

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

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.

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.

Wei Qi/Immune System Boost Soup

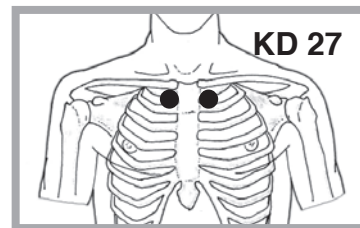
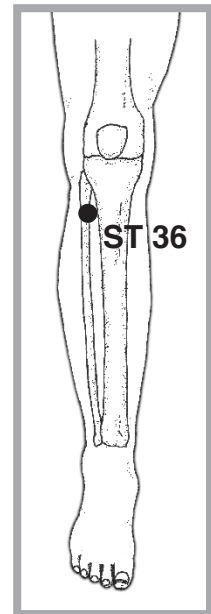
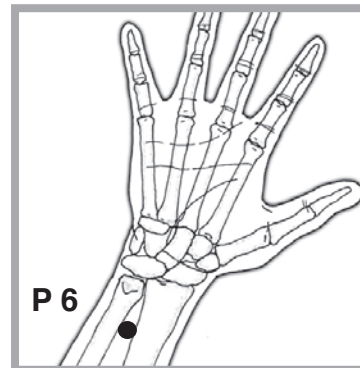
- 1 whole chicken
- 2 pints of water
- 3 slices of Huang Qi
- 1 tsp. olive oil
- 10 oz. shiitake mushrooms
- 1 tsp. chopped ginger
- 4 chopped garlic cloves

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.

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.



Awaken your Kidney 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.

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