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Community Clinic
Wellbeing & Healthcare

Tips from a Chinese Medical Practitioner : Denise Millar

My Top 10: for Immune & Wellbeing Support during Covid-19 Virus

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Tips from a Chinese Medical Practitioner : How to stay healthy and improve your mental & physical wellbeing at this time of self isolation.

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Top 10 - IMMUNE SUPPORT

Chinese Medicine Practitioners in Wuhan & Tawain have been sending our doctors and acupuncturist practitioners protocols to help us fight the Covid-19 viral infection. ***We need to strengthen our own immune systems- to stop us becoming weak to respiratory illnesses.***

First of all why are people dying? There are 2 reasons- secondary pneumonia and cytokine storms:
Pneumonia- The virus causes an infection of the lungs which can develop into severe coughing, fever, shortness of breath, rapid, shallow breath and sharp or stabbing chest pain. In severe situations it can eventually lead to death.

Cytokine storm- Your immune system overreacts to the invasion of the virus and it's the immune system itself that damages the lungs.

What can you do? You need to support your body's ability to hold the viral load down low enough so that you never develop pneumonia or your immune system never kicks into a cytokine storm.

How can you do this? First of all you need your immune system to function properly and of great importance is not to have sugar or too many carbs. Sugar will knock out your immune system for several hours. It is also important to get enough sleep and to stay hydrated as well.

1. NUTRITION

If you are lucky to get easy access to regular food shopping, try to buy local produce. Buy foods that grows in your own country with the seasons. This is the best way to keep the stomach & digestion strong, so that the spleen can make the ***Gu***- the chinese word for the substance that sustains us. The spleen helps the blood transports the minerals gleamed from our foods, it bulds the hormones, & dna structures that help repair our bodies every day. **Have warm meals and avoid cold foods & drinks.** Use this time to cook from scratch. Dont buy processed foods that are hindering and depleting your immune system. If bored or not sure where to start...get on youtube, get creative, download recipies from many online healthy food & nutrition web-sights.

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Specific protocol with supplements and herbals.

Vitamin C- 5,000 mg. (5 grams) taken in divided doses 5 times a day (3 times a day with meals and then 2 times a day between meals). This is for prevention
If you feel symptomatic or your condition worsens increase your dosage to bowel tolerance. Vitamin C is extremely safe. The worst that might happen is some loose stools. Right now in Shanghai, China they are treating some of the hospitalized patients with up to 24,000 mg. (24 grams) of intravenous vitamin C. In research papers - Vit C reduces the risk of death from pneumonia says Dr Frederick Robert Corner (A chest specialist)

Vitamin D- 5,000 IU for 2 weeks and then down to 2,000 IU.
Zinc- 20-40 mg. a day.
L'lysine- 1-2 grams per day.
Vitamin A- 25,000 IU a day for 2 weeks.
Magnesium- 400 mg.
Selenium-100 mcg.
Colodial Silver small shot 8oz - (great for the lungs - lots of research in lung cancer patients)

How to avoid the cytokine storm- You need to use antipathogens. The antipathogens will kill enough of the virus to take your viral load down to a point that your immune system can do its job with no risk of being forced into a cytokine storm. **Antipathogens**- olive leaf extract, oil of oregano, habanero pepper, horseradish, garlic and onions, colloidal silver and liquid zinc.

Immunomodulators- These are substances that adjust the immune response to a desired level. They regulate your immune system, boosting a weak system or calming down an overactive one. Some of the better immunomodulators are l'carnosine, astragalus, ginseng, colostrum and rhodiola.

Avoid the following to prevent cytokine storms: dairy, honey, chocolate, kimchi, bananas, algae (chlorella and spiruline), echinacea and elderberry.

Additional helpful supplements and herbs: resveratrol, vitamin E, cat's claw, curcumin, green tea, berberine, reishi, stinging nettle, ginger, goldenseal, NAC and chamomille.

There are some herbs that stop the virus from reproducing. They are: stinging nettle, woolly fern (cibotium barometz), and mulberry mistletoe (taxillus chinensis).

To clear out the lungs from mucous and coughs use jalapeno pepper, cayenne pepper and goldenseal.

Everyone should follow the specific protocol with supplements and herbals for prevention. Most important is vitamin C. At the first sign of any cold or flu symptoms add in the antipathogens and immunomodulators. I don't expect that everyone will be able to get all the items. This is why I gave you several items for each category. Use what you can.

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3. KEEP HYDRATION LEVELS UP

Drinking water helps to thin the mucus lining your airways and lungs. Dehydration can cause that mucus to thicken and get sticky, which slows down overall respiration and makes you more susceptible to illness, allergies and other respiratory problems. Try to drink warm/hot liquids every 30mins if you have any of the symptoms. It is important to keep the throat & bronchial tubes hydrated & moist so any mucous can be washed down into the stomach - acidic track. You do not want the mucous to build up and enter the lungs. Heat is good for the body, at this time, keeping both the internal and external warm helps to dry up the fluid build up. Also investing in a good **humidifier** may help when having trouble breathing fully especially when trying to sleep.
(you could add either colloidial silver or essential oils)

4. ADEQUATE - DEEP SLEEP

Deep sleep and enough of it is really important at this time to help the body heal. When we sleep it is the body's time to regulate all the physological systems, and repair any irregularities. Insufficient sleep can affect hormone production, including growth hormones and testosterone in men. Getting adequate rest may also help prevent excess weight gain, heart disease, and any increased illness duration. So it is important to rest and allow our bodies immune system to stay strong.

5. EXERCISE & MOVEMENT

Being in isolation is no excuse to not keep up with our normal exercise routines. Even if we havn't done any exercise in a while, we can use this time to do some light excersise. to keep up our cardiovascular health and release those endorphines (the feel good hormones). We could definately do with these at this lonely time, to keep us mentally strong and positive for the future. Why not try some online classes: What ever excites you be it ***Cardio & dance***, ***Yoga & pilates***, or ***Qi Gong & Tia Chi.*** There are many free classes online, maybe your local class is trying new tech, so we can all come together online and still participate in our regular groups, or join a new class & make new friends at this time - but online.

