

# 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.

**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.

**Conception Vessel 6 (CV 6):** On the center line of the body, roughly 3-4 inches below the navel. **Functions:** Impotence, seminal emission, nighttime urination, hernia. It can also be used for abdominal distention, bloating, edema, poor digestion, loose stools, diarrhea, fatigue, lower abdominal and/or genital pain / swelling, and weakness of the muscles.

**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.

**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, constipation, red and painful eyes, and nasal congestion. "The Master Pain Elimination" point. **DO NOT USE DURING PREGNANCY.**

**Stomach 25 (ST 25):** Roughly 3-inches on either side of the navel. **Functions:** Loose stools, dysentery, borborygmus, abdominal pain and distention, constipation.

**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.

## Healing Tips For Digestive Trouble

**Slippery Elm Bark** - Has been used to treat colitis and other digestive difficulties for years. It also has a soothing effect on the digestive tract. Best to use as a decoction.

1) Combine 1-3 teaspoons of powder with a cup of water in a pan on the stove.

2) Bring to boil and simmer for 15-minutes.

Drinking 2 cups per day can help soothe and heal the digestive tract.

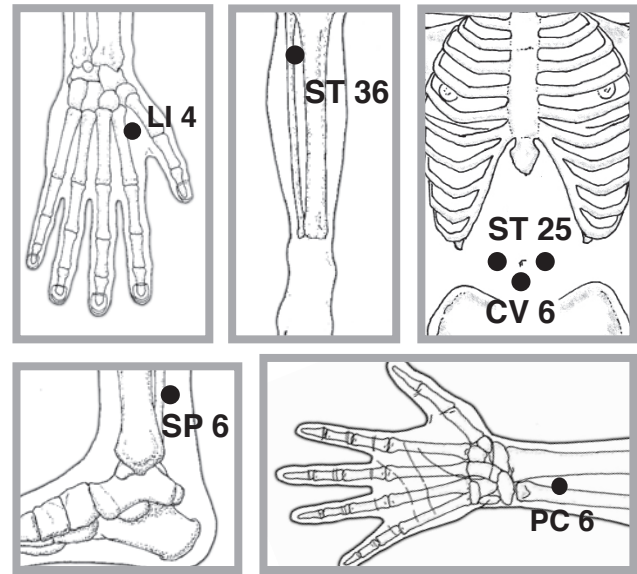
**Drink Tea** - Creating a mixture of equal parts of Chamomile, meadowsweet and licorice can help with Chron's disease. Steep in hot water for 4-8 minutes. Drink throughout the day.

**Chamomile** - is used to calm and soothe.

**Meadowsweet** - is used for heartburn and acid regurgitation

**Licorice** - is used to help support digestive health.

**Diet Tips** - Eating a high-fiber diet can help keep your bowels regulated and working well. Eat more slowly and avoid foods that tend to upset a delicate digestive tract: wheat, corn, dairy, red meat, sugar, soybeans, coffee, caffeine, alcohol, spicy foods, fried and fatty foods. You can add yams and sweet potatoes to your diet, everyday, the fiber helps support a healthy digestive tract and the "sweetness" of them supports stomach health.



## Abdominal Massage

Massage for the abdomen has been used to help gastritis and constipation for hundreds of years.

Below is a basic abdominal massage that you can perform on yourself.

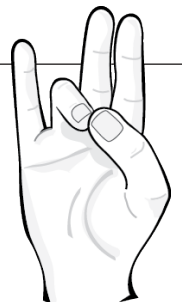
- 1) Place one hand on top of the other.
- 2) Press with both hands and gently knead the abdomen in clock-wise circles.
- 3) Repeat for 36 clock-wise circles. Place close attention to any sensitive areas and apply a little more pressure to help alleviate their tenderness. Make sure you incorporate ST 25 and CV 6 into your massage.

## Mudra For Digestive Health

**Prithvi mudra:** Join tips of ring fingers and thumb and keep other three fingers straight. Keep your hands on your folded knees, remember to keep palms facing up.

Put a little pressure on joined tips and rest of the hand would be relaxed. Practice it for 20-30 minutes every day.

It is beneficial for removing all digestive problems.



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