

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.

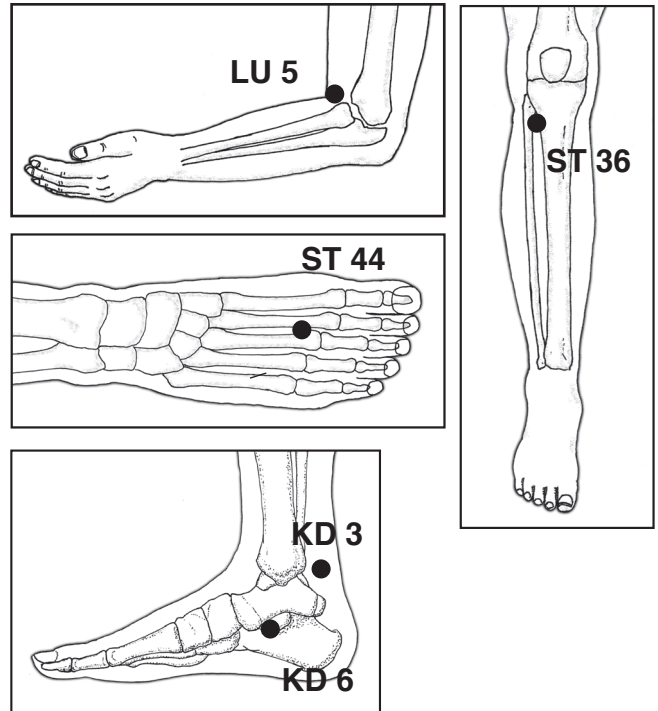
Kidney 6 (KD 6): In the depression below the tip of the inner ankle. Functions: Nourishes the Kidneys, clears Heat-deficiency, benefits the throat, benefits the eyes, calms the Shen (Spirit).

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.

Patient Help Sheet for Cold & Flu

Here are some tips that you can use to help balance and support your lung health during a cold or flu. 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.

Lung 7 (LU 7): Roughly 2 inches above the base of the thumb. Functions: Used for fever, chills, shivering, nasal congestion and discharge, sore throat, cough, headache and migraines. Great point when you feel a cold coming on.

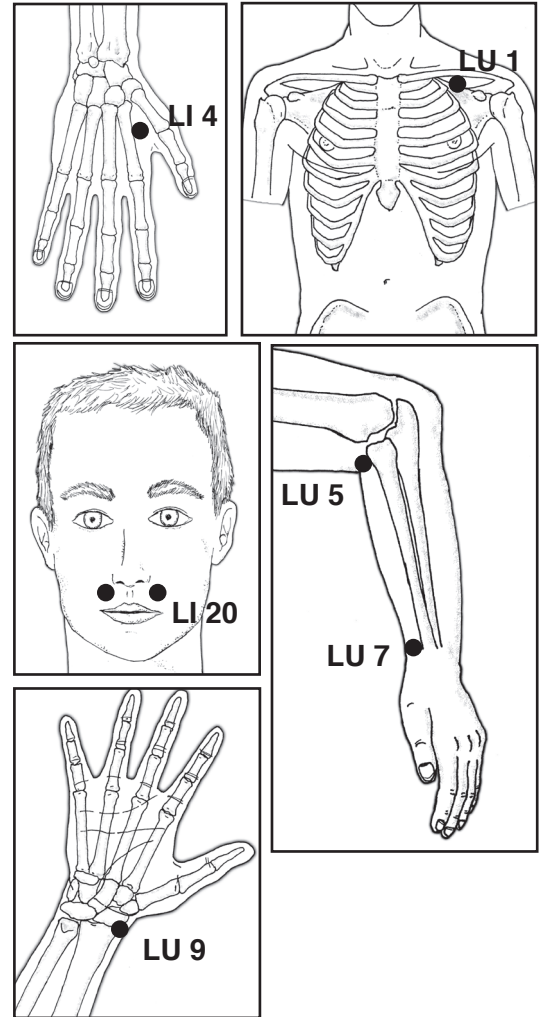
Lung 5 (LU 5): On the thumb side, at the elbow crease, just off the biceps brachii tendon. Functions: Useful for hot skin conditions, upper body edema, local point for tendonitis, relaxes the sinews and frees water passages.

Lung 1 (LU 1): On the chest, below the collar bone, approximately 6 inches from the center of the chest. Functions: Used for asthma, the common cold, cough and pain in the chest, shoulder and back.

Lung 9 (LU 9): On the wrist crease, just below your thumb. Functions: Used for cough with or without water phlegm, tightness of the chest, shortness of breath, asthma, digestive problems and wrist pain. Also used to strengthen the Lungs and immune system.

Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. Functions: Used for common cold with sweating, fever, headache, red and painful eyes, and nasal congestion. "The Master Pain Elimination" point. DO NOT USE DURING PREGNANCY.

Large Intestine 20 (LI 20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile. Functions: Used for nasal discharge and congestion, rhinitis, loss of sense of smell, sneezing, nasal polyps, and nosebleeds. Also used for itchy eyes and facial pain with swelling.



Aromatherapy for a cold or flu

Eucalyptus - opens up nasal passages.

