

Patient Help Sheet for Diabetes

Here are some tips that you can use to help balance and support your health.
Please feel free to call me if you have further questions or concerns.

Acupressure Points

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

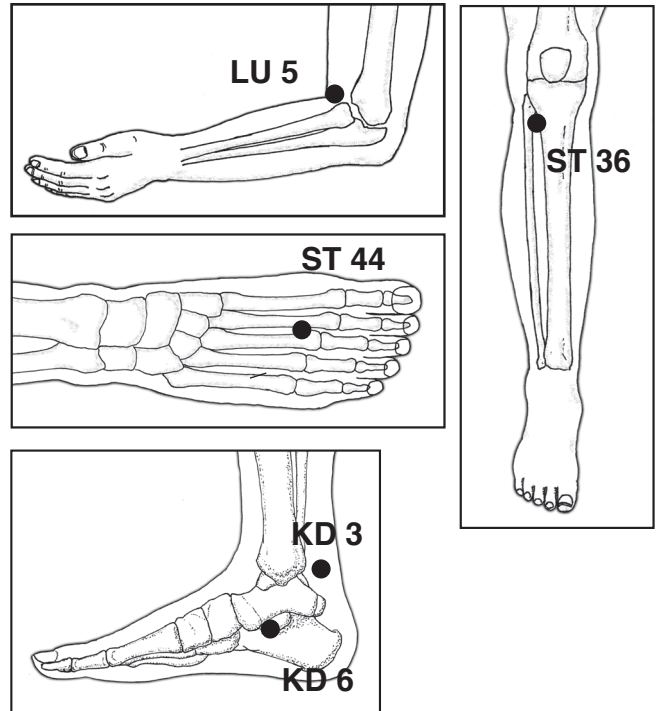
Stomach 44 (ST 44): Between the 2nd and 3rd toe, in the depression where the bones come together. Functions: Clears Heat from the Stomach meridian, regulates Qi, relieves pain.

Stomach 36 (ST 36): On the outside of the leg, approximately one hand width below the kneecap, just off the bone. Functions: Increases stamina and energy, provides stability and grounding, heals effects on the body of too much worrying and thinking.

Kidney 3 (KD 3): Level with the tip of the inner ankle bone, in the depression between the ankle and tendon. Functions: Tonifies the Kidneys, strengthens the low back, relieves heel/ankle pain.

Kidney 6 (KD 6): In the depression below the tip of the inner ankle. Functions: Nourishes the Kidneys, clears Heat-deficiency, benefits the throat, benefits the eyes, calms the Shen (Spirit).

Lung 5 (LU 5): On the thumb side, at the elbow crease, just off the biceps brachial tendon. Functions: Useful for hot skin conditions, upper body edema, local point for tendonitis, relaxes the sinews and frees water passages.



Diabetes & Diet

It is important to maintain normal sugar levels in the body through diet.

- Eating a balanced diet that contains complex carbohydrates, protein (organic sources if possible), and healthy fats can help regulate normal sugar levels in your body.
- Eat smaller meals at regular times throughout the day.
- Add some of these foods to your diet: amaranth, artichokes, black beans, bran, celery, chicken, coconut oil, daikon, fish, flaxseed oil, garbanzo beans, lentils, millet, nuts, oats, peas, pumpkin, quinoa, seeds, turkey and yams.
- Avoid spicy and heat producing foods such as lamb, ginger, hot pepper, cinnamon and red/Korean ginseng.
- Drink tea - Add ¼ oz. of green tea leaves to 1 cup of cold water and soak for 5 hours. Sip throughout the day.
- Add 1 whole onion to 500ml of red wine. After it soaks for 10 days, you can drink 30ml before each meal, twice per day.

Helpful Tips

- **Maintain a positive attitude.** Stress and anxiety can affect your physiological function, and emotional upset will raise your blood sugar levels.
- **Exercise.** Staying active is one of the best ways to help lower your blood sugar levels. Try to get in a daily walk, swim or yoga class. Tai Chi and Chi Gong are also wonderful to add to your daily routine.
- **Take care of your feet and ankles.** You may want to see a podiatrist to make sure you have the proper footwear to avoid any problems to your feet that can occur if you have diabetes.
- **Take warm baths** (not hot) a few times per week.

Sources: Chinese Home Remedies. Wang, L., New Page Books, 2005.
Secrets of Healing. Ni, Dr. M., Avery Press, 2008.