

# 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.

## Acupressure Points

Rubbing acupressure 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:** Increases stamina and energy, provides stability and grounding, heals effects on the body of too much worrying and thinking.

**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.

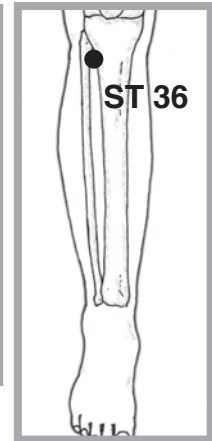
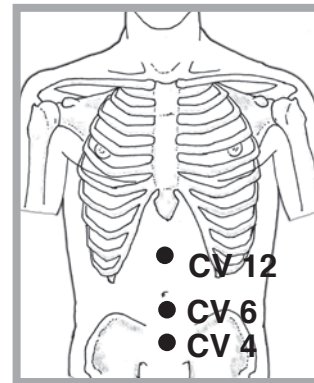
**Conception Vessel 6:** Three finger widths directly below the belly button. **Functions:** Alleviates pain in the lower abdomen, alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation, dysmenorrhoea and digestive pain.

**Conception Vessel 4:** Roughly four finger widths directly below the belly button. **Functions:** Alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhoea. Good for severe lower abdominal pain that radiates to genitals. Helpful for bladder infection. Strengthens the body and helps with diarrhea, lethargy, and weak limbs.

## Healthy Tips

To help ease the discomfort of IBS, here are a few suggestions:

- Proper nutrition is considered one of the most important foundations to health and disease prevention. Avoid wheat, dairy, corn and products that contain carrageenan. You can also cut down on, smoking, recreational drugs, caffeine, refined sugar, icy cold and raw foods.
- Eating a high fiber diet can help regulate the bowels and keep them moving properly. Foods that are well-cooked and tender are helpful, such as: yams, sweet potatoes, beets, carrots, squash, green peas, dark leafy green vegetables, almonds, and ground flaxseeds.
- Eat your food more slowly and try to chew well. When you eat in a relaxed atmosphere, you'll be able to digest better. Avoid watching television and standing while eating.
- A good breakfast substitute could be: high-fiber cereal, including oats, flaxseed meal, hemp seeds, brown rice or psyllium husks. You can also substitute dairy milk for almond or rice milk.
- Drinking a warm digestive tea prior to eating can help regulate your digestion and alleviate some discomfort. You may want to consider peppermint or ginger tea. Consuming a digestif to help with digestion.



## Diaphragm Breathing Exercise

1. To locate your diaphragm, place your hand above your belly button, just below your ribcage. Practicing abdominal breathing involves allowing your breath to travel deep into your diaphragm.
2. To begin, close your eyes (if you desire) and become aware of your breathing. Notice the way the air feels as it travels in through your nostrils and then out.
3. Next, take a long, slow deep breath inward, bringing the breath all the way down into your abdomen (to know if you are doing this correctly, you should feel your hand rising as you inhale.)
4. When you've taken your breath inward, pause briefly and then exhale slowly through your nose or mouth, depending on your preference.
5. Continue this exercise taking 5–10 slow, deep inhalations and exhalations. It is important to keep your breathing slow and rhythmic. To help you slow down, practice counting to four on the inhalation and exhalation, pausing in between. The process will be as follows:
6. Inhale to the count of four 1...2...3...4. Pause. Exhale to the count of four 1...2...3...4. Some people enjoy saying a word or mantra to themselves on the inhalations and exhalations. For example, Inhale R-E-L-A-X...Pause. Exhale R-E-L-A-X.
7. There is no single right way, so choose whatever feels most comfortable for you.
8. Continue this process 5–10 times. If you begin to feel faint or light-headed, stop the breathing for 15–20 seconds and then begin again.

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