Cedar - clears head and opens up nasal passages.

To use: Apply to temples and areas of pain. Massage lightly. You can also put some on the back of your hand, on the Large Intestine 4 point.

Wei Qi/Immune System Boost Soup

- 1 whole chicken
- 10 oz. shiitake mushrooms
- 2 pints of water
- 1 tsp. chopped ginger
- 3 slices of Huang Qi
- 4 chopped garlic cloves
- 1 tsp. olive oil

Place chicken and Huang Qi/Astragalus root in water. Bring to boil, simmer for 1 hour. Add shiitake, ginger, garlic and oil. Simmer for an additional 45 minutes.

Cold Relief Soup

- 2 cloves of garlic
- 1 chopped scallion
- 1 Tbsp. miso paste
- 4 cups of water
- 1 inch piece of fresh ginger

Add all ingredients, bring to boil, simmer for 15 minutes. Drink 1 cup every hour. You will begin to sweat.

Dry Cough Pear & Almond Soup

- 5 ripe pears
- 2 quarts of water
- honey
- fresh mint leaves
- 4 handfuls of almonds (chopped)

Cut pears in half and remove stems and seeds. Chop into small pieces. Combine pears, almonds and water in medium sized saucepan. Bring to boil, cover, and simmer for 15 minutes. Remove from heat. Add honey and mint to taste. Drink one to two cups daily to enhance the Lung function and prevent dry coughs.

Patient Help Sheet for Allergies

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.

Lung 7 (LU 7): Roughly 2 inches above the base of the thumb.

Functions: Used to treat several disorders of the upper body, including headaches, asthma, neck stiffness, cough, sore throat and facial paralysis.

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

Lung 1 (LU 1): On the lateral aspect of the chest, in the first intercostal space, approximately 6 inches from the center of the chest. **Functions:** Disperses heat from the chest, regulates Lung Qi, helps with coughs, wheezing and asthma.

Lung 9 (LU 9): On the wrist crease, just below your thumb.

Functions: Used for coughs with or without phlegm, tightness of chest, shortness of breath, asthma, digestive problems and wrist pain. Also used to strengthen the Lungs and the immune system.

Pericardium 6 (PC 6): In between the tendons, about 3 inches down from the wrist crease. **Functions:** Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting and motion sickness.

Large Intestine 20 (LI 20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile.

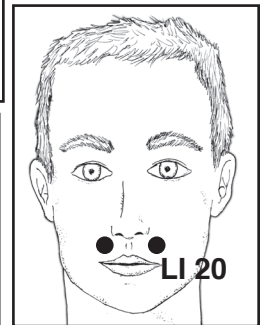
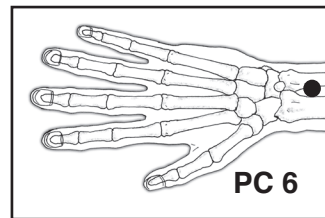
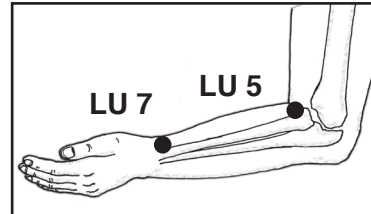
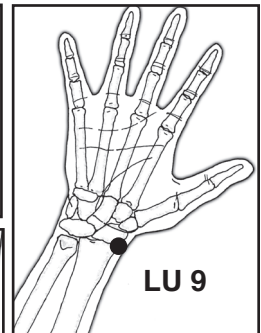
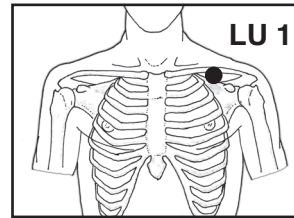
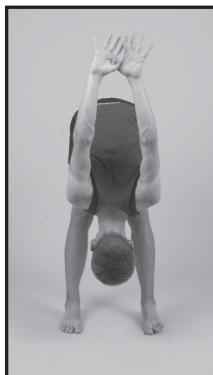
Functions: Opens the nasal passages and strengthens the activities of the contractile elements in the nasal cavity. Also useful for itchy eyes and facial pain with swelling.

Meridian exercise for lung and sinus health

DON'T ATTEMPT IF YOU HAVE SHOULDER PROBLEMS

- 1) Stand with feet shoulder width apart.
- 2) Place your hands behind your back, hook your thumbs together and spread your fingers apart.
- 3) As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down, raise your hands up over your back and keep your elbows straight.
- 4) When you have come to a comfortable forward bend, take a deep inhalation. Relax into the pose and gradually sink deeper with each exhalation.
- 5) Exhale and gently push your arms up, and away from your body, toward your front. Spread and stretch your fingers toward the sky. *(See image to the right)*
- 6) Hold this position for a few breaths.
- 7) Gradually return to a standing position

WARNING: If you become light headed or dizzy. Stop, bend your knees and slowly return to a standing position.



Helpful aromatherapy

- Chamomile, Roman
- Eucalyptus
- Frankincense
- Lemon
- Lavender
- Spikenard

Combine essential oils and vegetable oil into a small glass jar. Rub on your chest throughout the day and night as needed, but especially before bedtime. You can also place a few drops of each scent on a cloth and inhale it throughout your day.

