



F R O M A N X I E T Y T O S E C U R I T Y :
T H E A T O Z O F H O M E R E M E D I E S
F O R C H I L D R E N ' S H E A L T H

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INTRODUCTION TO CHINESE MEDICINE

WHAT IS IT?

Chinese medicine is an ancient system of medicine that has been around for over 2500–3000 years. It is a complete system in that it treats both acute and chronic illnesses. Here in the West it is mainly used to treat chronic conditions and it has developed quite a reputation for doing that well. However, there are acute conditions that respond really well to Chinese herbs such as colds, flus and coughs that are well worth investigating – something we plan to do thoroughly throughout this course.

Chinese medicine is a holistic form of medicine in that it looks at the body as a complete whole rather than in bits and pieces. Everything is assessed together, which is one of its strengths. Whilst one child may have the same virus as another, Chinese medicine will see each child's illness differently and treat them differently. For instance, the illness may express itself with more mucus in one child and less in the other, so each child will be treated according to their unique symptoms.

Children are not seen as miniature adults in Chinese medicine and this is very important. This means they require different treatment, different doses of treatment, different food and different lifestyle advice. Children's systems are much more simple than an adult's. They can get sick very fast and it can quickly become severe. However, on the flipside, they can also get better very quickly and they respond brilliantly to diet changes. These changes can have a positive impact on their health as an adult too.



WHAT ARE THE MAIN PREMISES OF CHINESE MEDICINE?



Y I N & Y A N G

These are the two opposing forces that are present in all aspects of the universe, both physical and ethereal. Yin translates as “the shadowy side of the mountain” and Yang as “the sunny side of the mountain”. One cannot exist without the other. They exist only in relation to each other: there cannot be a back without a front, or night-time without daytime. The dynamic tension and constant transformation that takes place between Yin and Yang is what creates the energy that nourishes nature and human life.

Like everything in the universe, we are a combination of Yin and Yang. All parts of the body can be described in terms of Yin and Yang. The lower part of your body is Yin, the upper part is Yang. The back of your body is Yin, the front is Yang. Parts that are cold are considered Yin, while parts that give off heat are Yang.

Nothing is Yin or Yang by itself; each is defined only in relation to something else. For example, a warm bath is only Yang in relation to a cold bath, which would be Yin. But the same warm bath would be classed as Yin when talked about in relation to a hot bath, which would be – you guessed it – Yang.

Some other examples of Yin and Yang elements include:

Y I N

The feminine, solid, night, moon, cold, fluid, dark,
internal, lower parts, slow, passive energy.

Y A N G

The masculine, airy, day, sun, hot, ethereal, light,
external, upper areas, fast, active energy.

Think about your child for a moment now. Their energy during the day would be _____ compared to their energy at night when they are sleeping – this would be _____.

How about when they are having a tantrum – this kind of energy would be _____, compared to when they are reading a book with you, their energy then would be _____.

Are you starting to get it now?



