

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.

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 system

Spleen 6 (SP 6): On the inside of the leg, roughly 3 inches above the tip of your ankle bone. Just off the edge of the tibia. Functions: Supports digestion, calms the mind, alleviates water retention, helps with abdominal pain and distention

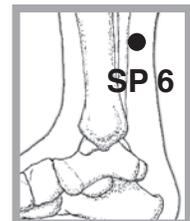
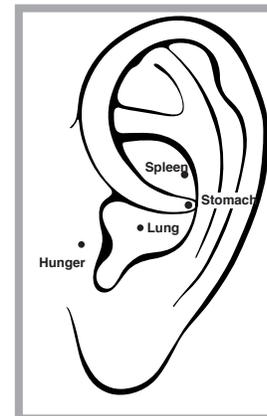
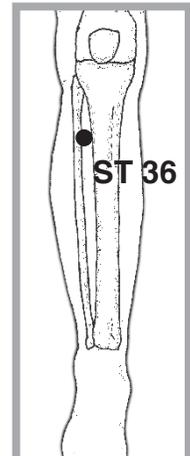
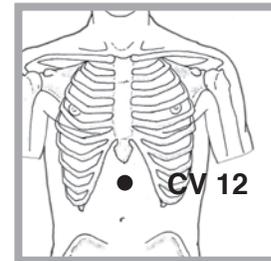
Ear Points: These points are located in each ear and can be rubbed throughout the day to support you in your weight-loss.

- Stomach
- Spleen
- Hunger
- Lung

Healthy Weight-loss Tips

Here are a few ways to free yourself from over-eating:

- If you crave something sweet, don't react right away. Take a few deep breaths and inhale one of the essential oils below.
- Make gradual changes to your diet. Abrupt diet changes can affect you emotionally and affect mood-altering chemicals.
- Eat regularly - don't skip any meals, just make them smarter meals and eat smaller amounts, more often.
- Take a daily multi-vitamin - vitamins can help rebuild the nutrition that you may overlook when dieting. It's important to ingest the daily vitamin values.
- Drink at least 8, 8 oz. glasses of water a day, everyday.
- Replace white sugar with natural alternatives like Agave nectar, Stevia or Brown rice syrup.
- Drink 2 tablespoons of apple cider vinegar with 1 teaspoon of maple syrup mixed with 12 oz. of warm water. If you do this daily, it can help improve digestion and increase your metabolism.
- Substitute your coffee for green or black tea. These are loaded with beneficial antioxidants and slightly less caffeine.



Aromatherapy For Weight-loss

Smells have a profound effect on both body and mind. Essential oils can be used to help overcome cravings, relax the body and mind and provide emotional support.

Here is a list of essential oils that can be used along with a weight-loss program:

- **Peppermint:** Is a digestive aid that soothes an upset stomach and helps with digestive problems.
- **Grapefruit:** A natural weight loss appetite suppressant through a process called lipolysis dissolves fat. (Combines very well with lavender in a Whiffer aromatherapy pendant).
- **Bergamot:** Stimulates your endocrine system and produces a sense of calm and well being and alleviates stress. Lavender can be combined with bergamot to enhance this calming effect.
- **Tangerine:** A diuretic and is also used to calm the nervous system.
- **Orange:** Helps overcome depression and gives emotional support.
- **Ylang ylang:** Used to clarify thoughts and assist in a feeling of wellness and calm.

Acupuncture For Accelerated Healing

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