



FROM ANXIETY TO SECURITY: THE A TO Z OF HOME REMEDIES FOR CHILDREN'S HEALTH

STAGE FOUR GUIDEBOOK

Taking care of you! This is so important and so often ignored!

2 *The Chinese Clock*

6 *What does "A Picture of Health" mean?*

22 *Acupressure to help with being a mum!.*

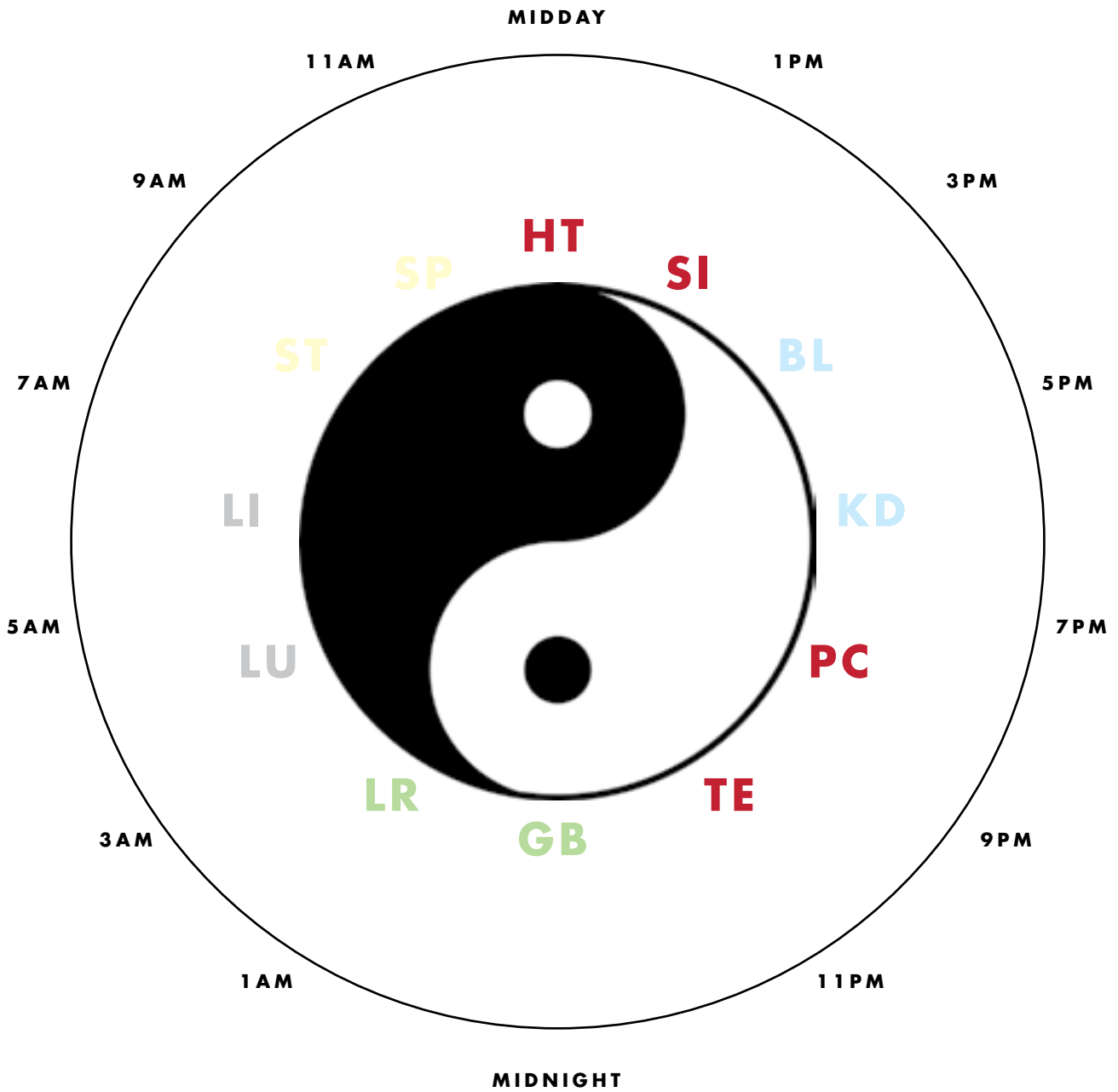


By Rebecca Mar Young & Naomi Abeshouse

Acupuncturists, Chinese herbalists & Your Eastern Health Mentors

Authors of the forthcoming book: *Hands On Birth – Eastern Wisdom & Acupressure to Support your Labour with Love.*