Cleanse your nose

Nasal cleansing is an ancient practice that has been used throughout India for thousands of years.

There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.

Patient Help Sheet for Asthma

Here are some tips that you can use to help balance and support your lung health during an asthma attack. 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.

Lung 7 (LU 7): Roughly 2 inches above the base of the thumb. **Functions:** Used to treat several disorders of the upper body, including headaches, asthma, neck stiffness, cough and sore throat.

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

Lung 1 (LU 1): On the chest, below the collar bone, approximately 6 inches from the center of the chest. **Functions:** Disperses heat from the chest, regulates Lung Qi, helps with coughs, wheezing and asthma.

Lung 9 (LU 9): On the wrist crease, just below your thumb. **Functions:** Used for coughs with or without phlegm, tightness of chest, shortness of breath, asthma, digestive problems and wrist pain. Also used to strengthen the Lungs and the immune system.

Conception Vessel 17 (CV 17): On the breastbone, in the center of the chest between the nipples. **Functions:** Used for chest/throat issues, difficulty swallowing and chronic Lung issues.

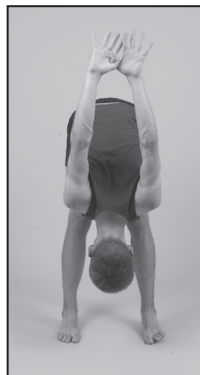
Conception Vessel 12 (CV 12): On the center line of the body, halfway between the navel and the place where the ribs come together. **Functions:** Regulates the Stomach Qi and tonifies Spleen deficiency. Affects the face, throat, chest, lungs and digestive systems.

Stomach 36 (ST 36): On the outside of the leg, approximately one hand width below the kneecap, just off the bone. **Functions:** Harmonizes the intestines and clears food stagnation, regulates Qi and Blood, eliminates Dampness, transforms Phlegm, enhances immune function, breaks up blood stagnation in the chest.

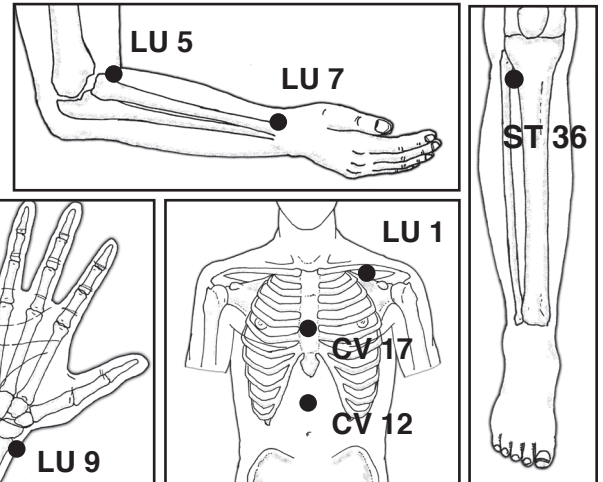
Meridian exercise for asthma

DON'T ATTEMPT IF YOU HAVE SHOULDER PROBLEMS!

1. Stand with feet shoulder width apart.
2. Place your hands behind your back, hook your thumbs together and spread your fingers apart.
3. As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down, raise your hands up over your back and keep your elbows straight.
4. When you have come to a comfortable forward bend, take a deep inhalation. Relax into the pose and gradually sink deeper with each exhalation. (see image to the right)
5. Exhale and gently push your arms up, and away from your body, toward your front. Spread and stretch your fingers toward the sky.
6. Hold this position for a few breaths.
7. Gradually return to a standing position.



WARNING: If you become light headed or dizzy. Stop, bend your knees and slowly return to a



standing position.

Helpful Aromatherapy for Asthma

Chamomile - Helps to prevent the release of histamine and reduces bronchial spasms.

Frankincense - Supports lung health, encourages deep breathing.

Rose - Supports lung health, encourages deep breathing and reduces bronchial spasms.

Marjoram - Supports lung health, encourages deep breathing and reduces bronchial spasms.

Lavender - Reduces bronchial spasms. Use a lavender steam during an acute attack. Steam helps to open airways and lavender helps to relax spasms and calm the mind to reduce panic. You can also put oils in bath.

Geranium - Reduces bronchial spasms.

Try the following recipes for asthma relief between attacks

Asthma Health Support Rub

- 30 drops lavender oil
- 20 drops geranium oil
- 10 drops rose oil
- 10 drops marjoram oil
- 3 drops peppermint or ginger oil
- 2 ounces vegetable oil

Combine essential oils and vegetable oil in a small glass jar. Rub on your chest throughout the day and night as needed, especially before bedtime.

Patient Help Sheet for Depression

Here are some tips that you can use to help balance and support your liver 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.

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.

