

Patient Help Sheet for Cold & Flu

Here are some tips that you can use to help balance and support your lung health during a cold or flu. 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.

Lung 7 (LU 7): Roughly 2 inches above the base of the thumb. Functions: Used for fever, chills, shivering, nasal congestion and discharge, sore throat, cough, headache and migraines. Great point when you feel a cold coming on.

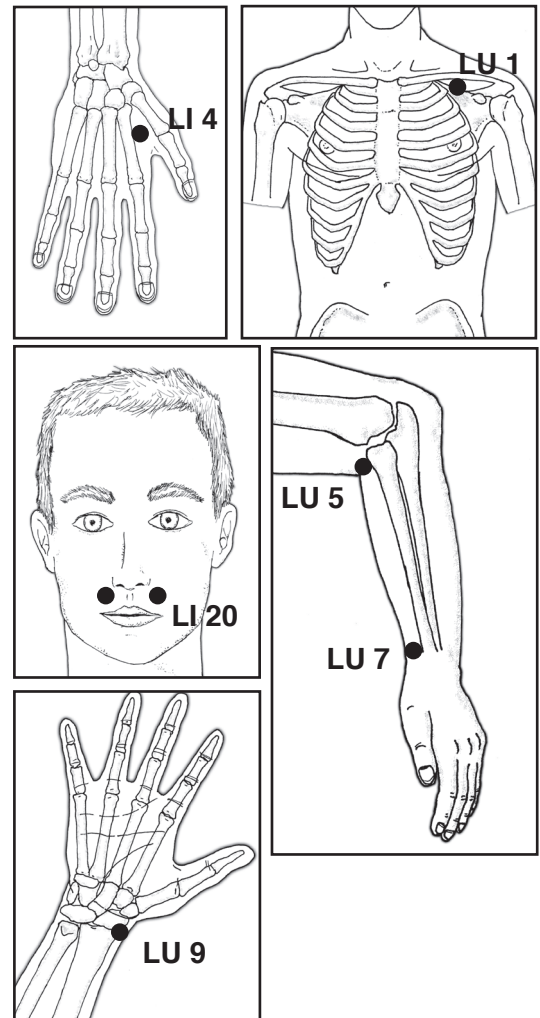
Lung 5 (LU 5): On the thumb side, at the elbow crease, just off the biceps brachii tendon. Functions: Useful for hot skin conditions, upper body edema, local point for tendonitis, relaxes the sinews and frees water passages.

Lung 1 (LU 1): On the chest, below the collar bone, approximately 6 inches from the center of the chest. Functions: Used for asthma, the common cold, cough and pain in the chest, shoulder and back.

Lung 9 (LU 9): On the wrist crease, just below your thumb. Functions: Used for cough with or without water phlegm, tightness of the chest, shortness of breath, asthma, digestive problems and wrist pain. Also used to strengthen the Lungs and immune system.

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

Large Intestine 20 (LI 20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile. Functions: Used for nasal discharge and congestion, rhinitis, loss of sense of smell, sneezing, nasal polyps, and nosebleeds. Also used for itchy eyes and facial pain with swelling.



Aromatherapy for a cold or flu

Eucalyptus - opens up nasal passages.

Cedar - clears head and opens up nasal passages.

To use: Apply to temples and areas of pain. Massage lightly. You can also put some on the back of your hand, on the Large Intestine 4 point.

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.

Cold Relief Soup

- 2 cloves of garlic
- 1 chopped scallion
- 1 Tbsp. miso paste
- 4 cups of water
- 1 inch piece of fresh ginger

Add all ingredients, bring to boil, simmer for 15 minutes. Drink 1 cup every hour. You will begin to sweat.

Dry Cough Pear & Almond Soup

- 5 ripe pears
- 2 quarts of water
- honey
- fresh mint leaves
- 4 handfuls of almonds (chopped)

Cut pears in half and remove stems and seeds. Chop into small pieces. Combine pears, almonds and water in medium sized saucepan. Bring to boil, cover, and simmer for 15 minutes. Remove from heat. Add honey and mint to taste. Drink one to two cups daily to enhance the Lung function and prevent dry coughs.