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### **How to use Ginger Shot, Du Chong Extract, Lung Rescure, Lung Defense**

**Ginger Shot:** Shake well before taking it. Take the whole shot directly or sip a little bit throughout the day. If it is too spicy and hot you for you, you can add a little honey.

Use Ginger shot when you are on the go or when you have no time to make ginger power tea, the leak proof bottle allows you to take it with you. You can take the whole shot or sip it a little at a time to prevent unwanted virus or bacteria.

**Ginger Shot can help the following:** Strengthen the immune system, prevent cold and flu, ease pain, reduce inflammation, improve digestion, reduce bloating, reduce acid reflux, improve Blood flow and circulation, help diabetes, manage hypertension, reduce cholesterol, kill bacteria, parasites and viruses.

**For Du Chong Extract:** Take 3-5 drops orally or put 5 drops to a few ½ droppers in 1-8 oz. of water 1-2 times daily before meal. You can drink it anytime as tea, just measure to your desired taste

**Du Chong can help the followings:** Tonify the liver and kidney and strengthen tendons and bones. It helps stabilize pregnancy, strengthens weak legs and back, or relieves soreness in the back, warms cold hands and feet, prevents bone loss and muscle weakness, promotes natural detoxification, maintains healthy blood pressure, lowers triglycerides, increases blood vessel elasticity, prevents early aging and reduces wrinkles.

**Lung Defense:** begin with 5 drops twice daily. Increase to 1/2 dropper twice daily when you feel compromised.

**Lung Defense can help the following conditions:** Protect against pathogens like viruses and bacteria, allergies, harmonizes the Spleen and Stomach, dries dampness, helps relieve emotions, helps treat airborne pathogens and stimulates strong histaminic.

**Lung Rescure:** take 5 drops 2 times a day for 1-2 days. Increase to 1/2 dropper 2 times a day and finally 1/2 dropper 4 times a day if needed. Recommended: drink a cup of homemade rice water (congee water) after taking the formula. (This is only used for acute situations. Once you feel better take Lung Defense daily for maintenance.)

**Lung Rescure can help:** Support normal body temperature and respiratory function, it ventilates the Lungs, releases the exterior, clears heat, cough and phlegm, promotes water removal, clears and expels toxins from the Lung for easier breathing.

**\*Stay tuned for more uses of my products @lilychoinaturalhealing\***