

Fiona H. (Hong Kong)

3/17/22

1. My husband and I were both tested positive using the Covid Self-Test Kit provided by the government.
2. Our main symptoms included fever, dry cough, sore throat, plus some diarrhea.
3. We had video conferencing with Dr M Wang to describe our conditions and showed her our tongue.
4. Following herbal formulas were prescribe:
 - a. Jin Yin Hua, Lian Qiao, Niu Bang Zi, Lu Gen, Dang Shen, each 12g
 - i. Preparation:
 1. cover the herb mixture with water.
 2. bring it to boil then turn heat down to mid-low and sim for 25 minutes.
 - b. Vitamin C 1000u daily
 - c. Chuan Bei Pi Pa Gao (herbal syrup): drink few times daily.
5. We were told to stop the herbs once symptoms are gone.

3/20/22

1. Our main symptoms were gone except I still had some dry cough.
2. I was told to continue with the cough syrup.

3/21/22

1. All symptoms are gone.
2. Self-Test results: negative

This report is approved by: _____ Fiona H. _____

Date: _____ 2/8/2023 _____