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## Instructions for Dermatological and Gynecological Use

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## Yin-care Instructions for Dermatological Use

### 1. FOR USE AS A TOPICAL APPLICATION

Instructions:

1. Wash hands and apply appropriate dilution of Yin-Care with one's fingertips, Q-Tip or cosmetic pads, "dabbing," "rubbing," or "smearing" the solution into the affected area of skin.
2. Apply 2 to 3 times daily.
3. Or, for itching or burning, apply as often as necessary to provide temporary symptomatic relief.
4. For persistent skin conditions, continue daily applications for 1 to 2 weeks.

Or, for convenience, apply topically with a spray bottle:

1. Obtain small spray bottle and fill with appropriate dilution of Yin-Care.
2. Hold bottle eight inches (8") from affected area of skin.
3. Spray, letting solution absorb and dry.

Recommended dilutions and treatment times:

Acne, rosacea	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Allergic dermatitis	<b>20%</b> - 50% - 100%	5 - 15 min/ 2 - 3x daily
Athlete's foot	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily
Cold sores, fever blisters	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily
Eczema, psoriasis	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Fungal infections	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily
Hemorrhoids	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Lesions & abscesses	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Poison ivy, poison oak	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily
Rashes	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Scalp dermatitis	20% - <b>50%</b> - 100%	5 - 15 min/ 2 - 3x daily
Shingles (herpes zoster)	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily
Stings & bites	20% - 50% - <b>100%</b>	5 - 15 min/ 2 - 3x daily

Yin-Care research using the topical method of application:

An acne research study of 73 patients with untreated acne was done at two hospitals affiliated with the Dalian Medical College. Each patient's acne was graded on a 9-grade acne scale, ranging from sparse comedones to deep cysts and/or inflammatory nodules. There were 52 subjects in the group treated with Yin-Care and 21 subjects in the control group treated with a sulphur lotion. Both groups also took 10 mg of Vit. B2 and B6, orally, 3 times daily. After washing their faces, the patients in both groups applied their respective medications, massaging it into the skin, and finally rinsing it off 30 minutes later.

Curative Effects	Excellent	Good	Moderate	No Effect	Worse
Yin-Care Group	30.7%	17.3%	34.6%	17.3%	0%
Control Group	19%	0%	9.5%	71.4%	0%

The total effectiveness rate in the Yin-Care group was 82%. In the control group it was 19%. No serious side effects were observed with external use. In some cases, a slight burning sensation was reported when Yin-Care was massaged into the skin too vigorously.

Huang Tian, et al. A Clinical and Experimental Study on Acne Treatment with Yin-Care. Dalian Medical College. 1991. p3-7.

**2. FOR USE AS A WET DRESSING**

Instructions:

1. Apply appropriate dilution of Yin-Care to gauze dressing, bandage or pad.
2. Position wet dressing in contact with affected area of skin and cover with dry cloth to prevent staining of clothing.
3. Wear wet dressing in place 1 to 4 times daily, or overnight, for 7 successive days as one course of treatment.
4. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Recommended dilutions and treatment times for conditions that require a longer, more sustained, application of Yin-Care:

Allergic dermatitis	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Burn wound infections	03% - <b>20%</b> - 50%	15 - 60 min/ 2 - 3x daily
Cold sores, fever blisters	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Eczema, psoriasis	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Erysipelas	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Fungal infections	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Hemorrhoids	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Impetigo herpetiformis	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Lesions & abscesses	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Nail fungus	20% - 50% - <b>100%</b>	15 - 60 min/ 2 - 3x daily
Poison ivy, poison oak	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Rashes	<b>20%</b> - 50% - 100%	15 - 60 min/ 2 - 3x daily
Shingles (herpes zoster)	20% - <b>50%</b> - 100%	15 - 60 min/ 2 - 3x daily
Stings & bites	20% - 50% - <b>100%</b>	15 - 60 min/ 2 - 3x daily

Yin-Care research using the wet dressing method:

A study of the effect of Yin-Care on 13 skin conditions was carried out between May 1991 and April 1992 at the Sichuan Provincial People's Hospital. The Yin-Care group was made up of 587 test subjects, treated with a 3% Yin-Care solution applied as a wet dressing 4 times daily. The results were as follows:

Disease	No. of Cases	Cured Cases	Very Effective	Effective	Ineffective	Effectiveness Rate
Eczema	99	34	40	25	0	74.7
Infantile eczema	28	8	11	9	0	67.9
Contact dermatitis	60	26	25	9	0	85.0
Drug eruption	79	43	36	0	0	100
Erosive balanoposthitis	10	6	4	0	0	100
Allergic dermatitis	21	7	9	0	0	76.2
Herpes zoster	33	8	9	12	4	51.5
Erysipelis	13	3	5	3	2	61.5
Varicose syndrome	6	2	2	2	0	88.2
Impetigo herpetiformis	17	8	7	2	0	88.2
N. gonorrhoea	81	24	13	27	17	45.7
Pointed condyloma	42	8	7	12	15	35.7
Cural tinea infection	98	20	41	37	0	62.2

Of the 587 patients being treated with Yin-Care, 197 cases were completely cured. And of those remaining, Yin-Care was very effective in 209 cases, effective in 143 cases, and ineffective in 38 cases. The total effectiveness rate was 93.5%.

Wu Lianzhang, et al. Clinical and Laboratory Study on Wet Dressing with 3% Yin-Care in Treating Some Skin Diseases. Sichuan Provincial People's Hospital. PRC. 1991-1992. p25-30.

### 3. FOR USE AS A SOAK

Instructions:

1. Mix appropriate dilution of Yin-Care in a tub or portable basin of warm water.
2. Fully immerse the affected body part or area in the diluted solution.
3. Soak the affected area for 15 to 30 minutes, 1 to 3 times daily for 7 days in succession as one course of treatment.
4. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Allergic dermatitis .....	20% - <b>50%</b> - 100%	15 - 30 min/ 1 - 3x daily, 7-day course, 1 - 3 courses
Eczema, psoriasis .....	20% - <b>50%</b> - 100%	15 - 30 min/ 1 - 3x daily, 7-day course, 1 - 3 courses
Nail fungus .....	20% - 50% - <b>100%</b>	15 - 30 min/ 1 - 3x daily, 7-day, 1 - 3 courses
Neurodermatitis .....	20% - <b>50%</b> - 100%	15 - 30 min/ 1 - 3x daily, 7-day, 1 - 3 courses
Rashes .....	<b>20%</b> - 50% - 100%	15 - 30 min/ 1 - 3x daily, 7-day, course, 1 - 3 courses

Yin-Care research using the soak method:

From the beginning of 1991 through May of 1992 a research study was done at the Xuzhou College of Medical Sciences Hospital on the use of Yin-Care in the treatment of various skin diseases. There were 154 subjects in the Yin-Care group and 184 subjects in the control group.

Those with athlete's foot, a fungal infection called tinea pedis, were instructed to soak their feet in a 10% Yin-Care solution for 10 - 15 minutes while rubbing the solution into the affected areas for 3 - 5 minutes. The control group used a 2% miconazole cream or a local proprietary antifungal drug called "Wei's Spirit" applied topically to the affected areas. The results were as follows:

Group	No. of Cases	Cured	Excellent Effect	Good Effect	Ineffective	Effectiveness Rate
Yin-Care group	25	8	4	6	7	72%
Control group	17	14	3	0	0	100%

Even in a low 10% concentration, Yin-Care showed marked effectiveness in the treatment of tinea pedis administered with the soak method. The study showed, however, that a 10% Yin-Care solution produced a cure rate lower than the antifungal drugs, miconazole and "Wei's Spirit".

Gu Yuan. A Study of Yin-Care's Clinical Applications. Hospital of the Xuzhou College of Medical Sciences, PRC. 1991-1992. p57 - 61.

## Yin-care Instructions for Gynecological Use

### 1. FOR USE AS A TOPICAL GYNECOLOGICAL APPLICATION

#### Instructions:

1. Wash hands and apply appropriate dilution of Yin-Care with one's fingertips or with a cosmetic pad, "dabbing," "rubbing," or "smearing" the solution into the affected areas of the external genitalia.
2. Apply 2 to 3 times daily.
3. Or, for acute itching or burning, apply as often as necessary to provide temporary symptomatic relief.
4. For persistent genital skin conditions, continue daily applications for 1 to 2 weeks.