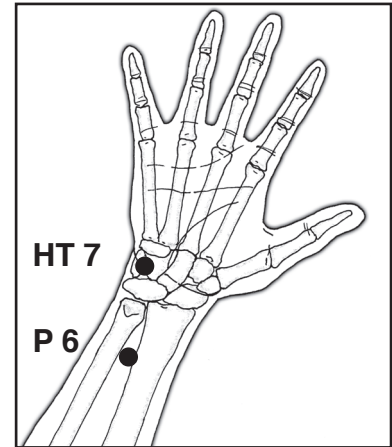
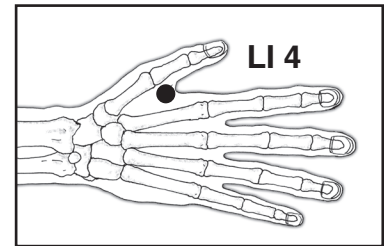
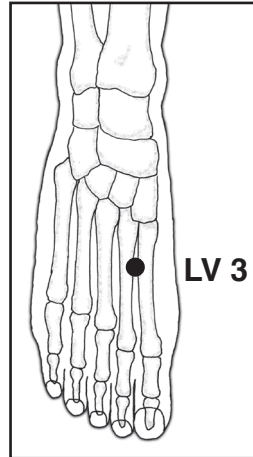
Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. **DO NOT USE DURING PREGNANCY.** Functions: Used for common cold with sweating, fever, headache, red, painful eyes, and nasal congestion. Known as "The Master Pain Elimination" point,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

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease. Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting, opens and relaxes chest tightness.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist. Functions: Calms the Shen, pacifies the heart, clears the channels, sedates and regulates the internal organs.

Meridian exercise for Depression

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.



Aromatherapy for the Liver

According to Chinese medicine, depression is an indication of blocked Liver energy. 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** – 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.

Patient Help Sheet for Headaches

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

Acupressure Points

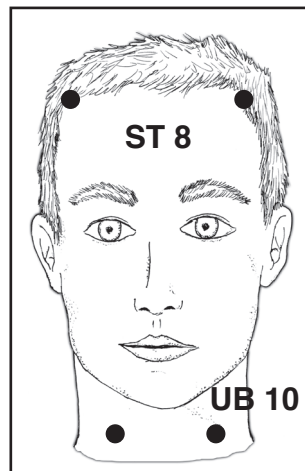
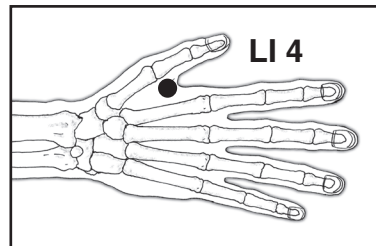
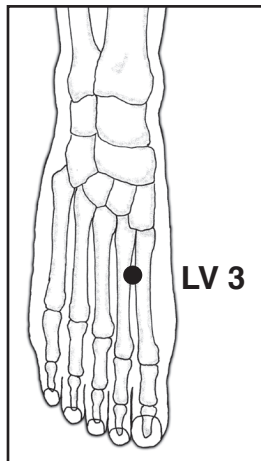
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Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. DO NOT USE DURING PREGNANCY. Functions: Used for common cold with sweating, fever, headache, red, painful eyes and nasal congestion. 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).

Stomach 8 (ST 8): Approximately 4.5 inches from the middle of your head, at the corner of the forehead, a few inches in from the hairline. Functions: Used for dizziness, eye disorders and spasms, facial paralysis, headaches and migraines, lacrimation, mental disorders, and visual disturbances.

Bladder 10 (UB 10): Approximately 1.5 inches lateral to the middle of the neck, in a depression. Functions: Used for dizziness, eye disorders, headaches, migraines, stiff neck and pain.



Meridian Exercise for Headaches

Forward Bend Exercise

1. Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
2. With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
3. As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch. *(See image below)*
4. Hold this position for a few breaths.



Helpful Aromatherapy for Headaches and Migraines

- Fill a small glass, 1oz. jar or bottle approximately 2/3 full with Sweet Almond Oil.

Add:

- 6 drops Lavender Oil
- 6 drops Chamomile Oil
- 6 drops Clary Sage Oil
- 12 drops Peppermint Oil
- Cover and shake. Check the fragrance of the oil.
- Fill any remaining space in the bottle with Sweet Almond Oil.

To use: Apply to temples and areas of pain. Massage lightly. You can also put some on the back of your hand, on the Large Intestine 4 point.

Other aromatherapy oils for headaches:

- Lavender
- Melissa
- Rosemary
- Peppermint
- Jasmine
- Bay
- Eucalyptus

Patient Help Sheet for Cholesterol and Hypertension

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. According to Traditional Chinese Medicine (TCM) our diet and emotions play a key role in cholesterol levels.

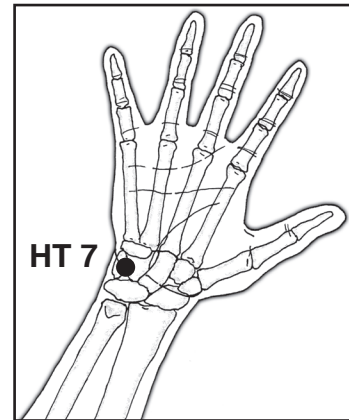
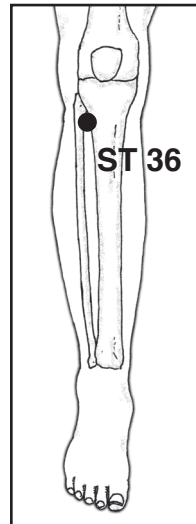
TCM views high cholesterol as an imbalance in the function of our spleen, stomach, pancreas and liver meridian and organ systems.