THE CHINESE CLOCK



THE CHINESE CLOCK

YOUR DAILY RHYTHM

Learning how Qi flows through your body is important for understanding and maintaining your own health. Each of the 12 meridians has a two-hour window when the Qi of the meridian is at its peak – in a “high tide”. It ebbs and flows from one meridian over a two-hour cycle into the next one.

Your circadian rhythms are commonly known as your body clock and you could say the Chinese clock is the Chinese version of the circadian rhythms. These rhythms are the same for you as they are for your children. Did you ever have a period of time where you kept waking up at the same crazy time every night? Have you noticed that you can suddenly fatigue at the same time every afternoon? Often, looking at the Chinese clock can help make sense of this.

3-5AM LUNG TIME

This is the best time to meditate, stretch and do Tai Qi as your lungs work the best now. Often if you’ve been struggling to breathe during the night due to a cold for example, now is the time you finally go into a deep slumber. It can also be the time that your body has the energy to finally do all the coughing it needs to do to get the phlegm out – which is why kids can often wake up coughing during this time.

It’s important to have good ventilation in your room and their room to take advantage of this time if you aren’t awake yet. If you’ve got the energy, it’s a great time for a morning practice of yoga, Tai Qi and qi gong – keep that in mind for when the kids are older – ha ha!

5-7AM LARGE INTESTINE TIME

This is the best time to move your bowels and the best way to do this is in the squat position – perhaps it’s not the most comfortable way but it’s certainly what nature intended for your bowel. It’s also a great time to “let go” of anything that has been bothering you.

Typically, this is the time many of us will arise from our slumbers (or more likely be awoken by the chirping little birds that are our children). It’s the perfect time to splash your face with cold water to wake up those Yang meridians and take a glass of warm water to assist your bowels. If you fancy, you can squeeze in some lemon as the sour flavour will help move any stagnant Qi.



7-9AM STOMACH TIME

9-11AM SPLEEN TIME

This is the perfect time to eat a big, wholesome breakfast. As the Stomach is the principal organ of digestion along with the Spleen in Chinese medicine, you should have the least trouble digesting food at this time of day.

There is a popular Chinese saying that says you should eat like a queen at breakfast, a noblewoman at lunch and a poor person at dinner. As you can now see, there is a lot of digestive energy available to help you in the morning and not much at all in the evening. You are ready to work at this time as your memory is best if you need to learn anything. You'll notice that kids are always easier to manage in the morning and it correlates with their digestive energy being the strongest – interesting isn't it?!

11AM-1PM HEART TIME

1-3PM SMALL INTESTINE TIME

Heart time is the best time for you and baby/toddler to have a nap. It can be anywhere from ten minutes to one hour because "baby Yin" has started to emerge – the night-time energy. A nap will nourish that and ensure you sleep really well that evening. Most likely you will be at your happiest at this time of day and it's a good time to share it with friends. 1-3pm is a good time to consider lunch, as the Small Intestine is available to help with digestion.

3-5PM BLADDER TIME

5-7PM KIDNEY TIME

This is typically the time when most women's energy dips temporarily and it's no surprise that it happens to be the water element time that belongs to the Bladder and Kidneys. The Kidneys are the

foundation of Yin and Yang in Chinese medicine, which is essentially everything! They hold you together. In combination, they are your rock.

Your Kidneys provided the energy for your developing fetus all through your pregnancy and breastfeeding. They need to be nourished and replenished with good food and lifestyle habits. If your energy levels consistently dip at this time of day, this is your warning signal to be kinder to your Kidneys – fewer late nights, less partying (ha ha – as if, right? – that was in a past life), more sleep, keep the Kidney area warm, eat soups and stews regularly.