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Top 10 - IMMUNE SUPPORT

6. VIT D - SUNSHINE or a food grade tablet form

Get Outdoors, try gardening or sitting in the garden with adequate warm clothing. Bask in the sunshine allowing Vit D to penetrate the skin, by taking regular walks around the block, park or to the beach & back, making sure you take precautions and safe distancing. Vitamin D's best-known role is to keep bones healthy by increasing the intestinal absorption of calcium. Adequate Vit D levels stops the onset of osteoperosis & fractures.

Low levels can cause Low moods. and has been linked to some cancers especially Prostate Cancer and other malignancies. Vitamin D has an important role in regulating cell growth, and limiting the spread of cancer cells (metastasis). Vitamin D can modulate the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection... The immune system defends the body from foreign, invading organisms, promoting protective immunity while maintaining tolerance to self. So keeping our Vit D level high benifits our immune system.

7. CREATIVITY, CONNECTION, HEART-FELT GRATITUDE

Why not start a new hobbie: singing, art, music, use your imagination, learn new techniques, go on **You Tube** to learn how to use technology, group chats, group meetings, group online classes, get inventive, learn new ways of how to stay connected. If healthy offer your services to your neighbours, shopping, collecting medicines, giving them a phone call, a lovely chat maybe all that is needed to lift someone mood. If feeling really isolated and missing a cuddle - why not take in a rescue cat/dog from local shelter- get that needed company, care for another will brighten up the lonely days. Try writing a gratitude diary at this time and focus on the positives. If physically well why not Volunteer on the NHS website or other local community groups to help those in your local area who are in need. Imagine what a beautiful community we will have once we come out of this together....lets celebrate the best in ourselfs and our community by really connecting at a heart level.

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8. MEDITATION & DEEP BREATHING

Why not try a daily meditation or breathing technique. Turn off the TV & News....get out of the Fear mode, calm those hightened nerves & relax the adrenals.
By allowing the body to relax, you are allowing the body to heal itself, by balancing the **sympathetic & parasympathetic nervous systems**. When we are in a medative state we are experiencing more **Theta** brain waves in the frontal brain and **Alpha** waves in the posterior brain, these are different to Delta waves which are hightened in sleep and Beta waves when fully awake. Theta is our gateway to learning, memory, and intuition. In theta, our senses are withdrawn from the external world and focused on signals originating from within. Alpha brainwaves are dominant during quietly flowing thoughts, and in some meditative states. Alpha is 'the power of now', being here, in the present. Alpha is the resting state for the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning. Why not take back our control and inner peace.
There are many free online courses, downloads and scripts to try.

9. ESSENTIAL OILS - RESPIRATORY & IMMUNE BOOSTING

Essential oils are often used in aromatherapy, a form of complementary medicine that employs plant extracts to support health and well-being. Inhaling the aromas from essential oils can stimulate areas of your limbic system, which is a part of your brain that plays a role in emotions, behaviors, sense of smell, and long-term memory. The limbic system also plays a role in controlling several unconscious physiological functions, such as breathing, heart rate, and blood pressure. As such, some people claim that essential oils can exert a physical effect on your body. Essential oils can be diluted with a carrier oil and applied to the skin in massage. They may have medicinal effects when absorbed through the skin.

Here are a few oils to choose from to improve Respiratory & Immune Health
Frankincense, Eucalyptus, Oregano, Thyme, Geranium, Tea tree, Bergamot, Rosemary, Peppermint, Cinnamon. *Always mix in a carrier oil before applying to the skin!!!*

And Anti-Bacterial/ Anti-Microbial oils:
Frankincense, Eucalyptus, Oregano, Thyme, Geranium, Tea tree, Bergamot, Rosemary, Peppermint, Cinnamon.

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Relaxation – Heart Centre Breathing

Lie down on your back in a comfortable position (Savasana). Close your eyes and relax. Soften your belly and take a slow breath in and a long breath out. Notice the gentle rise and fall of your belly as you breathe.

Bring your attention to your nostrils and notice the breath going in and out through your nostrils. Now, with your imagination follow your breath as it travels in and out of your body. Visualize your breath finding its way to your heart.

Follow the path of your breath to the centre of your heart and find a small, warm light glowing at its core. As each in-breath reaches the centre of your heart, watch that light glow brighter as if you were blowing on an ember.

As you breathe out, watch the light spread from the centre of your heart in all directions. Allow the light to glow brighter each time you breathe in.

With each outbreath, transport the light beyond your heart in all directions so that it spreads across your body, soothing and relaxing each part of your body as it spreads.

Feel the warm light move across your chest and to your shoulders, up your neck and head. Follow the glow down your back and arms, all the way to your fingertips. As the light spreads, notice the warmth bathing those areas like a soothing balm; each part of you, feeling soft and relaxed. With your next few outbreaths watch the light pour from your heart, to your belly, hips, down your legs and all the way to your feet and toes.

Your whole body is relaxed and glowing from within.

Bask in the warm light and relax.

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Under Waterfall Meditation Pg 7

Imagine that you are under a waterfall but this waterfall doesn't bring water but it brings a stream of light... that cleanses, heals & regenerates your whole body.

It's nearer to your head it, then it reaches your head...
It enters your skull to fill your whole brain the hemispheres the right one and the left one then the light spreads down and down to your eyes...
Your eyes become brighter and brighter...

You are under the water fall and the waterfall spreads its light down and down, it comes to your mouth...your tongue... your throat, the area where you can express yourself...

