

# Patient Help Sheet for Premenstrual Syndrome (PMS)

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

## Acupressure Points

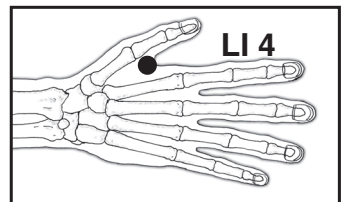
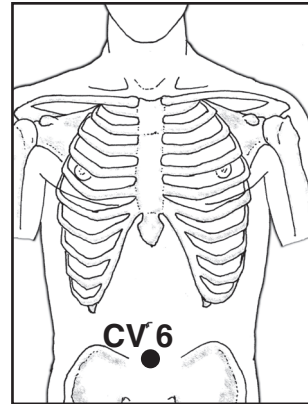
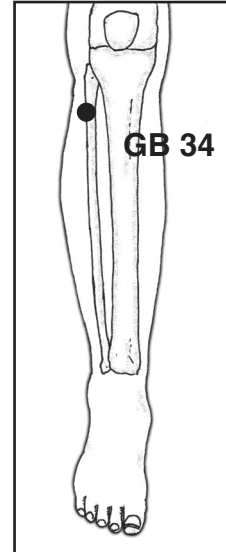
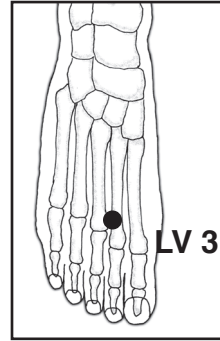
Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

**Liver 3 (LV 3):** On the top of the foot, in the depression between where the first and second metatarsal bones meet. **DO NOT USE DURING PREGNANCY.** Functions: Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia.

**Gallbladder 34 (GB 34):** Below the outside of the knee, in the depression, just off the shin bone. Approximately 1 inch anterior and inferior to the head of the fibula. Functions: Harmonizes the Liver, strengthens tendons and bones and transforms phlegm. Effective for hepatitis, jaundice, nausea and gallstones.

**Conception Vessel 6 (CV6):** Located on the midline of the abdomen, 1.5 cun below the umbilicus and 3.5 cun above the superior border of the pubic symphysis. Functions: Tonifies the body, regulates Qi circulation and functions, strengthens deficient Kidneys, prolongs life. Effective for uterine bleeding, vaginal discharge, menstrual disorders and enuresis.

**Large Intestine 4 (LI 4):** On the back of the hand between the thumb and first finger. In the fleshy part of the hand. **DO NOT USE DURING PREGNANCY.** Functions: Used for common cold with sweating, fever, headache, red, painful eyes, and nasal congestion. Known as "The Master Pain Elimination" point, it can address pain in many parts of the body. Also used for throat constriction and dysentery. Regulates the Wei Qi (Chinese theory of immune system).



## Aromatherapy for the Liver Health

Smells have a profound effect on both body and mind. Roman and German chamomile are two effective scents that help to sedate and calm the Liver. In contrast, scents such as Rose, Geranium and Lemon help to strengthen and support the Liver.

The chamomile scents can be used for symptoms of anger, resentment, frustration, tension and mood-swings. The other scents may be helpful with depression, guilt and lack of motivation. Overall, these scents can help restore balance and harmony for those who are experiencing a Liver that is out of balance.

### Here are three ways to use aromatherapy oils:

- Massage into the abdominal area – Add 40-60 drops to 3 oz. of almond oil.
- Inhale – Place a few drops on a napkin, handkerchief, or cotton ball and inhale periodically.
- Diffusion – Place a few drops in an aromatherapy air diffuser. This heats up and adds sweet smells to the air.

## Meridian Exercise for Health and Wellbeing

1. Stand with your feet spread shoulder-width apart and knees slightly bent. Keep your arms hanging at your sides and shoulders relaxed.
2. With an inhalation, raise your arms out to the side and up over your head with palms facing each other. Keep arms shoulder width apart. Exhale and relax your shoulders, but keep your arms raised. On your next exhalation, bend your body at the waist, as far to the right as possible. Do not bend forward. Keep your arms straight and knees slightly bent.
3. Exhale and extend the left arm, stretching the left side of your body. Inhale into the left side. Hold this pose for a few deep breaths. Exhale and gently return to an upright position.
4. Keeping your arms up, inhale and stretch your arms upward. With a strong exhale, bend your knees and squat like you are sitting in a chair. Inhale and stand up straight. Repeat for the opposite side.