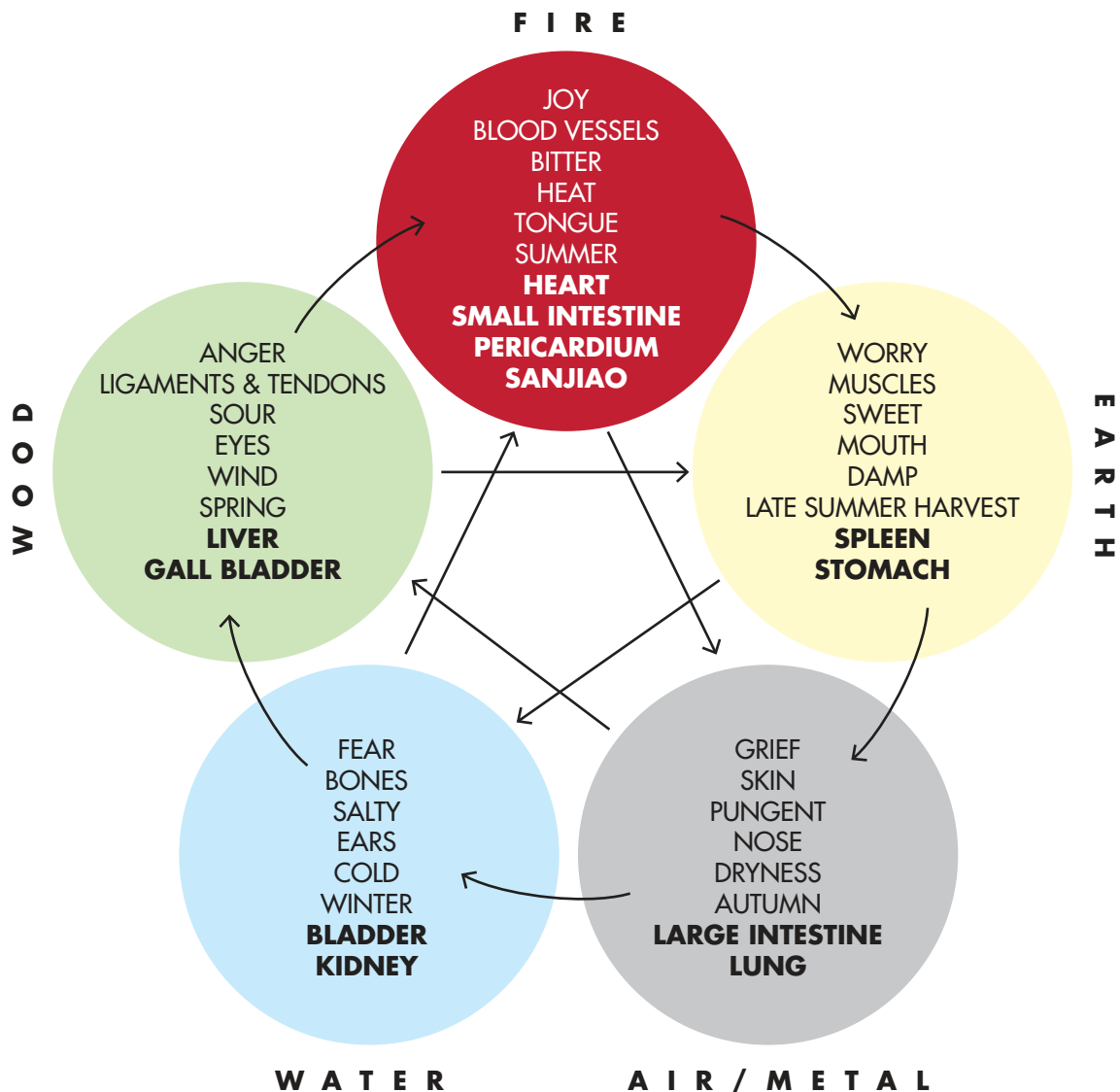
THE FIVE ELEMENTS

This is the other main foundation of Chinese medicine.

As people, we are affected by the elements, the change of seasons, the food we eat, the relationships we have, the time of day it is and the emotions and thoughts we experience. Chinese medicine knew this, way back then, and developed a model to make sense of it all. It's called the Five Elements. It offers a holistic understanding of your mind, body, spirit and your relationship to the universe.

It is completely different to allopathic medicine, where the mind and body are considered to be separate.

The Five Elements are: Fire (red), Earth (yellow), Air/Metal (grey), Water (black or blue) and Wood (green). Everything you know of can be related to them: your emotions, body parts, illnesses, times of the day, types of exercise, types of food etc.



THE CONCORDANCES

Each of the elements relates to the others. They feed on and draw from each other. It is a complicated web that moves in circles. The Chinese didn't just play around and make these concepts up. They deeply observed the universe in which they were born and built the theory upon that.

Central to the Five Elements is the notion of the "Mother and Child". It is said in Chinese medicine that the Mother "feeds" the child. This happens literally as well as energetically and emotionally. As mothers, you know and feel that when your tank isn't full, you can't give as much to your child. If you're exhausted from a busy daily schedule followed by late nights and broken sleep through the night, it's no wonder you'll come down with a cold easily, and your child can't quite fight theirs off. That's when you have to simplify, break off engagements, do nothing for a while, eat lots of chicken soup and stay home so you can both get better and gather up more energy to fight off the infections.