7-9PM PERICARDIUM TIME

The protector of the heart becomes salient at this time of evening. Also a fire phase, Pericardium time will give you a second wind if you were falling asleep earlier in the evening and it will take you through the night. If you don't work too hard nor eat heavy dinners and don't want to fall asleep in the afternoon (is anyone left?) then your sexual energy will start to increase at this time. The Pericardium is the way you allow people into your heart and inner emotional world.

9-11PM TRIPLE ENERGISER TIME

A great time to have a warm footbath (or complete body bath) to anchor the Yang energy so that it can't rise and harass your mind. It is also a fire phase and will continue to burn for you and move around any spare Qi you have lurking in other areas of your body. Emotionally, this is how you maintain personal and professional boundaries.



11PM-1AM GALL BLADDER TIME

It is ideal to be in bed by 11pm (if not before!) as your blood needs to move to your Liver to take rest for the night. It is also the time of “baby Yang” which means you will have more energy the following day if you nourish the beginning of the following day’s energy. If you’re up past this time you’ll start trying to make decisions for every aspect of your life and this will keep you up later and later, which won’t help with a good night’s sleep. The Gall Bladder is said to be the decision maker of your body. Sometimes, if we have a big decision to make we wake up during this time to ruminate and try to sort it out. Can you relate?

1-3AM LIVER TIME

Since your Liver is responsible for the free-flow of Qi, it’s important to be rested at this time to minimise stress. Of course if you are up feeding your baby that is a different matter.

This is the time when if you have had a lot of processed foods or had a bit to drink, you may wake up feeling hot as your Liver meridian is trying to process it and rid the body of excess toxic heat. It’s also the time that anger can arise if you are still up. Thus, it is definitely not the time to get into an argument. Many late night street brawls happen around this time, fuelled by alcohol. Sometimes, it’s unprocessed emotions that can arise in powerful dreams or wake us up and make us recognise and confront anger.

F E M A L E J I N G C Y C L E S O F S E V E N

CHAPTER ONE – NEI JING

- A woman's Kidney energy becomes prosperous at 7 years of age (1x7).
- Her menstruation appears as the Ren (Sea of Yin) channel flows and the Chong (Sea of Blood) channel becomes prosperous at the age of 14 (2x7).
- Her Kidney Qi reaches a balanced state, and her teeth are completely developed at the age of 21 (3x7).
- Her vital energy and blood are substantial, her four limbs are strong and the body is at optimal condition at the age of 28 (4x7).
- Her peak condition declines gradually. The Yang Ming channel is depleted, her face withers and her hair begins to fall out at the age of 35 (5x7).
- Her three Yang channels: Tai Yang, Yang Ming and Shao Yang, begin to decline. Her face complexion wanes and her hair turn white at the age of 42 (6x7).
- The Ren and Chong channels are both declining, her menstruation ends, her physique turns old and feeble, and she can no longer conceive at the age of 49 (7x7).



WHAT DOES "A PICTURE OF HEALTH" MEAN?

MORE THAN THE ABSENCE OF DISEASE

SLEEP:

Before children we would say you should be having seven to eight hours of uninterrupted sleep every night. After children it's quite a different matter – and sleep or rest doesn't all have to happen at night to be beneficial! You may have naps during the day if you're up feeding at night and this is great.

The important thing is that you can rest when you need to. However, once you have more than one child, it can be really tricky. Going to bed super early some nights may just be the answer so you start waaaaay earlier than you need to because you know you're going to be interrupted so often.

BOWEL MOVEMENTS:

One to two well-formed motions per day that are easy to pass is preferable, that have low smell.

If you're experiencing loose bowel movements with high or low smell, this means you aren't digesting your food properly. If you're not able to go once a day, but you go every other day or every three days, then you're verging on constipation. This means your diet, lifestyle and stress levels need to be addressed. Or in the case of being a new mother, you need to supplement your diet with more Blood-tonifying foods to moisten the stool: greens, bone broths, slow-cooked food, soups and stews – that kind of thing. These types of foods will also benefit breastmilk.

