

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.

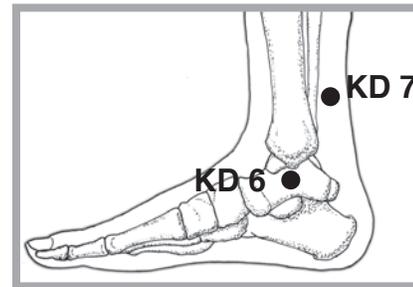
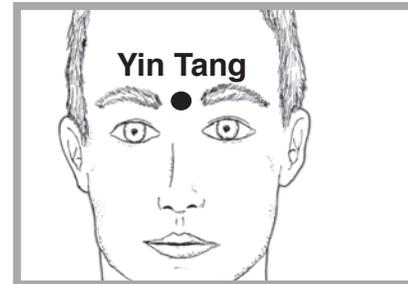
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Yin Tang – In the center of the brow between the medial ends of the eyebrows. Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.

Here are two common acupuncture points to support your health in winter. These points are located on both feet.

Kidney 6 – This point is directly below the inside anklebone. It is useful for sore throat, calming the mind, insomnia, frequent urination, irregular menstruation, cramps of feet and hands.

Kidney 7 – This point is located about two inches above the inside ankle bone and on the border of the Achilles tendon. This is a useful point for edema, night sweating, diarrhoea, dry mouth, low back pain.



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.

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.

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.

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.

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.

Meridian Exercise for Headaches

Forward Bend Exercise

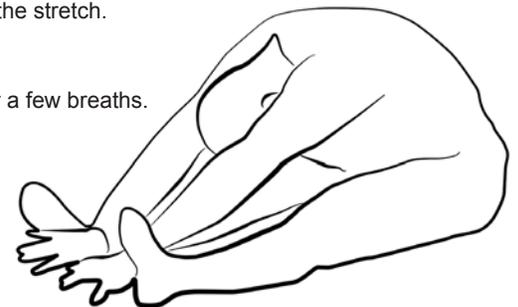
Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.

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.

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)

Hold this position for a few breaths.



Acup

2472 Patterson Rd. #7 Grand Junction, CO 81505

970-263-4000

acupuncture-for-accelerated-healing.net