Looking at the diagram, we can explain this using the elements and the organs:

	WOOD	FIRE	EARTH	METAL	WATER
ORGAN (ZANG)	Liver	Heart	Spleen	Lung	Kidney
ORGAN (FU)	Gall bladder	Small intestine	Stomach	Large intestine	Bladder
SEASON	Spring	Summer	Late summer	Autumn	Winter
CLIMATE	Windy	Hot	Damp	Dry	Cold
COLOUR	Green	Red	Yellow	White	Blue or black
LIFE CYCLE PHASE	Infancy	Youth	Adult	Old age	Death
EMOTION	Anger, frustration	Joy	Over-thinking, worry	Grief	Fear, anxiety
VIRTUE	Generosity	Gratitude	Faith	Compassion	Wisdom
FOODS	Spring onions Asparagus Fish	Chilli Lamb Ginger	Sweet potato Yoghurt Fruit sugar	Potato Black fungus Bone marrow	Fish eggs Chicken eggs Offal

Qi



The most basic definition of Qi (pronounced “chee”) is energy. Qi is the energy that creates life; it is the vital force that underlies yours and your child’s body, mind, heart and spirit. It is immaterial and invisible, yet Qi can have physical manifestations such as conception and birth.

Qi can also be described as love. Remember back to when your baby was born – the love in the room was most likely palpable. Still, you can’t touch love or taste it – you feel it. It’s simply there. This is what is meant in Chinese medicine by Qi: you can’t touch it either, but it’s a real force in our lives.

In Chinese medicine, all things are understood to be composites of different types of Qi. Qi is the building block for everything. But for our purposes, Qi is the energy that you need to live. It courses through our bodies and allows everything to function. It is the spark for every action within us. Without Qi, there is no life.

Qi travels through us via energy channels called meridians. If there is too little Qi, we experience problems. We often refer to this as deficiency. To address Qi deficiency, we need to tonify to rebalance the meridian so that it can function optimally. For example, a child who has recovered from a strong illness that knocked them out may need some

Qi tonics to get them back on track. Chicken congee is seen as a Qi tonic in Chinese medicine and this is a way of using food as medicine to bring your child back to health.

Too much Qi is also a problem. We call this excess. To address an excess of Qi, we need to clear or drain it to rebalance your body. For example, if a child has too much mucus or heat, then this is considered an excess and must be eradicated for them to get better. You can do this through diet but herbs and acupuncture may also be necessary.

If your child’s Qi isn’t flowing properly, it can cause pain, such as when they experience earaches or headaches. We call this stagnation and we need to regulate or move their Qi. We’ll talk about ways to do this as we move through the course.

There is also a case of trapped Qi, which we often refer to as a Lingering Pathogen. This can cause a whole host of problems where your child just can’t seem to shake a cold, a cough, eczema or an ear infection. This is actually a big problem in our community and once it is treated correctly, it paves the way for dramatically improved health for your child. We will discuss the key indicators for this later in the course and go into detail about how it can happen and how you can get rid of it.



B L O O D

This is similar to the blood you already know of, but in Chinese medicine it takes on some other qualities. It is said to house the spirit, known as the Shen of the person.

Substances that are highly nutritious (like breastmilk) are referred to as Blood in Chinese medicine.

It is a form of Qi – a Yin form. When talking about Qi and Blood, Qi is Yang because it moves more and has a lighter energy. Blood is Yin, which means it is slower and has a more nourishing energy.

The Blood delivers nutrition to the whole body through the blood vessels. It nourishes all the organs, meridians, muscles, bones, skin and hair.



O R G A N S

Organs are three-dimensional in Chinese medicine.

Each organ is known to have its physical qualities as well as emotional and spiritual.

For example, the Spleen is said to transform and transport Qi all through the body and it has the emotions of worry and over-thinking.





MERIDIANS

Meridians are energy channels that run through the body distributing Qi as energy and information. Some say that meridians act as a subtle regulatory system for the deeper organs that they attach to. It's certainly good to imagine them that way because scientists aren't entirely sure how they work. Having said that, it's still not totally understood from a scientific point of view how the process of giving birth starts. How does the baby tell your body it's time to birth? Science still doesn't know. Amazing isn't it? So just because we don't understand meridians from a scientific point of view doesn't mean they're not valid.

If there is a deficiency or excess of Qi in a meridian, problems will manifest as symptoms such as pain, tiredness, headaches, excess mucus, coughing etc.

If there is stagnation, there is pain. Pain can manifest in many different ways – for example, sore muscles and bruises from falls.

There are 14 main meridians that relate and connect to your vital organs and they are paired in terms of Yin and Yang:

Y I N

- Heart
- Pericardium
- Lungs
- Kidneys
- Liver
- Spleen
- Conception Vessel

Y A N G

- Small Intestine
- Triple Jiao
- Large Intestine
- Bladder
- Gall Bladder
- Stomach
- Governor Vessel

The Triple Jiao is a collective term for the upper, middle and lower areas of the abdomen.