The light comes to your shoulders now your shoulders becomes lighted & relaxed, the light spreads down and down in your back and each vertebra in you spine is now bright until the end of it, the light travels to the end of each rib...

And now the light spreads in your chest .. your lungs your heart now full of light... any hatred or bad feelings should be dissolved in that light...

Now the light spreads down to reach your abdomen your liver, kidneys, large intestine, small intestine, & pancreas are now full of light...your thighs...your knees, your calves , your feet...now your whole body is filled with healing light...see all illness dissolve into this light

You can see a strong aura around your body to protect you from any negative energies, illnesses & thought patterns., you are surounded by healing loving light..... bask in this light for a few moments until you have imaging every cell is regenerating and vibrating at the perfect healing frequency of life.
Now you'll open your eyes after feeling relaxed, comfortable and much stronger!!!

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ANTIBACTERIAL

Diffuser Blends Mix & Room Sprays

Inhale & Purify
3 drops Oregano
4 drops Peppermint
3 drops Eucalyptus

Inhale the Cleanse
3 drops Eucalyptus
3 drops Tea Tree
3 drops Frankincense

Spay Mist & Cleanse
500ml distilled water
10 drops Frankincense
10 drops Eucalyptus
10 drops Tea Trea
10 drops Citronella
10 drops Lemongrass
5 drops Basil
5 drops Lemon

*** Spray Theives Oil ***
35 drops Clove
30 drops Lemon
15 drops Cinnamon
13 drops Eucalyptus
7 drops Rosemary
285ml of Whitchazel or Distilled Water
Add essential oils to the bottle and gently shake to combine. Always shake before use

Antibacterial oils - mix up a blend from this list:
Frankincense, Eucalyptus, Oregano, Thyme, Tea tree, Lemongrass, Citronella, Bergamot, Lemon, Rosemary, Basil, Peppermint.

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Respiratory & Immune Booster

Diffuser Blends , Room Sprays and Massage Oil

Confidence in Air
3 drops Oregano
3 drops Peppermint
3 drops Bergamot

Strong in Body
3 drops Geranium
3 drops Thyme
3 drops Tea Trea

Safe & Secure
3 drops Frankincence
3 drops Myrrh
3 drops Peppermint

Massage and Sooth the Respiratory track, Break up Mucus
100ml base oil, rapeseed, coconut oil or olive oil
20 drops Eucalyptus
20 drops Frankincense
10 drops Peppermint
10 drops Thyme

Spray Away 150ml bottle
30 drops Cinnamon
30 drops Eucalyptus
30 drops Oregano
150ml Distilled water

Massage & Build Immunity
100ml base oil, rapeseed, coconut oil or olive oil
10 drops Frankincense, 10 drops Cinnamon, 10 drops Clove, 10 drops Rosemary
5 drops Myhrr, 5 drops Orange, 5 drops lemon, 5 drops Eucalyptus

Respiratory & Immune building oils - mix up a blend from this list:
Frankincense, Eucalyptus, Oregano, Thyme, Geranium, Tea tree, Bergamot, Rosemary, Peppermint, Cinnamon.

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The following guidelines will help you to blend your oils in the appropriate dilutions.

3 drops of essential oil to 10 ml (1/3 fl.oz.) of carrier oil
4-5 drops of essential oil to 15 ml (1/2 fl.oz.) of carrier oil
6 drops of essential oil to 20 ml (2/3 fl.oz.) of carrier oil
15 drops of essential oil to 50 ml (1 2/3 fl.oz.) of carrier oil
30 drops of essential oil to 100 ml (3 2/5 fl.oz.) of carrier oil

For babies up to the age of twelve months, the appropriate dilutions are:

Babies (0-2 months): 1 drop to15 ml (1/2 fl.oz.) carrier oil
Babies (2-12 months): 1 drop to10 ml (1/3 fl.oz.) carrier oil.

Adults Carrier Oil - Essential Oil Dilution

Carrier Oil		Essential Oil Dilution				
Oz.	Measure	1% Dilution	2% Dilution	3% Dilution	4% Dilution	5% Dilution
1/6 oz.	5mls	1 drop	2 drops	3 drops	4 drops	5 drops
1/3 oz.	10mls	2 drops	4 drops	6 drops	8 drops	10 drops
1/2 oz.	15mls	3 drops	6 drops	9 drops	12 drops	15 drops
2/3 oz.	20mls	4 drops	8 drops	12 drops	16 drops	20 drops
5/6 oz.	25mls	5 drops	10 drops	15 drops	20 drops	25 drops
1 oz.	30mls	6 drops	12 drops	18 drops	24 drops	30 drops
1 2/3 oz.	50mls	10 drops	20 drops	30 drops	40 drops	50 drops

For example 1% dilution of lavender will be obtained by mixing:

1 drop of lavender in 5mls of carrier oil
2 drops in 10mls
3 drops in 15mls
20 drops in 100ml
and so on ...

10. SELF CARE TECHNIQUES

Why not try some age old theraputic techniques that you can do on yourselve or a loved one. They will help you stay relaxed, improve health & wellbeing and increase your mood & immune system if done **regularly.**

These are some of my favourite self care routines that I will share with you:
Acupressure & Reflex points,
Gua Sha or Moxa burning ,
Massage with essential oils

Acupressure is used to affect, harmonise & rebalance the flow of your body's qi, or vital energy throughout the meridians & channels that are beneth the skin.
"Acupuncture/ acupressure strengthens natural resistance to disease."
These are the best acupressure points on our body to help boost immune system and improve the respiratory system:

How to Do the Routine

Before performing acupressure on any of these points, get into a comfortable position from which you can easily access all four points (don't worry - not at the same time!).