DIGESTION:

- This should feel smooth and enjoyable. If you are experiencing bloating and distension in your gut, this could be occurring for any number of reasons:
 - You're eating on the run, whilst in a hurry or whilst emotional. This is a tricky one when you have small children. We recommend trying to eat when they eat and trying to ensure you have protein in your meal to keep your blood sugar levels even and keep you fuller for longer.
 - You're not eating the right food for your body (e.g. too much cold food when your body would work better with warm, slightly cooked food. Or you're eating too much wheat when your body would work better with rice, barley and oats etc).
 - You're not leaving enough of a gap between your snacks and so your body doesn't have time to properly digest before you put more food in your mouth.
 - You don't wait till you're hungry to eat so the digestive enzymes aren't ready to go and so they don't digest the food as well as they could.



ENERGY LEVELS:

Assess your overall energy levels. These should be 8–9 out of a possible 10. If they're not, then it's time to look at why. Again this could be happening for any number of reasons:

- You're a new mum – any new mum will tell you they don't have the energy they used to and whilst that is "normal" it's also important to make sure you are looking after yourself with appropriate diet, herbs and supplements. Whilst it is normal for a new mum to have lower energy and be depleted, it's also indicating that you need more help to get back to health (alongside all new mums!).
- You're breastfeeding a lot and all through the night.
- You suffer from insomnia and so aren't getting the right amount of sleep needed to function well.
- You're not eating the right foods for you.
- You're stressed and trying to fit too much in, so your energy is being pulled in many different directions and as a result, you're exhausted.

MENSTRUAL CYCLE:

Once it has returned after having a baby, it should be regular – anywhere from a 26 to 34 day regular cycle is fine. When everything is in balance, you shouldn't experience any pain with your cycle, nor any mood swings, breast tenderness, bloating, change in bowel motions or irritability. The blood flow should be fresh.

EMOTIONAL HEALTH

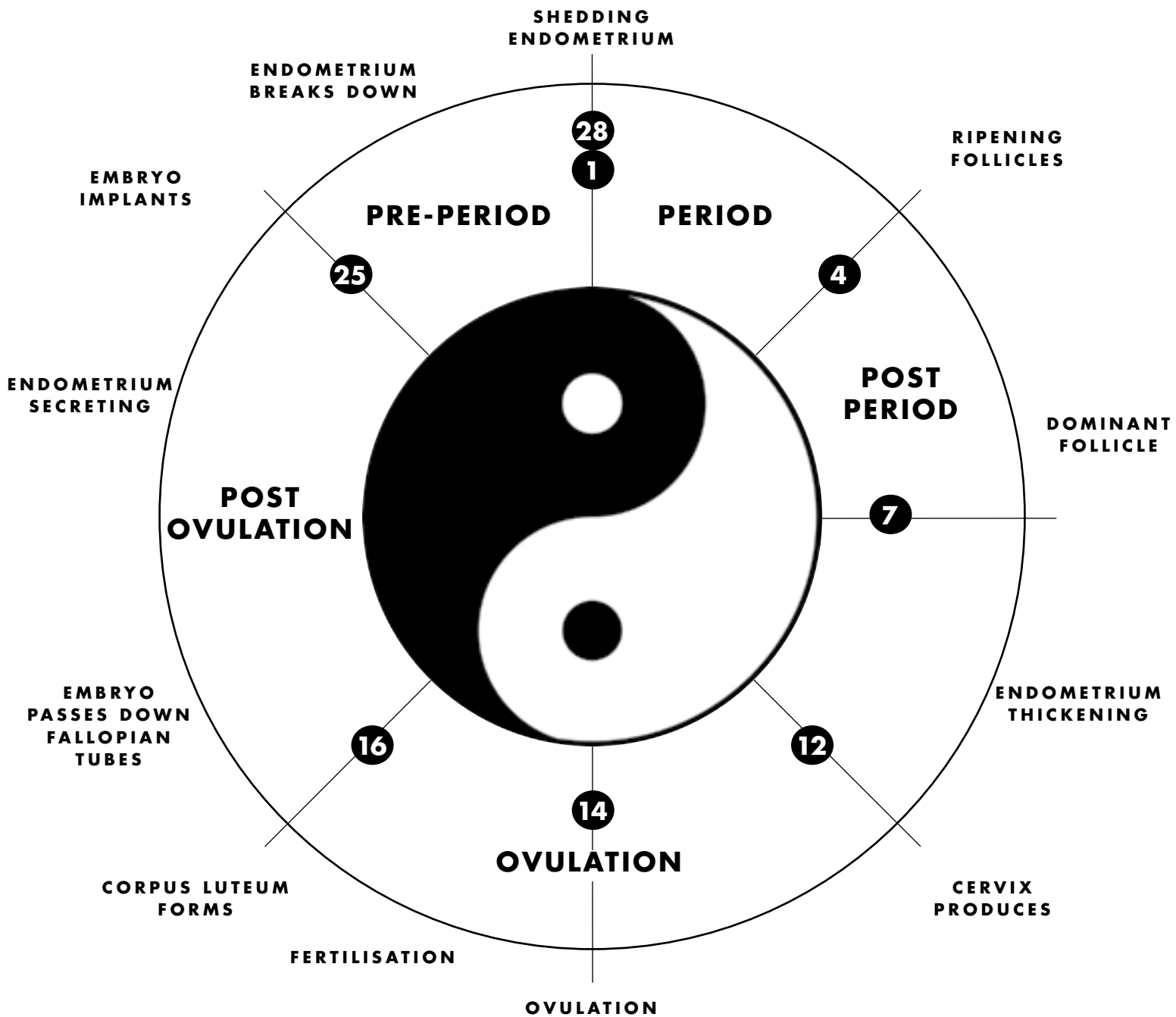
You should experience the whole range of emotions: happiness, joy, worry, fear, anger, frustration etc. You should feel them and move through them, not becoming stuck. Even extreme joy is harmful and can produce physiological problems such as heart attacks when felt to the max over long periods of time.