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 36 (ST 36): On the outside of the leg, approximately one hand-width below the kneecap, just off the bone. Functions: Strengthens the Spleen, harmonizes the intestines and clears food stagnation, stops vomiting, regulates Qi and Blood, transforms phlegm, enhances immune function, breaks up blood stagnation in the chest.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist. Functions: Calms the Shen (Spirit), clears the channels and sedates the regulatory function of internal organs.



Tips to help lower your cholesterol

- Increase fiber- Increase your intake of fiber-rich foods such as whole grains, fruits, vegetables and legumes (beans, soybeans), oats, rolled oats, oatmeal and oat flour help to lower your LDL (the bad cholesterol), without affecting the HDL (the good cholesterol).
- Eat a little more soy - The isoflavone content in soy products helps lower cholesterol levels.
- Eat less more often- Eat smaller meals more frequently. Add fresh organic leafy greens, whole grains, tofu, spinach, sunflower seeds, mung beans, bamboo shoots, apples, blueberries, carrots, brussel sprouts, yams, lemons, lotus root, sprouted vegetables, and wheat bran.
- Drink tea - Black tea, green tea, and tea made of hawthorn berries have been shown to be helpful in lowering cholesterol. Have at least 1 cup per day.
- Spice it up - Add oregano, black pepper, basil, fennel and tarragon to your meals.
- Get nutty - Nuts that are rich in fiber and antioxidants are an excellent way to get well and stay healthy. Choose from, almonds, hazelnuts, peanuts, pecans, pine nuts, pistachios and walnuts. Limit your intake to 1.5 ounces per day, as nuts can be high in calories.
- Add these - Certain foods such as garlic, onions, avocados, and salmon have been shown to help lower cholesterol levels.
- Take your oils - Omega-3 oils such as flax seed oil and fish oil helps lower cholesterol. These have been shown to lower the LDL and raise the HDL levels. The American Heart Association suggests that you consume at least 2 servings of fish per week.
- Avoid - Saturated fats that are found in meat products and trans fats or hydrogenated oils, and fried, fatty foods.

Meditative walk

Here is a great meditation walk from Dr. Mashing Ni's book called, "Secrets of Self-healing".

1. Find a quiet yard, park or someplace outside that has a tree that is at least 5 feet in diameter.
2. Stand approximately 2-3 feet away from the tree trunk.
3. Slowly walk clockwise around the tree, letting your arms swing freely at your side in a relaxed posture.
4. Walk clockwise about 3-6 times.
5. Change direction and walk counterclockwise, letting your arms swing freely at your side in a relaxed posture.
6. Walk counter clockwise about 3-6 times.

Vinegared Soybeans

Vinegar is believed to help eliminate the toxic amines that constrict blood vessels, and soybeans can help promote the breakdown of fats that can clog arteries. Follow these steps to create your own vinegared soybeans.

Ingredients:

- 1/2 cups dried soybeans (preferably non-gmo)
- White, apple cider or rice vinegar

Soak soybeans in water for 10 minutes, drain and rinse with cold water.

Add soybeans to a pot, cover with water, bring to a boil and simmer until they are tender for approximately 10-15 minutes, or according to package directions.

After they are cooked thoroughly, place in a wide mouth mason jar and cover with desired amount of vinegar.

Patient Help Sheet for Carpal Tunnel

Here are tips that you can use to help balance and support your wrist 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.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.
Functions: Calms the Shen (Spirit), clears the channels and sedates the regulatory function of internal organs.

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease.
Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting, opens and relaxes chest tightness.

Pericardium 7 (P 7): In the middle of the wrist crease, between both tendons.
Functions: Clears the Heart and calms the spirit, expands the chest, dispels fullness from the chest, reduces fire from heart and harmonizes the Stomach. Main point to treat insomnia.

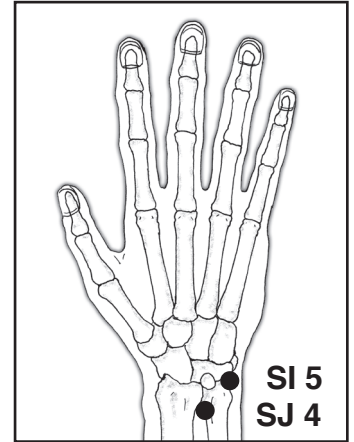
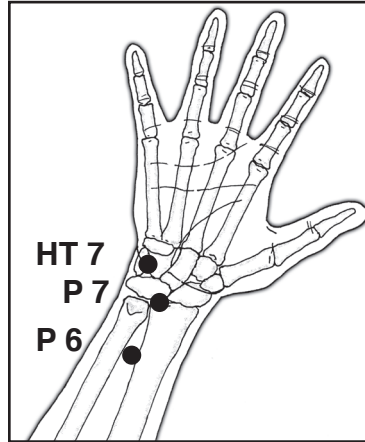
Triple Warmer 4 (SJ 4): On the crease of the wrist, in the depression on the back of the hand, in between the two tendons.
Functions: Relaxes the sinews/tendons, clears the channels, reinforces the triple warmer and alleviates pain.