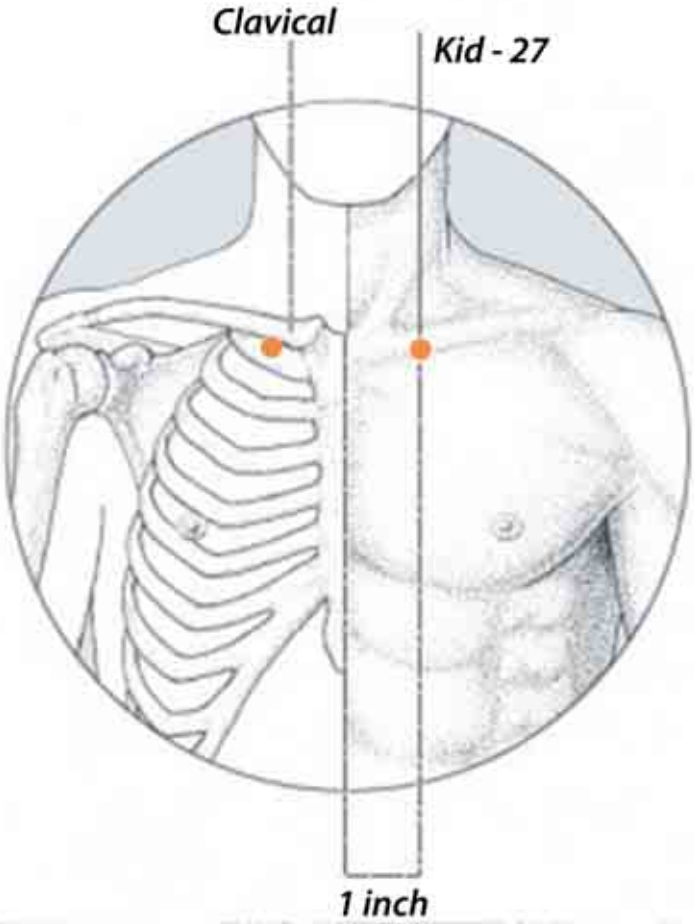
Begin with Kidney 27 and work your way down the body.
So, the order should be ***Kidney 27, Large Intestine 11, Lung 7, & Stomach 36.***

For Kidney 27 and Stomach 36, since you have both hands free, press the point on both sides of the body at the same time. - For Lung 7 and Large Intestine 11, try pressing the point on each side of the body to determine whether one side is more tender than the other. If so, focus your acupressure sessions on the tender side. If both are equally tender (or not at all), you can pick either, or take turns pressing the points on both sides.

* Spend 30 seconds on each point. Apply firm pressure while breathing steadily into your abdomen. You'll probably find this routine very relaxing, so feel free to repeat it. Especially this time of year, you can't overdo it.

As a maintenance routine, aim for doing the two-minute routine once in the morning and once before bed. If you start feeling fatigued, weak or like you might be coming down with something, up it to three times a day.

Top 10 - IMMUNE SUPPORT



Kidney 27 Kidney 27 is easily accessible, located about one inch from the midline on the lower border of the collar bone.

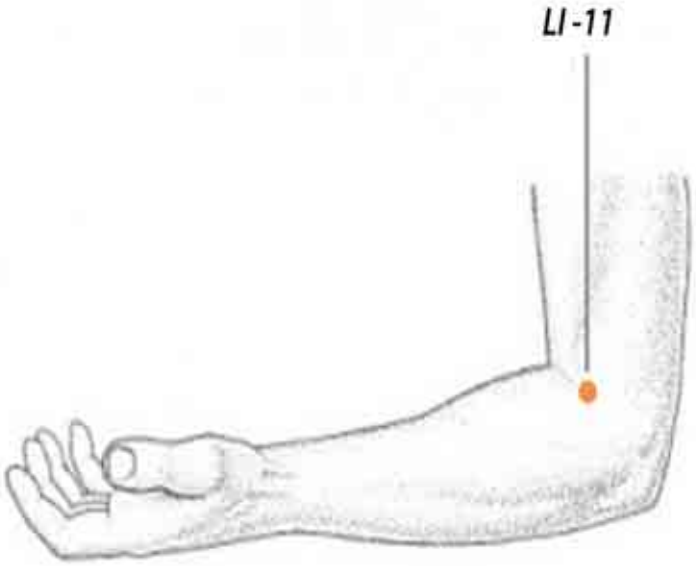
Kidney 27 - Storehouse - *SHU FU*

A storehouse which makes available reserves of qi & helps the person build there own reserves.This point is an immune-boosting super star, and especially helpful for people who are prone to upper respiratory flu symptoms. its a great point to help people with asthma symtoms from Kidney deficiency , it helps stimulate & hold down qi, by subdues rebellious qi. Allowing the breath from the lungs to decend correctly.

Large Intestine 11 The exact location is determined according to sensitivity in that area. The most sensitive spot is usually the most effective when pressed.

Large Intestine 11 Crooked Pond - *QU CHI*

Although better known as a fever-reducing point, Large Intestine 11 also is used preventively for colds and flus and other immune-compromising conditions. In Japanese acupuncture It is known to be the master immune point in the body.



