Prepare for Winter with Huang qi

By Gloria Garland L.Ac, Dipl. Ac. & CH.

utumn is a season of preparation. I like to use the last warm days of the year to prepare myself and my horses for the coming winter. In addition to filling

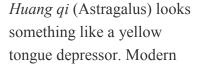
the barn with hay, I begin an herbal immunity boosting program incorporating Astragalus or *Huang qi* as it is known in Chinese

In Traditional Chinese Medicine, disease prevention begins with a protective layer around the exterior of the body called wei qi or defensive energy. Wei qi is the body's initial protection against external pathogens. A pathogen can be a bacterial, viral or toxic substance. From a Western perspective, wei qi

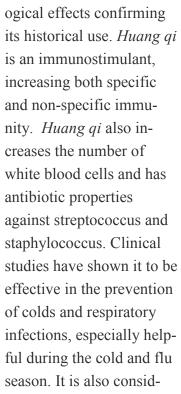
can be compared to immunity. When wei qi is strong, pathogenic factors are deflected away from the body; when it is weak, a variety of infections can occur.

I like to think of wei qi as the fence protecting your home and yard. When the fence is tall and in good repair, it provides a solid barrier against intruders and unwanted visitors. If the gate is left open or fence boards are missing, the barrier is weakened, leaving the home vulnerable to all types of intruders.

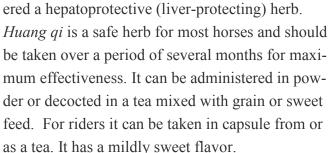
There are many Chinese herbs that enhance the immune system and build wei qi, but Huang qi (Astragalus) is the most versatile.



research has identified several notable pharmacol-



studies have shown it to be effective in the prevention infections, especially helpful during the cold and flu



Chinese herbal supplements should be used properly and thoughtfully under the guidance of a licensed Chinese herbalist. Traditional Chinese Medicine (TCM), used properly, is an adjunctive therapy and, therefore, complementary to veterinary treatment. Information presented here is not intended to replace proper veterinary diagnosis or treatment and should not be used for that purpose.

