

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