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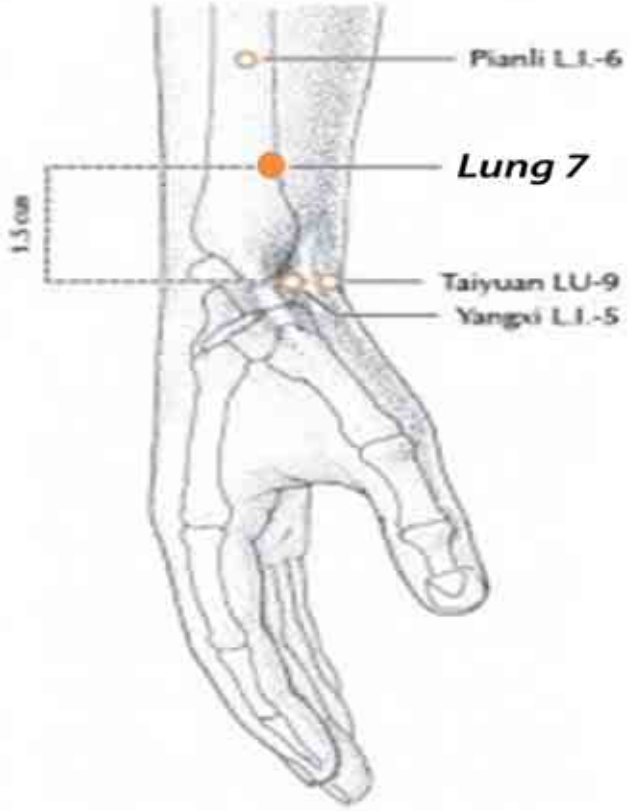
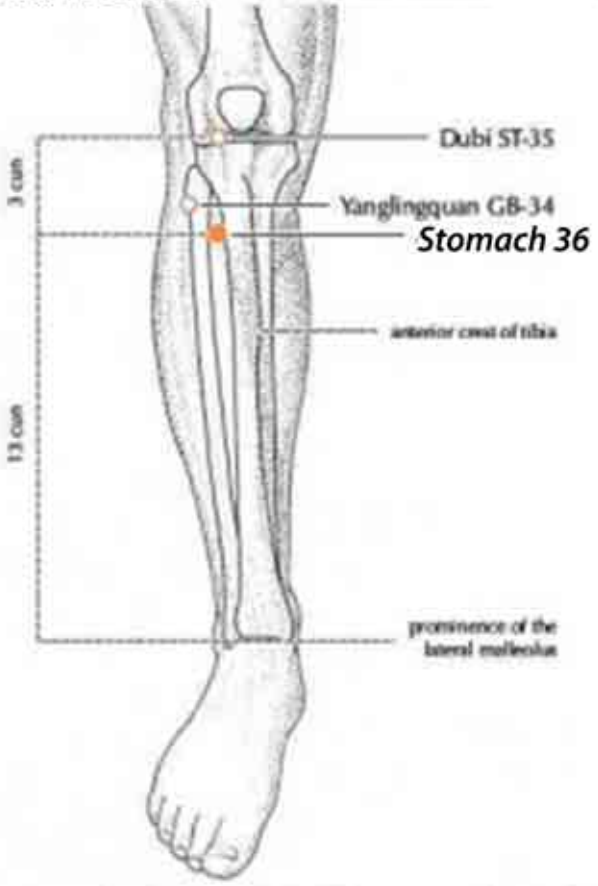


Lung 7 Make a thumbs-up sign. When you do that, you'll see a depression at the base of your thumb (referred to as the anatomical snuffbox). From that depression, Lung 7 is located approximately two finger widths up your arm.

Lung 7 Narrow Defile - *Lie Que* acupuncture point is good for bolstering your body's defensive energy, helping to keep your immune system strong. Moistens the throat and helps with decending the lung qi, which is useful in chronic asthma. Used in early colds & flu's, sneezing and loss of sense of smell. It relieves shallow breathing due to tight chest.

Stomach 36 is found about a hand length below the patella of the knee, just outside the prominent tibia bone. Sometimes pressing this point, if it's done firmly enough, will produce a strong sensation that travels down the leg.

Stomach 36 Leg Three Miles - *SAN LI* is one of the most effective acupuncture points for strengthening the immune system and recovering from fatigue. Acupuncturists often incorporate this point into treatments because it is such an energizing point.This point helps disperse damp which causes phlemg. It harmonizes ***yin nutrative & wei defensive qi*** = it stops sweating and expells pathogens.



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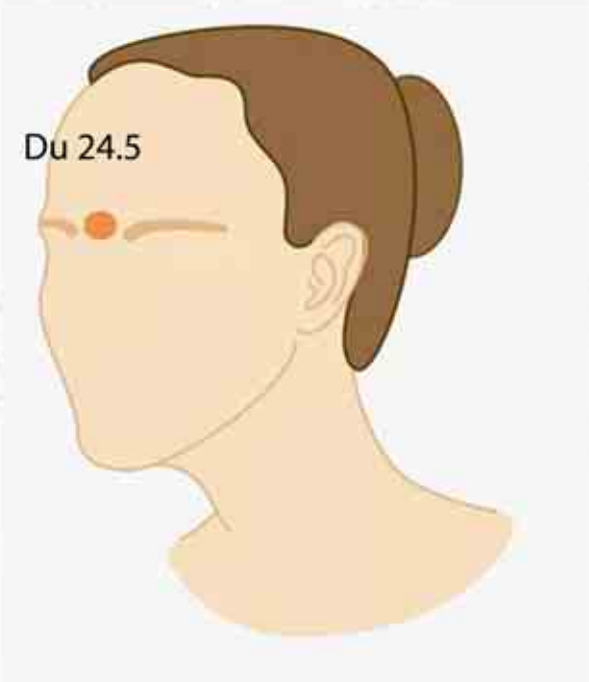
6 Acupressure Points for Anxiety Relief



1. Hall of Impression point / Seal Hall - Du 24.5 *YING TANG*

The Hall of impression point lies between your eyebrows, Located between the inner edges of the eyebrows, at what is also known as the "third eye" area of the forehead.Applying pressure to this point is said to help with both relieving anxiety, agitation and stress. By calming the shen and relieving insomnia when the mind wont shut off.

