



What is the Jade Screen Project?

We want to step forward to help those who are on the front line at greater risk of infection from Covid-19, by offering free CHM. We want to give it for free because we feel they deserve this level of support, as they are putting their lives on the line.

The Jade Screen Project (JSP) offers immune-enhancing and anti-viral herbal formulae for people working in the NHS, care homes, and those providing essential support services, that might reduce the risk and potential severity of infection.



Treating People

- at risk

- with infection

- post infection

We offer this support to people who are currently working in greater- risk environments due to increased exposure to a high viral load, as well as to those who have mild to moderate symptoms of infection who are self-isolating at home, and those in recovery after infection.

Sometimes post infection leaves people feeling unwell for quite some time, and we feel that what we offer can help to support people in recovery from persistent COVID-19 related illness.



Who are the practitioners?

We are a group of experienced practitioners and researchers of Chinese herbal medicine (CHM) who want to make a positive contribution during the current pandemic. We are committed to providing accessible, high quality, evidence-based care using herbal medicines.

We are very moved by the response from the CHM community, who have registered as JSP practitioners and are all offering their services free of charge.

As a measure of our offering the best service we can, we have elected to choose practitioners for our service who are registered members of their professional association, so we can be sure of the high standard of the treatment we are offering.

These practitioners have also undergone specialised training in Covid-19 infection management based on research from Chinese treatment protocols currently used in the pandemic.

We also carried out our own survey of experienced practitioners based in different countries to find out their own clinical CHM experience with patients who have been affected by COVID-19.



What is CHM?

Chinese herbal medicine (CHM) is an ancient system of medicine developed and refined in China and other East Asian countries over the past 2000 years, using the active compounds available from hundreds of different plants. Although they are not refined and isolated as they are in modern drugs these plants enable what has been described as a polypharmacy that allows many compounds to operate together to generate a therapeutic effect.

CHM herbal formulas are normally between 10-15 different herbs containing plant extracts that have immune-regulating, anti-viral, and anti-inflammatory effects. These individualised formulas are worked out after the practitioner notes down the precise nature of the symptoms, as well as any underlying health conditions and medication being taken.

CHM has demonstrated a preventative effect in previous coronavirus epidemics – a large study from 2003 during the SARS outbreak in Hong Kong compared 1,063 healthcare workers taking CHM with 36,111 who did not, and found that those who did had a much lower infection rate.

CHM is part of an array of support and advice that a qualified herbalist can offer. Having seen the evidence from both our clinical practice and research into the benefits of herbal medicine, we feel strongly about stepping forward to support those who are putting their lives on the line, and helping them during this incredibly difficult and stressful time.

We have seen in our clinics the results of the support we offer our clients, and through researching treatment protocols used over centuries in response to pandemics, infectious respiratory diseases and rehabilitation from chronic illness, we strongly believe that our skills and experience will be useful for those right at the edge of the crisis.



What is the research?

There are studies on the front page of the JSP website, for those interested in the science behind CHM being able to suppress viral replication, and inhibition of the SARS protein entering the cell's receptor sites, which is how the virus enters the cells. There are also studies showing how herbs may have anti-inflammatory and immunoregulatory effects by reducing cytokine levels and enhancing immune mechanisms.

Several studies have confirmed the ability of mushrooms in general to increase the effectiveness of both our innate and adaptive immune response to a range of pathogens, including viruses. Reishi has a strong anti-inflammatory activity, as well as the quality to curb viral replication. Covid-19 enters cells via angiotensin-converting receptors, which the triperpenes and proteins from Reishi have been shown to block.

Herbs such as Patchouli and Japanese Knot Weed are considered to have anti-inflammatory and immune-protective qualities, that are amongst a wide range of herbs available to herbalists. These three herbs in particular are very useful in our formulae, where we call them by their Chinese names of Ling Zhi, Huo Xiang and Hu Zhang.

The Jade Screen is taken from the name of an ancient formula, which was used to protect people from infection. The formula's name was derived from the Feng Shui practice of placing a screen made of the jade stone in rooms to protect people from draughts, the reference to jade reflects value and strength, and screen indicates a barrier – together it is considered something both protective and precious to have around the home.

The Jade screen, both the formula and the metaphor of protection, is our inspiration to offer our support to people working in environments where there is an increased risk due to high viral load.



How to donate:

We're not asking the people on the frontline to pay for either the herbs, or the consultations, as we feel they deserve our support and have put their lives on the line for all of us.

All donations we receive will go towards paying for their herbs. Our time, research and consultations are being gifted as a token of our thanks for their courageous work. We are hopeful that our support will help to protect those who are in such a perilous situation.

All the money donated via our donation pages goes directly to paying for the herbs, which have been provided at a generous discount, allowing your money to go even further.

All admin costs are covered by internally generated donations, meaning all our fundraising from the public can go directly to covering the cost of the herbs.

Please help us to support those who really deserve it! If you can't support us financially, please do share our page on Facebook, and let your friends know, especially if they are working on the front-line and you feel they would benefit from our support. Thank you!

 fb.me/thejadescreenproject

 [@thejadescreenproject](https://www.instagram.com/thejadescreenproject)

www.jadescreen.co.uk

