

Holistic
Acupuncture
Santa Cruz
Laura Casasayas L.Ac

Rosacea Herbal Formula (Granules)

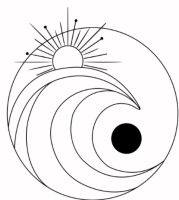
Heat in the Lung and Stomach

- **Symptoms:** Flushing, breakouts after spicy food or alcohol, dry mouth, acid reflux.
- **Treatment:** Clear Heat from Lung & Stomach, Harmonize digestion.

Rosacea Herbal Formula (Granules) 🌿🔥

Dosage: Take 4–6g mixed in warm water, **twice daily**

Herb	TCM Function	Western Medicine Function	Formula (%)	Amount (g)
Huang Qin (Scutellaria)	Clears Heat, reduces inflammation	Anti-inflammatory, antibacterial	10%	10g
Sheng Di Huang (Rehmannia)	Cools Blood, nourishes Yin	Antioxidant, supports skin hydration	10%	10g
Chi Shao (Red Peony Root)	Moves Blood, reduces facial redness	Anti-inflammatory, improves circulation	8%	8g
Zhi Zi (Gardenia Fruit)	Clears Heat from the face	Antioxidant, reduces skin irritation	8%	8g

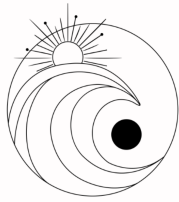


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Shi Gao (Gypsum)	Clears Stomach Heat, cools skin	Cools inflammation, soothes redness	15%	15g
Sang Bai Pi (Mulberry Root Bark)	Clears Lung Heat, reduces flushing	Anti-inflammatory, reduces histamine response	10%	10g
Bai Zhu (Atractylodes)	Strengthens Spleen, removes Damp	Supports gut health, reduces bloating	8%	8g
Fu Ling (Poria)	Supports digestion, removes Damp	Anti-inflammatory, balances gut microbiome	10%	10g
Chen Pi (Aged Tangerine Peel)	Moves Qi, prevents stagnation	Improves digestion, reduces gas and bloating	6%	6g
Mai Men Dong (Ophiopogon)	Moistens Lungs, supports Yin	Hydrates skin, supports lung function	8%	8g

Total: 100g

👉 **Dosage: Take 4–6g per dose, twice daily.**



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Modifications Based on Symptoms:

- **For pustules/acne → Add Huang Lian (Coptis) 1.5g (Replace from Zhi Zi) (*Potent antibacterial, anti-inflammatory*)**
- **For dry/flaky skin → Add Gou Qi Zi (Goji Berry) 2g (Reduce Shi Gao slightly) (*Boosts skin hydration, rich in antioxidants*)**
- **For bloating/digestive issues → Increase Chen Pi to 8g (*Improves gut motility, reduces inflammation*)**