To use this point:

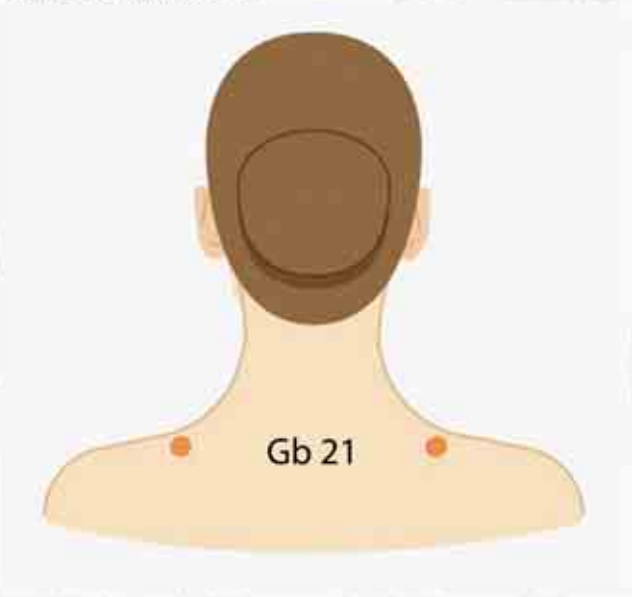
a. Sit comfortably. It can help to shut your eyes.
b. Touch the spot between your eyebrows with your index finger or thumb.
c. Take slow deep breaths and apply gentle, firm pressure in circular motion for 5 to 10 minutes.

2. Heavenly Gate point / *SHEN MEN* - Ear point

The heavenly gate point is located in the upper shell of your ear, at the tip of the triangle- like hollow there. Stimulating this point is said to help relieve anxiety, stress and insomnia by creating inner peace. This point connects to the spirit of the heart and calms any wobbled emotions.

To use this point:

a. Locate the point in your ear. It might help to use a mirror.
b. Apply firm, gentle pressure in a circular motion for two minutes.



3. Shoulder well point / - GB 21 - *JIAN JING*

The shoulder well point is in your shoulder muscle. To find it, pinch your shoulder muscle with your middle finger and thumb. This pressure point is said to help with relieving stress, muscle tension, and headaches. caused by disconnection of Body, mind & spirit. ***It can also induce labor, so don't use this point if you're pregnant.***

To use this point:

a. Find the point on your shoulder muscle.
b. Pinch the muscle with your thumb and middle finger.
c. Apply gentle, firm pressure with your index finger and massage the point for four to five seconds.
d. Release the pinch as you massage the point.

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6 Pressure Points for Anxiety Relief

4. Union valley point/ Great Eliminator - LI 4 - *HE GU*

You find this pressure point in the webbing between your thumb and index finger.Stimulating this point is said to reduce stress, headaches, and neck pain. Its calming and grounding for the body and can relax tight muscles Like the shoulder well point, ***it can also induce labor, so avoid this point if you're pregnant.***

To use this point:

a. With your index finger and thumb, apply firm pressure to the webbing between the thumb and index finger of your other hand.

b. Massage the pressure point for four to five seconds, taking slow, deep breaths.

5. Great surge point / Supreme Rushing - Liv 3 - *TAI CHONG*

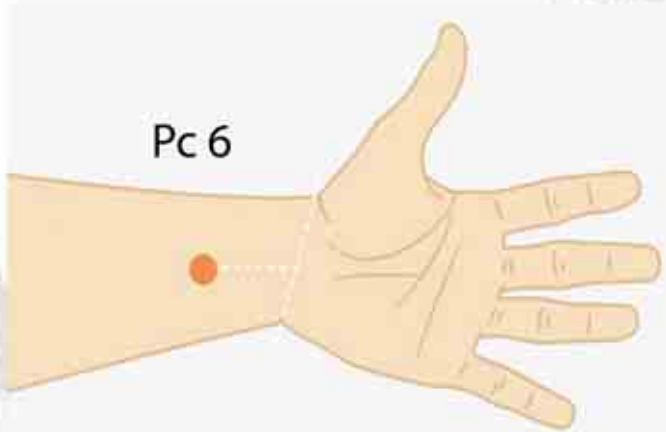
The great surge pressure point is on your foot, about two or three finger widths below the intersection of your big toe and second toe. The point lies in the hollow just above the bone. This pressure point helps to reduce anxiety, stress & frustration as it calms the mind & spirit.You can also use it for pain, insomnia, and menstrual cramps & easing depression & angered emotions.

To use this point:

a. Find the point by moving your finger down straight down from between your first two toes.

b. Apply firm, deep pressure to the point.

c. Massage for four to five seconds.



6. Inner frontier gate point – Pc 6 - *NEI GUAN*

You can find the inner frontier gate point on your arm, about three finger widths below your wrist.Stimulating this point may help to reduce anxiety while also relieving nausea and pain.

To use this point:

a. Turn one hand so your palm faces up.

b. With your other hand, measure three fingers below your wrist. The point lies here, the hollow between the two tendons.

c. Apply pressure to the point and massage for four to five seconds.

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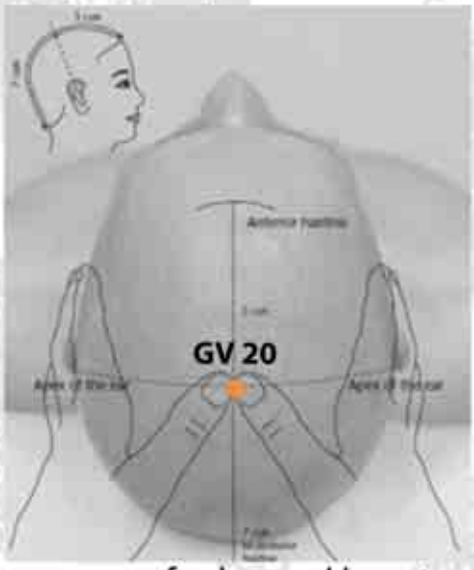
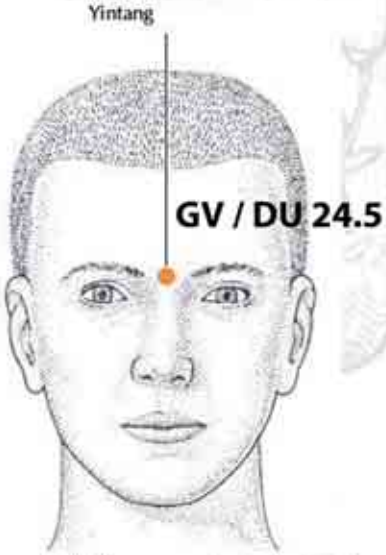
4 Pressure Points for Depression