Having said this, it's a tall order as a new mother or even a mother to several small children. They test us in more ways than one and you may feel all the colours of the rainbow when it comes to your emotions. The important thing is that you don't become stuck on any of them as that can cause problems and should be attended to.



THE MENSTRUAL CYCLE

"HEAVENLY WATER"



The Eastern View of the Menstrual Cycle An adaptation from: Lyttleton, J. (2004). Treatment of Infertility with Chinese Medicine. Churchill Livingstone, London, p.28.

THE MENSTRUAL CYCLE

“HEAVENLY WATER”

Your menstrual cycle is a window to your health, which can be a great tool for self-diagnosis. Your cycle tells a lot about who you are and how you have been lately. The length of your cycle, how much blood you have, what colour it is, whether you have clots or not, and what associated signs or symptoms you have all paint a picture of your health and wellbeing. They give a Chinese medicine practitioner clues on how it can be improved.

THE BLOOD:

How much or how little there is means ...

Dark brown colour means...

Rich red colour means...

Light red colour means...

The length of your cycle and your bleed...

Associated signs or symptoms (sore breasts, some mucus/no mucus, bloating, constipation, loose bowel movements, irritability...)

EMOTIONS:

Your emotions and feelings are intimately connected with your menstrual cycle. So if things are not going right for you, you can bet that this will show up in your menstrual cycle. For many women this turns up pre-menstrually and for some women this means they may be late, early or painful. The Liver is responsible for the free flow of menstruation, emotions and digestion, so when there is an issue in one of these areas, the Liver will need addressing.

EATING:

A great way to nourish your Liver is with a glass of warm water and a squeeze of lemon in the morning, and more leafy and bitter greens. It's best to eat more nourishing Yin foods in the first half of your cycle such as slow-cooked food, soups and stews, nuts and seeds to promote endometrium thickening. It's best to eat more Yang foods in the second half of your cycle such as green vegetables, ginger, garlic and fast-cooked food such as stir-fries. Why? They encourage the body to heat up and house that little embryo, or send the unused egg down and out of your body with your menstrual flow in a painless fashion. Having said all of that, every woman is different and so that also needs to be taken into consideration.

EXERCISING:

It's best to rest and relax more in the first half of your cycle because it is a Yin stage and you are building Blood. In the second half of your cycle it's best to be more active – Yang, to assist the removal of blood from your uterus and regulate your Qi and emotions. Whilst you are bleeding, it is a great opportunity to “let go” of anything you have been holding onto emotionally.