Children's meridians are not fully developed until they are seven years of age. Until this time, we can utilise the points but they are not yet fully formed. This means when you are using acupuncture or moxibustion techniques on a child, you don't need to be as precise with your location to get a result. It is more about your energy and treating your child at the right time of the day that makes all the difference.

WHAT ARE THE CHINESE MEDICINE TOOLS USED TO TREAT ILLNESS?

We are going to go into these in more detail throughout the course but here are some summaries so you are familiar with the techniques that are used – you will be learning a number of these.



ACUPUNCTURE

Fine needles are inserted into specific points along a certain meridian to help regulate your child's body. The acupuncture helps their body to heal itself. For children they are inserted in and out. It's very quick and often they don't even feel it – it will depend on the practitioner's technique and how sensitive your child is. There is also non-insertion acupuncture that we also use for certain children. It's called Shonishin and is a special technique that originated in Japan. We mention it so you know there are options and we can always find something suitable for your child.



MOXIBUSTION

This is a warming therapy that works at a deeper level than acupressure and acupuncture. It can be easily administered to your child via a "tiger warmer", which we'll demonstrate how to use. It sounds strange, but it's easy so don't worry! This works on specific points as well as whole parts of a meridian to do things like boost immunity, reduce cough, improve bowel function, calm them down etc. It's brilliant.



ACUPRESSURE

This is very different to massage as it is firm direct pressure to a specific spot on your child's body. How long they allow you to hold it will be different for every child, but generally speaking you hold a point for a shorter time when they are a baby and a longer time when they are a toddler and longer again when they are older. A good time to do it can be when you're reading them a book.



Acupressure works on those specific points along their meridian and again it helps their body to heal itself. It isn't as strong as acupuncture, doesn't work as deeply or last as long but it can be a great daily way to connect with your child that is also loving and good for their health. We will go into this in much more detail throughout the course so you can be confident you are doing it right to achieve the best results.

GUA SHA

This is also called spooning or scraping. It's best to use a Chinese ceramic soup spoon for this. You can buy them very cheaply at a Chinese grocery store and they're great to have for your child, especially at the onset of a cold. You use it to scrape gently down their neck and upper back using a liniment like paw paw ointment. We'll show you how to do it later in the course but for now, remember this trick as it will help to vent the virus and help your child's immune system fight off the bug before it has time to penetrate more deeply.



CHINESE HERBS

We will take you through some herbs and formulas so you are familiar with what to expect and what to do should the need for treatment arise. We'll discuss their safety and storage as well as appropriate dosage and why you may need to use them. They are phenomenal when used correctly and what we love about them is they greatly improve the body's ability to heal itself. They have so many functions – it depends what you use and in what combination. They come in many different forms and we've never had a kid who wouldn't take them in one form or the other – eventually! There is always a way.



FOOD

We are going to discuss this HEAPS. This is a biggie. This is super duper important. This is going to be the cornerstone of sorting out your child's health. It's easier said than done – for sure – but we are going to offer you all our tips and tricks to help you get through it and get you on track with your child. We are super excited about this and can't wait to share it all with you.



LIFESTYLE

BREATHING • EXERCISE • MEDITATION • CLOTHING



This is important for you as much as them and we're going to be discussing ways to integrate all of this stuff into your lives as effortlessly as possible. This is what Chinese medicine is all about – it's not simply about going to get a treatment, it's about taking care of your kids and strengthening yourself so that you need as little treatment as possible.

THE IMMUNE SYSTEM

Germs are everywhere. Everything you touch, everywhere you look, they are lurking. Having a healthy, strong immune system means you are able to fight off the intruders before they can even get a foothold in yours or your child's body.

Everyone's level of immunity is different. It is a complex web of different mini-systems that includes different parts of your body that make up the entire system. A lack of certain nutrients or too many of the wrong kinds of nutrients cause it to function much less effectively.

THEIR IMMUNE SYSTEM

FROM A SCIENTIFIC POINT OF VIEW

THE FIRST LINES OF DEFENCE

SKIN contains unsaturated fatty acids that kill bacteria.

Sweat is salty and that is preventative.

TINY HAIRS IN THEIR NOSE AND RESPIRATORY

TRACT sweep away invaders.

HYDROCHLORIC ACID IN THE STOMACH kills swallowed germs.

FRIENDLY BACTERIA IN THE GUT ensure that unwanted organisms don't take over.

FLUSHING ACTION OF URINE prevents infections.