Small Intestine 5 (SI 5): On the pinky side of the hand, at the crease of the wrist, in the depression between the two bones.
Functions: Clears the mind and the meridian, reduces swelling.

Meridian Exercise for Wrist Health

Atmanjali Mudra (prayer gesture mudra)

1. Place both hands together in front of your chest, leaving a little hollow space between the palms.
2. Breathing in, gently move your arms down while still pressing your hands together. Lower arms and wrists as far as you can, while remaining in a comfortable and gentle stretch in the wrist crease area. Do not strain or over stretch your wrists.
3. Inhale, raise your arms and wrists back up to the starting position. Repeat 6-10 times.



Natural Tips to Support your Wrist Health

- Massage your wrists with rosemary and St. John's-Wort oils 2-3 times a week.
- Use arnica - A double blind randomized study by the Department of Plastic Surgery of Queen Victoria Hospital in West Sussex, England examined whether arnica can speed up the recovery of hand surgery compared to placebo. People who took homeopathic arnica tablets and used arnica ointment had a significant reduction in pain after two weeks.
- Yoga can help to reduce symptoms of carpal tunnel syndrome. A study by the University of Pennsylvania looked at the effectiveness of yoga for 42 people with carpal tunnel syndrome. People in the yoga group did 11 yoga postures twice weekly for 8 weeks and had a significant improvement in grip strength and pain reduction compared to people in the control group, who wore wrist splints.

Source: Jeffrey SL, Belcher HJ. Use of Arnica to relieve pain after carpal-tunnel release surgery. *Altern Ther Health Med.* 2002 Mar-Apr;8(2):66-8.

Garfinkel MS, Singhal A, Katz WA, Allan DA, Reshetar R, Schumacher HR Jr. Yoga-based intervention for carpal tunnel syndrome: a randomized trial. *JAMA.* 1998 Nov 11;280(18):1601-3.

Patient Help Sheet for Fatigue

Here are some tips that you can use to help balance and support your health and vitality.
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 36 (ST 36): On the outside of the leg, approximately one hand width below the kneecap, just off the bone. **DO NOT USE DURING PREGNANCY.** **Functions:** Strengthens the Spleen, harmonizes the intestines and clears food stagnation, stops vomiting, regulates Qi and Blood, transforms phlegm, enhances immune function, breaks up blood stagnation in the chest.

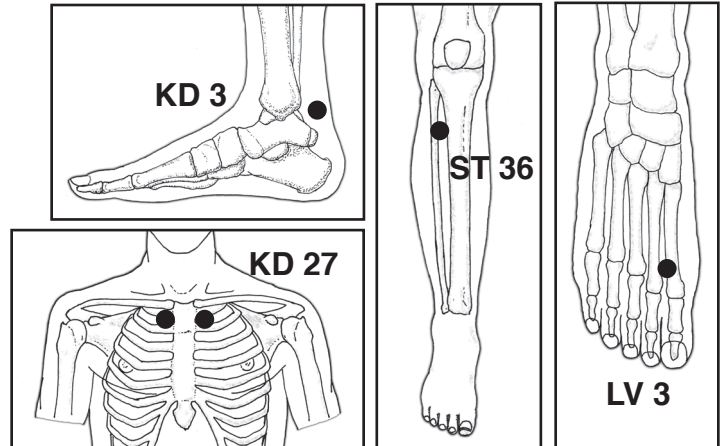
Kidney 3 (KD 3): Level with the tip of the inner ankle bone, in the depression between the ankle and tendon. **Functions:** Reinforces the Kidneys, clears heat, strengthens the low back and knees, rectifies the uterus, helps with anxiety, insomnia and chronic low back pain.

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.

Kidney 27 (KD 27): Located in the depression below the lower boarder of the collarbone, approximately 2 inches from the middle of the chest. **Functions:** Resolves phlegm, stimulates the Kidney function of reception of Qi, stops cough, calms asthma, relieves chest tightness, tonifies the Liver to counter adrenal exhaustion and lowered immunity.

A few healthful pointers:

- Eat foods high in Vitamin B - Wheat germ, oysters, salmon, tuna, cottage cheese, sunflower seeds, walnuts, brown rice, beef, avocados, bananas, sweet potatoes. Vitamin B helps the body break down foods into usable energy, enhances immune and nervous system function, and promotes the growth of red blood cells.
- Drink tea - Add 1/4 oz. of green tea leaves to 1 cup of cold water and soak for 5 hours. Sip throughout the day.
- Avoid consuming greasy foods, as well as dairy products and sugar, as they can weaken immune function.
- Add berries to your diet. Many berries are rich in antioxidants that support immune health. Blueberries, raspberries, goji berries, cherries and hawthorn berries, are all high in antioxidants.
- Jump start your immune system. Try jumping rope for at least 5 minutes a day, or use a mini-trampoline, called a rebounder. These simple exercises can increase blood circulation and oxygenation, helping to remove toxins from your body more easily.
- Take some herbs. Certain herbs can help boost your immune function and energy levels. American ginseng, ashwagandha, garlic, sage, onions, turmeric, astragalus, angelica (Dong Quai), echinacea and reishi mushrooms all have immune boosting properties. Herbs should be viewed like medicine, and you should consult with a qualified herbalist before beginning an herbal regimen.