For convenience, apply topically with a spray bottle:

1. Obtain small spray bottle and fill with appropriate dilution of Yin-Care.
2. Hold bottle eight inches (8") away from the affected skin.
3. Spray, letting solution absorb and dry.
4. Repeat as noted above.

For sustained application to external genital tissues, use a sanitary pad:

1. Wet one or more cosmetic pads with appropriate dilution of Yin-Care and place between a dry sanitary pad and body.
2. Wear pad for 1 - 3 hours and repeat as noted above.

NOTE: If worn in place for more than 1 hour, especially if worn overnight, then a lower Yin-Care concentration, such as 10%, is recommended.

#### Recommended dilutions and treatment times for conditions of the external genital and perineal tissues:

Allergic dermatitis	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Candida albicans	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Genital herpes sores	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Other STD sores	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Fungal infections	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Rashes	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Vaginal discharges	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Vulval/perineal eczema	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Vulval neurodermatitis	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily
Vulvitis	20% - 50% - 100%	5 - 15 min/ 2 - 3x daily

From May to June, 1990, 38 patients from the Department of Obstetrics and Gynecology at the Beijing Xiehe Hospital took part in a study to determine the effectiveness of Yin-Care in the treatment of various gynecological diseases. From this group of 38 subjects, 32 were treated for various types of vaginitis using the douche method. However, 6 patients were treated for conditions of the vulva, including 4 cases of neurodermatitis, 1 case of allergic dermatitis, and 1 case of eczema. These patients were treated with a 10% concentration of Yin-Care. Using one's fingertips or a cosmetic pad, the solution was "dabbed" or "smeared" on the affected areas. This was done once a day for 7 days as a course of treatment. Two courses of treatment were generally administered. Two or three days after each course of treatment, patients were re-examined.

For diseases of the vulva, Yin-Care proved to be 100% effective for these few cases of allergic vulvovaginitis, eczema and neurodermatitis. There were no adverse reactions.

Han Meiling, et al. The Clinical Observation of Yin-Care in Treating Gynecological Diseases. Beijing Xiehe Hospital. PRC. 1990. p177-178.

2. FOR USE AS AN INTRA VAGINAL RINSE / DOUCHE

Instructions:

Both the applicator and the Yin-Care bottle feature a built-in measuring system. Each of the applicator's accordion-like sections equals 10ml or 10% of the total 100ml volume. For a 10% dilution, fill one section of the reservoir with Yin-Care and fill the remaining 9 sections with clean lukewarm water.

1. Unscrew applicator tip and fill reservoir to desired level with appropriate dilution of Yin-Care. Fill the remainder with clean lukewarm water.
2. While sitting over a toilet basin or standing in a shower, insert applicator into vagina and slowly press bottom of reservoir, allowing Yin-Care solution to thoroughly rinse vagina and flow freely from the body. Continue process until reservoir is empty.
3. Wash applicator thoroughly with soap and water, readying it for the next use.
4. Repeat 2 times daily for 7 days as one course of treatment.
5. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Recommended dilutions and treatment times for conditions of intravaginal tissues:

Cervicitis .....	<b>10%</b> - 20% - 50% .....	2x daily, 1 - 3 day course, for 1 - 3 courses
Colporrhagia .....	<b>10%</b> - 20% - 50% .....	Overnight, 7-day course, for 1 - 3 courses
Fungal, viral, or bacterial vaginitis.....	<b>10%</b> - 20% - 50% .....	Overnight, 7-day course, for 1 - 3 courses
Pelvic inflammation.....	<b>10%</b> - 20% - 50% .....	2x daily, 7-day course, for 1 - 3 courses
Vaginal discharges.....	<b>10%</b> - 20% - 50% .....	2x daily, 7-day course, for 1 - 3 courses
Side-effects of radiation for cervical cancer .....	<b>10%</b> - 20% - 50% .....	2x daily, 3 - 6 day course, for 1 - 3 courses
STD infections.....	<b>10%</b> - 20% - 50% .....	Overnight, 7-day course, for 1 - 3 courses
Yeast infections .....	<b>10%</b> - 20% - 50% .....	2x daily, 3 - 6 day course

Yin-Care research using the douche method:

This study was an investigation into the applicability of Yin-Care in the treatment of trichomonas vaginalis. It was carried out at the 1st Affiliated Hospital of the Fujian Medical College in 1991.

