

# Patient Help Sheet for Fatigue

Here are some tips that you can use to help balance and support your health and vitality.  
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. **DO NOT USE DURING PREGNANCY.** **Functions:** Strengthens the Spleen, harmonizes the intestines and clears food stagnation, stops vomiting, regulates Qi and Blood, transforms phlegm, enhances immune function, breaks up blood stagnation in the chest.

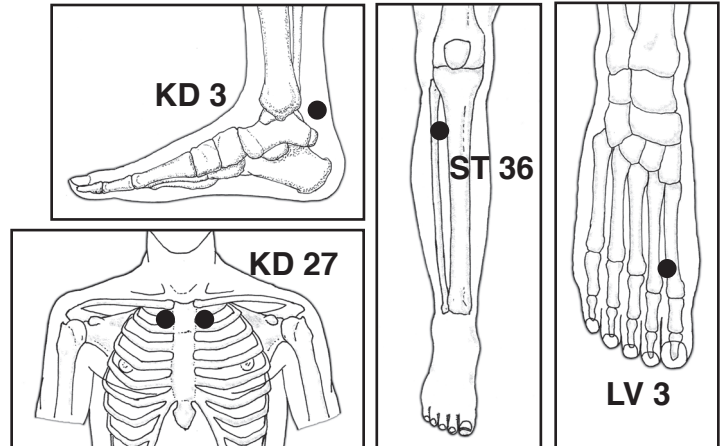
**Kidney 3 (KD 3):** Level with the tip of the inner ankle bone, in the depression between the ankle and tendon. **Functions:** Reinforces the Kidneys, clears heat, strengthens the low back and knees, rectifies the uterus, helps with anxiety, insomnia and chronic low back pain.

**Liver 3 (LV 3):** On the top of the foot, in the depression between where the first and second metatarsal bones meet. **DO NOT USE DURING PREGNANCY.** **Functions:** Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia.

**Kidney 27 (KD 27):** Located in the depression below the lower boarder of the collarbone, approximately 2 inches from the middle of the chest. **Functions:** Resolves phlegm, stimulates the Kidney function of reception of Qi, stops cough, calms asthma, relieves chest tightness, tonifies the Liver to counter adrenal exhaustion and lowered immunity.

## A few healthful pointers:

- Eat foods high in Vitamin B - Wheat germ, oysters, salmon, tuna, cottage cheese, sunflower seeds, walnuts, brown rice, beef, avocados, bananas, sweet potatoes. Vitamin B helps the body break down foods into usable energy, enhances immune and nervous system function, and promotes the growth of red blood cells.
- Drink tea - Add 1/4 oz. of green tea leaves to 1 cup of cold water and soak for 5 hours. Sip throughout the day.
- Avoid consuming greasy foods, as well as dairy products and sugar, as they can weaken immune function.
- Add berries to your diet. Many berries are rich in antioxidants that support immune health. Blueberries, raspberries, goji berries, cherries and hawthorn berries, are all high in antioxidants.
- Jump start your immune system. Try jumping rope for at least 5 minutes a day, or use a mini-trampoline, called a rebounder. These simple exercises can increase blood circulation and oxygenation, helping to remove toxins from your body more easily.
- Take some herbs. Certain herbs can help boost your immune function and energy levels. American ginseng, ashwagandha, garlic, sage, onions, turmeric, astragalus, angelica (Dong Quai), echinacea and reishi mushrooms all have immune boosting properties. Herbs should be viewed like medicine, and you should consult with a qualified herbalist before beginning an herbal regimen.



## Awaken your Body's Vital 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.

1. 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.
2. 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.
3. 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.
4. 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.