Awaken your Body's Vital Energies

In Chinese Medicine, Kidney energy provides the most important part of vitality. The Dan Tian breath is a powerful, and extremely beneficial variation of our natural breathing. Dan Tian breathing is important to cultivate health, facilitate self-healing, and to increase the vital energy, known as Qi. This is a simple exercise to relax both the body and mind, release stress, reduce anxiety, and massage the internal organs.

1. Sit upright in a chair, close your eyes, and place the tips of your thumbs and index fingers together, forming a triangle. Place center of where your thumbs touch directly above navel, with tips of your index fingers pointing downwards. The area just below the navel is where the Dan Tian is located.
2. Tap your upper and lower teeth together 36 times, swish and swallow the resulting saliva in 3 parts, sending it down to the Dan Tian. Place the tip of your tongue where your front teeth and palate meet.
3. Inhale through your nose and into your abdomen. Direct your awareness and breath into the Dan Tian, expanding your lower abdomen and lower back. Gently hold your breath as long as you can without straining or tensing up.
4. With the exhale, contract your lower abdomen and low back. Imagine sending gray waste out through your nose. You can perform this breathing technique 9, 18, or 36 times.

Quit Smoking Patient Help Sheet

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.

Helpful Acupuncture Points

You may have a variety of symptoms resulting from cessation of smoking. These acupressure points (see diagrams to the right) are used to support your health and well-being as you go through the process of quitting smoking. They can be used by themselves or in conjunction with other points.

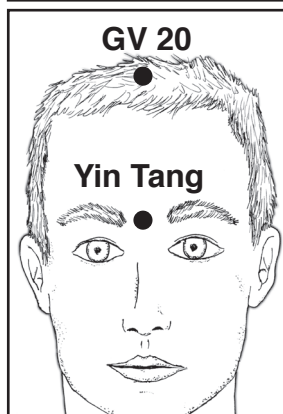
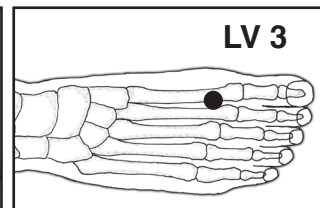
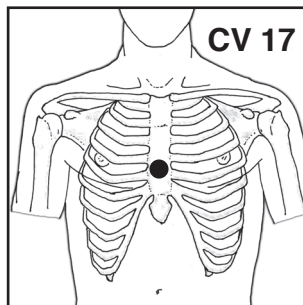
Rubbing acupuncture points with your finger for 30-60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Conception Vessel 17 (CV 17): In the center of the sternum.
Functions: Stress and anxiety relief, strengthens the lungs.

Liver 3 (LV 3): On the top of the foot, between where the first and second metatarsal bones meet. Functions: Combats dizziness, headaches, vertigo, and depression; facilitates headache relief.

Governing Vessel 20 (GV 20): Place your left thumb on the top of your left ear and your right thumb on the top of your right ear. Move your fingertips toward the top of your head and feel for a hollow area near the top center of your head. Functions: Relieves headaches, depression, vertigo, dizziness, and improves memory.

Yin Tang: In the center of the brow between the medial ends of the eyebrows. Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.



Cleanse your nose

Nasal cleansing is an ancient practice that has been used throughout India for thousands of years. There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.

Check out the links below for more information:

- http://en.wikipedia.org/wiki/Nasal_irrigation
- http://www2.oprah.com/health/oz/oz_20070426_350_106.jhtml
- <http://www.himalayaninstitute.org/Netipot/NetiPotGateway.aspx>

Helpful aromatherapy to quit smoking

Use aromatherapy when you feel a craving coming on. You can either wear it on your body, or place a drop or two under your nose or on a piece of cloth. When your craving comes on, take a whiff of the scent, inhaling it deeply into your chest. See the list below for different varieties of scents that may help you.

(www.possumsal.homestead.com/smoking.html)

- Lemon
- Peppermint
- Cypress
- Cedar
- Lavender
- Orange
- Tea Tree

Smoking Cessation Home Remedies

1. Place some mustard seeds on the chest over the lungs and tape down with plaster. Rub the area(s) regularly.
(www.grannymed.com)
2. Every time the urge to smoke arises, place some salt on the tip of the tongue. Continue for 1-2 months.
(www.grannymed.com)
3. Drink fresh celery and carrot juice daily.
(www.grannymed.com)
4. Grate a fresh radish and mix with 2 teaspoons of honey. Drink often.
(www.possumsal.homestead.com/smoking.html)
5. Chew licorice sticks.
(www.possumsal.homestead.com/smoking.html)