Observations of trichomonas vaginalis under electron microscope of 5% Yin-Care liquid incubation revealed that, after 5 minutes, plasma lemma were obliterated and organelle appeared vacuole-like or no longer visible. After a total of 10 minutes, the nuclear membrane was destroyed and the nucleoplasm scattered. Next, trichomonas vaginalis was incubated with 10% Yin-Care liquid for a period of 10 minutes. All strains were found destroyed and dissolved. Finally, trichomonas vaginalis was incubated with 20% Yin-Care for a period of 5 minutes. All strains were dissolved and no longer visible.

Electron microscopy revealed Yin-Care's mode of action. The herbal components break down the cell membranes of the parasites, producing a glycogen and ribosome outflow. Yin-Care then enters into the cytoplasm to destroy the membranous organelle, endoplasmic reticulum and Golgi apparatus, thus arresting the composition of proteins and enzymes.

The above experiment demonstrated that Yin-Care had a profound anti-microbial effect on trichomonas vaginalis. It's therapeutic action was shown to be dependant upon variables of both time and concentration. As a therapeutic vaginal wash, it was found that a 10% concentration of Yin-Care retained for approximately 5 minutes produced optimal results.

Cai Huizhen, et al. The Effect of Yin-Care on Trichomonas Vaginalis In Vitro and It's Mechanism of Action. First Affiliated Hospital of the Fujian Medical Hospital. 1992. p99-103.

### 3. FOR USE WITH A COTTON BALL OR TAMPON

Instructions:

1. Extrude tampon one-third way out of tubular encasement.
2. Dip exposed end of tampon (or cotton ball) into appropriate dilution of Yin-Care.
3. Insert wet tampon (or cotton ball) and position carefully against affected vaginal or cervical area.
4. Wear wet tampon (or cotton ball) as needed, or overnight, for 7 days consecutively as one course of treatment.
5. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Recommended dilutions and treatment times for conditions of intravaginal tissues that require a longer, more sustained application:

Cervicitis	10% - <b>66%</b>	Overnight, 7-day course, for 1 - 3 courses
Cervical dysplasia	10% - <b>66%</b>	Overnight, 7-day course, for 1 - 3 courses
Cervical erosion	10% - <b>66%</b>	Overnight, 7-day course, for 1 - 3 courses
Cervical infections	10% - <b>66%</b>	Overnight, 7-day course, for 1 - 3 courses
Cervical warts	10% - <b>66%</b>	Overnight, 7-day course, for 1 - 3 courses
Gonococcal vaginitis	10% - <b>50%</b>	Overnight, 7-day course, for 1 - 3 courses
Mycotic vaginitis	<b>10%</b> - 20%	Overnight, 7-day course, for 1 - 3 courses
Trichomonal vaginitis	10% - <b>20%</b>	Overnight, 7-day course, for 1 - 3 courses
Other STD infections	10% - <b>50%</b>	Overnight, 7-day course, for 1 - 3 courses

Yin-Care research using the tampon method:

In a 1991-1992 research study at the Changchun Hospital of Obstetrics and Gynecology, 100 cases of vaginitis were treated with Yin-Care using the tampon-method. In order to administer Yin-Care in this manner, the tampon's cotton core was pulled out of it's cardboard tube about 2/3 of the way and saturated with a 50% dilution of Yin-Care. The tampon was then inserted into the vagina and repeated 2 to 3 times daily for 7 days as one course of treatment. Five days after treatment, 70 of 72 cases of trichomonal vaginitis, 18 of 25 cases of mycotic (fungal) vaginitis, and 3 of 3 cases of gonococcal vaginitis, tested negative. The total cure rate was 91%.

Du Mingren. Use of Yin-Care-Saturated Tampon in the Treatment of Vaginitis. Changchun Hospital of Obstetrics and Gynecology. Changchun, PRC. 1991-1992. p159-161.