TEARS lysozyme – destroy bacteria.

THE SECOND LINES OF DEFENCE

WHITE BLOOD CELLS

There are quite a few different types but we aren't going to go into detail on them. They are: lymphocytes, monocytes, macrophages and granulocytes. These travel around your bloodstream and lymphatic system, they seek out foreign invaders (bacteria, viruses or another infecting agent) and mount an attack against them.

RED BLOOD CELLS

They carry oxygen around the body but they also deliver invaders to the white blood cells for extermination.





THEIR IMMUNE SYSTEM

FROM A CHINESE MEDICAL POINT OF VIEW

There is a certain type of Qi in Chinese medicine called “Wei Qi” and this is the term used to describe the Qi of the immune system. The Wei Qi is responsible for fighting off invaders all throughout the body.

There is also a term known as “Upright Qi”. This has to ultimately be stronger or become stronger in order to fight off the invader. This Qi is said to be made up of Wei Qi as well as other types of Qi that help strengthen the body’s response to an invading pathogen.

The relationship between the Spleen (main digestive organ in Chinese medicine) and Wei Qi is highlighted in Chapter 36 of the Ling Shu (a classical Chinese medical text, approx 200BC), which describes the role of each of the five zang (Yin organs) as follows:

“Among the five zang and six fu, the heart is the sovereign...the lung is the prime minister, the liver is in charge of planning, the spleen is in charge of defending (wei), the kidney is in charge of supporting.”

This means that according to Chinese medicine, the gut is of utmost importance when it comes to the immune system. When looking at the main Chinese herbs and formulas that boost immunity, these formulas and herbs always tonify and nourish the digestive system as well as the respiratory system. So according to Chinese medicine, everything stems from good gut health, especially immunity!





HOW CAN A COMBINED KNOWLEDGE IMPROVE OUTCOMES

FOR YOUR CHILD?

We support and are passionate about using the best of both worlds of medicine when it comes to health. It's important to know and understand that whilst allopathic medicine is very good at targeting specific pathogens and killing them through the use of antibiotics for example, it doesn't offer anything to mop up the phlegm and mucus that is left behind and this is a dangerous breeding ground for other bacteria and viruses. In allopathic medicine there is also very little investigation into the gut health of the client, which will be a factor in how quickly they get better.

Following an infection of any kind, Chinese medicine would argue you need to look at changing your child's diet to speed up recovery. You may also need to supplement with probiotics and you may need to change what they wear for a while to ensure no other invader gets the better of them. This means simple, warm food such as soup and stew and NO fruit, sugar or dairy whilst they are sick or in recovery. It means ensuring their feet and hands are warm, so cover their body to ensure they don't fall prey to any wind, which carries many pathogens. Keep social activities to a minimum until they are stronger.

If diet and lifestyle changes aren't enough to promote full recovery, your child might need herbs and acupuncture. You will come to know when this is the case but you'll be able to try a whole bunch of measures first which will make you and them feel much better and more in control.

CONDITIONS

ANXIETY

acupressure & Chinese herbs

Children experience anxiety for a variety of reasons. This may happen occasionally or even on a daily basis depending on the individual child and their situation. There are several natural approaches. Natural treatments are extremely effective in alleviating the symptoms of chronic anxiety in children. For intermittent episodes, "Rescue Remedy" is a very safe and effective homeopathic tincture sold at chemists and health stores. Take 4 drops under the tongue or 4 drops can be added to a glass or bottle of water to be consumed slowly over time.

If their anxiety is ongoing, it is best to have them assessed by a herbalist who specialises in treating children as there are multiple factors involved: family breakdown, new partners for the parents, genetic disposition, stressful pregnancy and birth, bullying at school, moving house, renovations etc. There are many herbal combinations for this condition and most likely it won't be seen in isolation – they may have recurrent colds and flu as well, or they may have poor sleep, lots of mucus and get hot at night. All of these symptoms need to be considered together in order for them to receive an effective formula.

Bodywork techniques: Acupressure or tiger warmer on HT-7 (Figure 1): This is the star point to calm the mind in children. It can simply be pressed, or it feels fantastic to use the tiger warmer on this point. It's found on the inside of the wrist, just down from the wrist crease. The Heart is said to rule the emotions in Chinese medicine and this is the earth point, the grounding point on the Heart meridian. Stimulate this by pressing firmly for a few seconds on a baby to ten seconds on a toddler, up to a minute or more on a school-aged child. Use it before bed every evening or whenever there is a need to calm the mind.