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

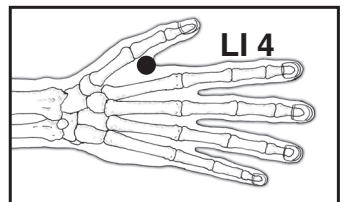
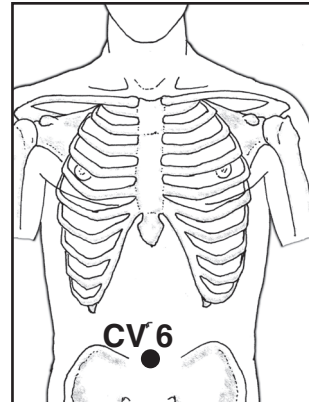
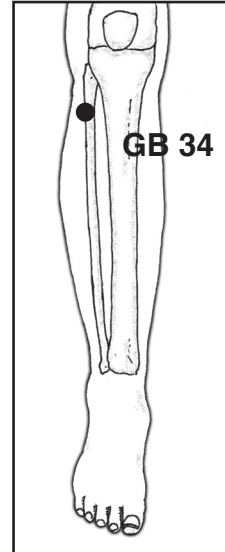
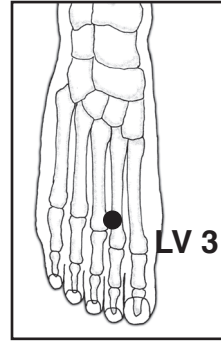
Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

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).



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.

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.

Patient Help Sheet for Anxiety and Worry

Here are tips that you can use to help balance and support your emotional 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.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.
Function: Promotes a calm mind, alleviates anxiety, stimulates memory, and corrects insomnia. Also useful in alleviating hysteria, sadness, fear and fright, heart palpitations, and shortness of breath.

Yin Tang: In the center of the brow between the medial ends of the eyebrows. Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease
Function: Used to reduce irritability, anxiety and stress. Helps regulate discomfort and pain in the hypochondriac region and chest, relieves irregular or painful menses and PMS. Also good for poor memory, insomnia, stomach ache, nausea, vomiting, wrist pain, and neck aches.

Small Intestine 3 (SI 3): With palm facing up, make a gentle fist. The point is located on the outer edge of your palm, where the skin protrudes out. Function: Used for stiff neck and shoulders, acute strain and pain of the lower back, headaches, dizziness, earaches, ringing in ears, red eyes, night sweats, sore throat, mania, and mouth and cheek pain.

Kidney 3 (KD 3): Level with the tip of the inner ankle bone, in the depression between the ankle and tendon. Functions: Reinforces the Kidneys, clears heat, strengthens the low back and knees, rectifies the uterus, helps with anxiety, insomnia and chronic low back pain.

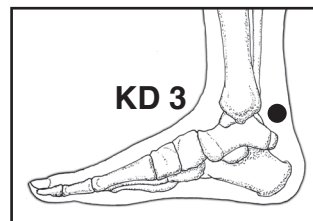
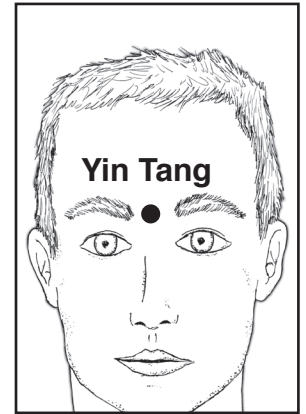
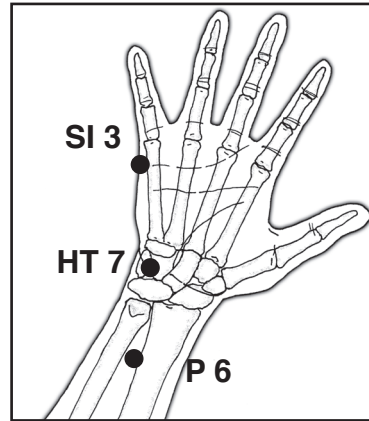
Exercises to Support your Heart and Small Intestine Health

Criss Cross Crawl

This simple exercise helps to balance anxious energy, while facilitating clear thinking and improved coordination. It is also useful for mental and physical exhaustion. In a standing pose, raise your right arm up, while at the same time bending and lifting your left leg. Lower them down. Raise your left arm up, while at the same time bending and lifting your right leg. Lower and repeat. This exercise is like an exaggerated marching motion.

Balance Your Digestive Energies

Tap and rub the neurolymphatic point that relates to the Spleen. It is located directly below the nipples, at the bottom edge of the rib cage. This point balances digestive energies, supports the immune system, raises energy levels, induces clarity, and balances the blood chemistry of your body.



Meridian Exercise for Health and Wellbeing

1. Sit in a comfortable cross-legged position with the right leg over the left. Slide your knees together until they are almost on top of each other, and your feet are close to the opposite hip.
2. Raise your right arm straight up, bend the elbow, and reach your hand down behind your back. Bring your left arm behind your back and try to grab your right hand. If you cannot clasp your hands together, place a belt or towel in your right hand and grab it with your left.



3. As you inhale, raise your head up, pressing it against your raised arm, and filling your back, shoulders and chest with breath.
4. As you exhale, bend forward slightly. Hold this position for a few breaths. Gently rise, release your arms and reverse your leg and arm position. Left knee on top, left elbow pointing upwards. DO NOT ATTEMPT IF YOU HAVE A SHOULDER INJURY.