4. FOR USE AS A SITZ RINSE

Instructions:

1. Using warm water, mix appropriate dilution of Yin-Care in a tub or portable wash basin.
2. Squatting over basin, use the Yin-Care solution to wash the exterior of vagina for 5 to 10 minutes.
3. Repeat 1 to 3 times daily for 7 days, as one course of treatment.
4. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Recommended dilutions and treatment times for conditions of the external genital and perineal tissues:

Allergic dermatitis courses	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Non-gonococcal urethritis	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Rashes	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
STD irritations and sores	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Surgical wounds after childbirth	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Vaginal discharges	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Vulval condyloma	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses
Vulvitis	10% - 20% - 50%	5 - 10 min/ -3x daily, 7-day course, for 1 - 3 courses

Yin-Care research using the sitz rinse method:

In the obstetrics department of the Qingdao Hospital 220 puerperants with perineal wounds were chosen randomly to take part in a study to determine Yin-Care's effectiveness in preventing and/or treating post-partum infections. Among these subjects, 150 cases were treated with 10% concentration of Yin-Care for perineal washing twice a day for 6 days. A control group was comprised of another 70 cases treated over the same period of time with 0.1% bromogeramine, which was the disinfectant of choice used in the past. The results of the study were as follows:

Group	No. of Cases	Mild Infection	Moderate Infection	Severe Infection
Yin-Care group	150	7 (4.67%)	3(2%)	1(0.66%)
Bromogeramine group	70	10(14.29%)	3(4.28%)	2(2.85%)

The study showed that Yin-Care exerted no irritating effects to skin or mucous membranes and provoked no other side effects. It had strong bactericidal action upon both G- and G+ bacteria and inhibited fungi E. coli and Nesseria gonorrhoea. The Yin-Care group experienced less than half the number and severity of infections experienced by the bromogeramine group, proving it to be a good disinfectant for puerperal perineal washing.

Liu Tao, et al. Use of Yin-Care for Perineum Washing in Puerperal Care. Qingdao Municipal Hospital. Qingdao, PRC. 1991. pp.141-145



## 5. FOR USE AS A SITZ BATH

### Instructions:

1. Using warm water, mix the appropriate dilution of Yin-Care in a tub or portable wash basin.
2. Sit comfortably in the Yin-Care solution, immersing the affected genital or pelvic tissue for 10 to 20 minutes.
3. Repeat this immersion procedure for 10 to 20 minutes, 1 to 3 times daily for 7 days as one course of treatment.
4. If necessary, repeat this course of treatment several times, with 2 to 3 days of rest between each course.

Recommended dilutions and treatment times for conditions of the external genital and perineal tissues that require a longer, more sustained, application:

Allergic dermatitis .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Non-gonococcal urethritis .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Rashes .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
STD irritations and sores .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Surgical wounds after childbirth .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Vaginal discharges .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Vulval .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses
Vulvitis .....	10% - <b>20%</b> - 50% .....	10 - 20 min/ 1 - 3x daily, 7-day course, for 1 - 3 courses

### Yin-Care research using the sitz bath method:

Between August 1990 and April 1992, 288 female adults with gonorrhea were admitted to the Shi Liping Hospital for treatment with cefalexin (0.5 g., 4x daily for 7 days) and with Probenecid (1g., 1x daily for 3 days). These same patients were randomly divided into two groups of 144 patients each for the study of the relative effectiveness of adjunctive external treatments. The first group was treated with Yin-Care in 10% - 25% concentrations according to patients' conditions. The Yin-Care was administered by the sitz bath method in 10-20 minute sessions, 2 times daily. The other group used a 0.5 - 1% concentration of bromogeramine using exactly the same method of administration.

Accepted standards of cure required complete cessation of symptoms and two successive negative blood tests for neisseria gonorrhea. In the Yin-Care group there were 133 cases cured for a 92% cure rate. In the control group there were 111 cured cases, for a 77% cure rate. Statistical analysis showed that the cure time for the Yin-Care group was shorter by an average of 22 days.

Lou Renhao, et al. Efficacy of Adjunctive Treatment with Yin-Care for Gonorrhea with 144 Female Cases. Shi Liping Hospital. Zhejiang, PRC. 1990-1992, p118-120.

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