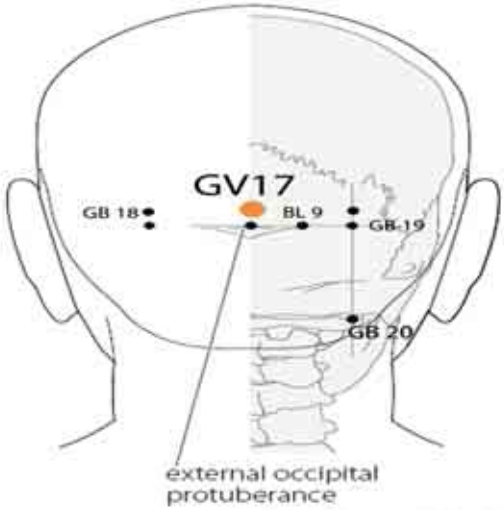
By pressing down on certain points on your body, your mood can lift and help you get back to your day. Instead of other indulgences that may provide a momentary spike in mood, try these acupressure points in order to turn a bad day into a good one without spending a penny!





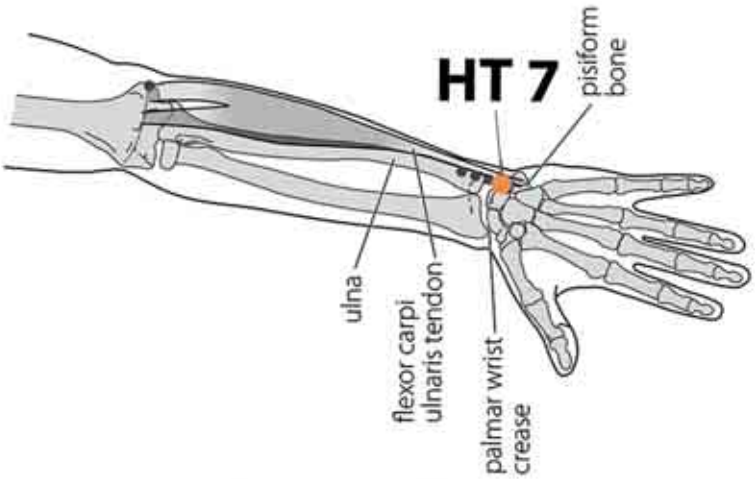
GV20, Governing Vessel - *BAI HUI* and Yintang GV/Du 24.5 (Third Eye Point)

Take your pointer and middle fingers and press directly on the crown of your head, and also between your eyebrows at the same time. According to TCM (Traditional Chinese Medicine) by pressing these two points at the same time, you're helping give your body clarity, inducing a sense of calm, and boost your mood. This can also help to clear your sinuses, providing an overall opening both emotionally and physically. Apply pressure on these points for two to three minutes and feel the positive effects.



GV17, Governing Vessel 17 Brain Door - *NAO HU*

On the back of your head, this pressure point is above the midpoint of the back hair line, in the depression on the upper border of the external occipital protuberance. Take two fingers and gently apply pressure for three minutes. Known as the "brain's door," this is a great way to promote a more relaxed breathing and to quell your anxieties and clear your mind, and reviving conciosness and stimulating the sensory orifices.This can easily be done at your desk at work in the privacy of your cubicle.



HT7, Heart 7 Spirit Gate - *SHEN MEN*

Make sure your palm is facing upwards. When this point, found on the wrist, is stimulated, worry and anxiety will slip away and joy is the emotion that resides within the heart meridian that will be activated. It's located where your arm meets your hand, on the side toward your pinkie, in the middle of the ulna and the pisiform bones. With firm pressure, press in a downward motion. Hold this for a minute or two to release pressures that you didn't realize were present. It'll take the edge off a rough day, and give you a more positive outlook.

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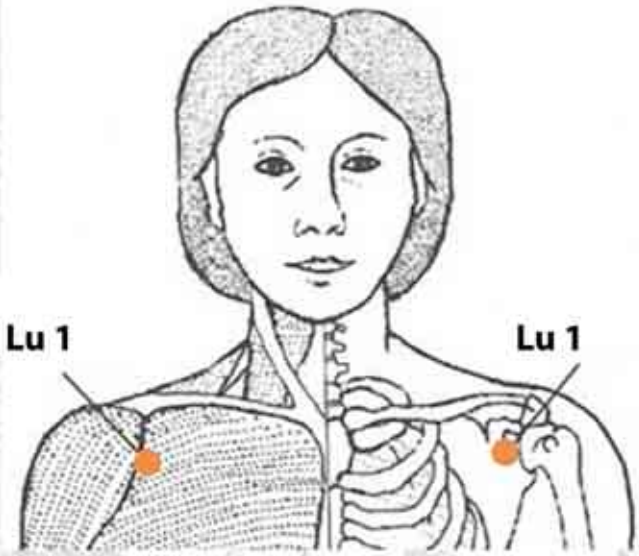
4 Pressure Points for Depression Cont



LU 1, Lung 1 Middle Palce - *ZHONG FU*
To find this point, cross your arms in an X across your chest and let your arms fall naturally. Firmly push where your fingers land on your ribcage, on the outer portion of the chest, below the collarbone. Pressing these two points at the same time is called the "Letting Go" point. It helps you open up your chest and breathe more deeply, and will help you to release any anxiety and negative feelings that you are experiencing. As the emotions leave your body, you'll automatically begin to feel your mood lift. Doing this a few times a day can help to improve your attitude throughout the day as well as give you a moment to stop and breathe.

