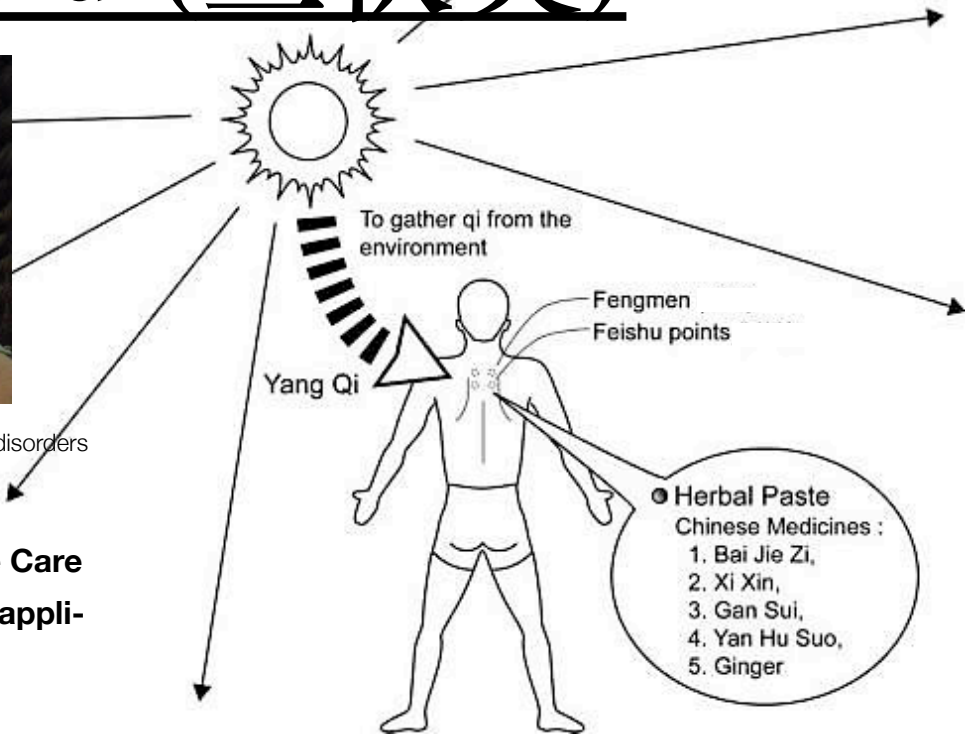


San Fu Jiu (三伏灸)



A Treatment of Herbal Moxibustion for lung disorders



The Dog Days of Summer
Classical Chinese Preventative Care
2018 Dates: Noon to 3pm (last application is at 2pm.)

July 12
July 22
August 2
August 12

Call for Participants

Students/Faculty/Staff of CSTCM, MTIC, and Families and Friends Welcome

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What is San Fu? *Three Dog, translated into the 3 days where Sirius the Dog Star rises with the Sun increasing intensity of the hottest days of summer. Maximum Yang is a time to treat illnesses that occur in the deepest Yin time, winter. This ancient preventative care method has been used to treat lung disorders everywhere. For us especially in Denver where Asthma is almost epidemic, TCM can find a place to help alleviate and lessen the severities of cough, asthma, colds, flus, and allergies including skin disorders. **Previous studies have shown 50-80% improvement in lung disorders with this treatment.*

How it works:

- 1. Sign up on the list that is on the Clinic Director's Door (For optimal health 3 treatments are best. Appts. scheduled every 15 minutes)**
- 2. Once you have signed up you will be given a questionnaire to fill out.**
- 3. On San Fu days, herb patches will be administered on the 5 points (DU14, BL12 and BL 13) Herb patches retained 1 hour, then you depart.**
- 4. A follow up email from SurveyMonkey will contact you 2 weeks after treatment, and again after the winter season, to find out the treatment's efficacy.**