



Little Sentinel™

Classic antecedent: Ba Zhen Tang *Eight Precious Decoction.*

Huang Qi *Radix Astragali*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Dang Gui *Radix Angelicae sinensis*
Shu Di Huang *Radix Rehmanniae preparata*
Tu Si Zi *Semen Cuscutae*
Shan Yao *Rhizoma Dioscoreae*
Tai Zi Shen *Radix Pseudostellariae*

Huang Jing *Rhizoma Polygonati*
Wu Wei Zi *Fructus Schisandrae*
Chen Pi *Pericarpium Citri reticulatae*
Fu Ling *Poria*
Shan Zha *Fructus Crataegi*
Zhi Gan Cao *Radix Glycyrrhizae uralensis praeparata*
Da Zao *Fructus Jujubae*

The remedy Little Sentinel was formulated to tonify a child's immune system and strengthen resistance to external diseases. It tonifies Qi of Lungs, Spleen and Kidneys.

The clinical manifestations deriving from a deficiency of Qi of Lungs, Spleen and Kidneys may include propensity to catching colds or ear infections, frequent urination, poor appetite, weak digestion, loose stools, tiredness, Pale tongue and Weak pulse.

This remedy is a general tonic for children suffering from a deficiency of the Lungs, Spleen and Kidneys. The remedy can be given to strengthen the immune system in a child who is prone to acute upper respiratory infections. The remedy also treats the *Ben* (Root) of atopic diseases including allergic asthma and rhinitis and atopic eczema. It can be given to a child after treating him or her successfully for asthma.

I relate the Root of atopic diseases such as allergic asthma and rhinitis and atopic eczema to a deficiency of the Wei systems of the Lungs and Kidneys. This remedy specifically tonifies such systems and can be used to treat the Root in atopic diseases.

In allergic asthma and rhinitis, the remedy *Little Sentinel* can be given after the child has been successfully treated with other remedies that treat the Manifestation [*Ben*] of these diseases. These are *Breathe Easy* for allergic asthma and *Jade Screen* (in

the *Three Treasures*) for allergic rhinitis. In atopic eczema too, the remedy can be given after the child has been successfully treated with remedies such as *Clear Radiance* to consolidate results.

However, in many cases, in allergic asthma and rhinitis, we can and should treat both the Root and the Manifestation simultaneously. I do this in chronic cases when the child has been suffering from allergic asthma and/or rhinitis for several years and his or her condition is marked by both a Fullness (Wind in the bronchi or nose) and a Deficiency (of Lungs and Kidneys primarily but often also of the Spleen).

Finally, the remedy *Little Sentinel* can be used not only to treat the Root of atopic diseases: it can also be used simply to tonify Qi of the Lungs, Spleen and Kidneys and strengthen the immune system of a weak child who is prone to external invasions of Wind.

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