BLISTERS

tea tree oil

To dry a blister, soak a gauze pad in diluted tea tree oil and lay it over the blister and cover with an adhesive bandage. When the blister has broken, wash with warm water and let it dry. Calendula cream can be used to soothe and heal once the blister has stopped oozing. Apply Calendula cream and cover with an adhesive bandage.

BRUISES

arnica cream, Arnica 30c or Zheng Gu Shui (Chinese liniment)

Immediately apply pressure and ice to relieve pain and swelling. Apply arnica cream several times daily to unbroken skin only. Also give the oral Arnica 30c, 7 drops every 2 hours, up to 6 doses, then 3 doses a day for 3 days.

Zheng Gu Shui translates as "Rectify Bones Liquid". It penetrates to the bone level to promote healing and stop pain. It is also useful for acute bruising or swelling accompanying traumatic sprain. It is an analgesic as well as a blood and fluid mover, which means it aids the natural healing process. It will help ease pain of muscles, joints and bruises. Use on two-year-olds and above a couple of times a day. For children under two, do a small patch test or use arnica cream. Adults can happily use it; however, pregnant women should avoid it.



BURNS

(SUNBURN)

aloe vera gel

Aloe vera can be applied to sunburned skin to relieve pain. However, prevention is the best cure! Do be careful not to over-protect your child as Australia is one of the most vitamin D deficient countries in the world due to sun over-protection. Vitamin D is vital for immune system health and the prevention of chronic disease. Consider allowing them out in the sunshine without cream or shades in the earlier morning and later afternoon all year round.

COLDS & INFLUENZA

Chinese herbs & diet

These conditions can be hard to diagnose when your baby is young. However, the usual signs are fever and a runny nose that soon turns thicker with white or yellow snot. They may feel hot to touch, throw their bedclothes off, have red cheeks and will most likely have a sore throat (or cry when eating or drinking). If you have a cold or flu, chances are they will get it so it's good to look out for the early signs. Ensure they have lots of warm fluids, warm water, soups and stews, and avoid mucus-producing food (damp food) such as dairy, avocado, banana, chocolate, food straight out of the fridge or freezer, lollies, biscuits and other sugar.

Keep their fluid intake up and keep them as well rested as possible. Avoid giving paracetamol for fever as fever is the body's way of heating up to kill the virus or bacteria and is a healthy immune response.



WHEN AND WHEN NOT TO USE PARACETAMOL

Why it can be a problem? Studies show that using Panadol for fever in the first year of life greatly increases the chances of asthma in 6–7 year-olds, and is associated with an increased incidence of rhinoconjunctivitis and eczema. [2008, Lancet Journal, long-term study involving 200 000 children in 31 countries.]

Administer the Chinese herbs Sang Ju Yin up to 12 times per day, each time giving 1ml roughly per hour when the child is two years and over. At 12–24 months give ½ ml per hour, and for kids 12 months and under give ¼ ml per hour.

Give the medicine for the first 24–48 hours of the cold. If it dies off, high five to you. If it progresses, contact your herbalist as the symptom picture would have changed and

your child will now require something different. The herbs will help to regulate fever, alleviate the sore throat and attack the virus as they have antibacterial, antiviral and antipyretic properties.

Nutritionally, you can use onion and garlic finely chopped and soaked in honey overnight. In the morning, strain the honey and give it to your child. This provides antibacterial and antiviral properties to the child and tastes great. Use Manuka honey if you can, but don't heat it as heat kills the special healing properties. (Manuka honey can only be used for children over 12 months.)



MOTIVATION CHECK-IN QUESTIONS

(Complete these at least 48 hours before your next call and post on the forum)

- What's the biggest thing you learned from this session?
- List three things you're grateful for in your life right now.
- List one thing you really need help with moving forward in relation to this course.

HOME TASKS

(to be posted on the forum once completed)

- Look around your home and note four things that are Yang and four things that are Yin.
If you can, find things that are related to your children.
- Try the acupressure point HT-7 on them. How easy or hard was it to find? Did they like it or not? How did you feel about it?
 - Go one day eating only cooked/warm food (not raw or straight out of the fridge) and notice how it makes you feel. See if you can do the same for your child – but if not, simply notice how it makes you feel physically and emotionally and report back.

Photography and Illustrations courtesy of: Kyle Powderly, Richie Mar Young and Judie Siu