The next time you feel that you are leaving your happy place, spend a couple of minutes with yourself. Take a couple of deep breaths and use these acupressure points. It's a painless and free way to relieve stress quickly.

Moxibustion Treatments

In general, **moxibustion** stimulates blood circulation and triggers the body's natural healing response. Targeting specific points on the body and applying the heat from moxibustion to bring about a biochemical response. Expelling cold and dampness from the body, Increasing resistance to colds and flu; this is especially helpful for patients who tend to frequently suffer from contagious viruses that circulate in winter. Stimulating the immune system to fight more serious illnesses and to keep the body healthy. Strengthening qi to eliminate general fatigue, leading to increased energy throughout the day.

Acupuncturists are using high amounts of **Moxa** and burning this herb on acupuncture points to clear up fluid & mucus in the chest of patients with Covid-19.
ST:36 Leg Three mile is helping patients with Pnumonia in Wuhan.
This point promotes longevity and oxygen uptake and increases endurance, and stimulates the immune system.

Scraping the skin with GUA SHA:

Gua sha is an East-Asian technique of scraping or stroking the skin using a device made of metal, bone, or horn. The scraping can be done on various parts of the body and most often it's done on the hips, back, neck and down the arms. Gua sha can help with pain, inflammation, symptoms of cold, flu, asthma, nausea, and vomiting. It also boosts the immune system. If you come down with a cold or flu.

It's important to know that the marks made by gua sha are not bruises. The sha part of gua sha refers to red or dark purple dots that appear on the skin after it is scraped. The dots are blood being released from blood vessels in the innermost layer of the skin. Purplish dots indicatea higher degree of blood stagnation in the body. Stagnation commonly causes pain, so often, people who come to acupuncture complaining of severe pain end up with purple dots from gua sha.If the color of the dots is a bright red, it may represent heat in the body. If dots come up easily, it means that the disease is acute. If it takes a long time for the dots to show, it means the disease is more chronic.The marks from gua sha treatments usually disappear within a few days. ***It is important to keep the body covered up for 24hrs after Qua Sha,*** so as you do not allow the cold/wind to invade the body as it will feel hot to touch at this time. Keep the body warm afterwards.

Massage with essential oil blends:

The ***relaxation response,*** which is an involuntary, yet predictable response of the nervous system to massage techniques and touch. The relaxation response is a state in which your heart and breathing rate slow, your blood pressure goes down, your production of stress hormones decreases, and your muscles relax. The relaxation response also seems to increase the available level of serotonin, which is a chemical in the body that positively affects emotions and thoughts. The relaxation response may decrease the physical effects of stress and reduce the risks associated with stress, such as hypertension, cardiac arrhythmias, anxiety, insomnia, persistent fatigue, sexual dysfunction, digestive disorders and psychological issues.

The ***mechanical responses***, which are physical effects that occur in the body when pressure is applied to the soft tissues. Increase in blood and lymph circulation. Relaxation and normalisation of the soft tissue (muscle, connective tissue, tendons, ligaments), which releases nerves and deeper connective tissues. Together, these responses can produce physical and emotional benefits.

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Arm & Hand Massage

1. Pour a small amount of oil into the opposite hand and apply to skin on hand and arm to be massaged, upto the elbow.
2. Place arm flat on the table, palm down. Apply pressure with other palm, moving from hand up to elbow and back down to hand x 4
3. Turn arm over with palm facing up and apply pressure again with other palm from hand to elbow and back again x 4.
4. Palm down again, lift with other hand slightly and use thumb to make circular motions with pressure from wrist up to elbow and back down again. x 4 covering the whole top of the arm
5. Palm up repeat the last movement on the under arm x 4
6. Palm down with other thumb, massage in a figure of 8 around the wrist bones.
7. Palm up use thumb to massage inside of the wrist in circular motion.
8. Use opposite thumb to apply pressure from base of fingers towards the wrist, in between the finger bones in hand x 2.
9. Use thumb to massage the fleshy part between thumb and first finger.
10. Hold thumb between opposite finger and thumb and use thumb to massage from base to tip in a circular motion. Repeat on all fingers individually.
11. Palm up use the opposite thumb to massage in circular motions into the entire palm area.

Repeat the same but on the other arm hand remembering to add oil first.

This takes around 5-6 mins on each arm
(be careful of patients with low blood pressuer can feel light headed).

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Neck, Head & Face Massage Routine

1. Apply a small amount of oil to the back and sides of the neck, if you have long hair, it's best to tie it up out of the way.
2. Grab back of neck using left hand between fingers and the base of your palm and squeeze whilst pulling backwards slowly. Repeat going up and down the neck area x 4.
3. Using the left hand again grab the back of the neck and use fingers to add pressure to right side of neck and 'claw' backwards. Start at the base of the skull and work your way down each time.
4. Using the right hand repeat the last instruction on the left hand side of the neck.
5. Using both hands, use tips of fingers to apply pressure to both sides of the neck and in circular motions go up and down.
6. Using both hands, use finger tips in a claw in circular motion on head, cover the whole head apart from the face.
7. Using both thumbs, use circular motions from the temple back into the hairline and going around the ear area x 4
8. Using both hands, use the index and the middle finger making slow, circular motions on the temple, do this for as long as you like as it's very relaxing.
9. Using both index fingers apply pressure in dots on the eyebrows, starting from the inside and working out.
10. Carry on with both index fingers around the rest of the eye on the edge of the eye cavity (on the bone, not the edge of the eye)
11. Using the fingers on both hands use circular motions on the side of the jaw muscles, there may be alot of tension in those muscles.

This takes around 8mins

(be careful of patients with low blood pressuer can feel light headed).

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