GENERAL THINGS TO THINK ABOUT:

- Pads are a more natural form of protection than tampons because they don't allow blood to become stagnant like tampons can.
- Going swimming in cold water when you have your period is not advised as you are more “open” at this time and can contract “cold” which can manifest as painful periods. Cold causes contraction, pain and slows things down, from a Chinese medical point of view. Keeping wet swimming costumes on for long periods of time is also not advised for the same reason.
- If you do get period pain, you may want to consider adding a handful of the herb Dang Gui (Angelica) to your soup stock as it helps to nourish and gently move the blood. Chinese mothers often give their daughters this herb around the time of their menstruation. It can be purchased at any Chinese supermarket.
- From a Chinese medical point of view, the contraceptive pill can cause Qi and blood stagnation in your system.

THINGS TO THINK ABOUT IF YOU WOULD LIKE TO CONCEIVE:

- It's a good idea to address any issues with your period before you start trying – at least six months before if possible. If you already have one baby, Chinese medicine suggests you leave two years between pregnancies. In our culture this rarely happens for a variety of reasons. Like anything in Chinese medicine though, there is no blanket rule and what is right for one woman is not necessarily right for another. It's important that you are well and healthy before you conceive your second. So giving yourself proper time to recover is important.
- Stop taking the pill and other hormonal contraceptives six months before trying, as this will give your body time to readjust to its own rhythm and time to take in all the nourishment it needs to house a growing baby for nine months.
- Your diet and lifestyle are also very important and there are specific recommendations... See our fertility section later on for all the details and also for research that shows why it's so important to prepare!



ACUPRESSURE TO ASSIST YOUR MENSTRUAL CYCLE

HEAVENLY WATER

SP-6 can be used for all types of menstrual issues (pain, bloating, lethargy, low mood) because the Liver, Kidney and Spleen meridians all run through this point and all of those meridians have an impact on your "Heavenly Water".

LR-3 is especially good for moving Qi and Blood and will help alleviate mood swings, breast pain and period pain.

ST-36 is great for improving energy around any time of the month that you need it.

BL-23 is excellent for building that Kidney energy which is especially needed from 35 years on, as fertility really starts to decline then. Moxa on this point is even better as it works at the deeper level and gives you more energy than acupressure. If you have encapsulated your placenta from a previous pregnancy and taken that postnatally, that's one of the best things to can do to supplement your Kidneys and boost your fertility.

HT-7 is good for any kind of anxiety.



RESEARCH

ON MENSTRUATION - RELATED

ISSUES

ACUPUNCTURE AND PAINFUL PERIODS

According to a study published in the American Journal of Obstetrics & Gynecology (Volume 198, Issue 2, Pages 166.e1–166.e8, February 2008), acupuncture in patients with dysmenorrhea was associated with significant improvements in pain and quality of life as compared to treatment with usual medical care alone and was cost-effective within usual thresholds.

ACUPUNCTURE AND PAINFUL PERIODS

According to a study on the management of primary dysmenorrhea, published in Obstetrics and Gynecology [1987, 69(1):51-6], the effectiveness of acupuncture in managing the pain of primary dysmenorrhea was investigated in a randomised and controlled prospective clinical study. 43 women were followed for one year in one of four groups: the Real Acupuncture group was given appropriate acupuncture and the Placebo Acupuncture group was given random point acupuncture on a weekly basis for three menstrual cycles; the Standard Control group was followed without medical or acupuncture intervention; the Visitation Control group had monthly non-acupuncture visits with the project physician for three cycles. In the Real Acupuncture group, 10 of 11 (90.9%) women showed improvement; in the Placebo Acupuncture group, 4 of 11 (36.4%); in the Standard Control group, 2 of 11 (18.2%); and in the Visitation Control group 1 of 10 (10%). There was a 41% reduction of analgesic medication used by the women in the Real Acupuncture group after their treatment series, and no change or increased use of medication seen in the other groups.

ACUPRESSURE TO SP-6 AND PAINFUL PERIODS

According to a study published in March 2006, acupressure to the SP6 meridian can be an effective non-invasive nursing intervention for alleviation of primary dysmenorrhea, with effects lasting two hours post-treatment. The study was called: *Effects of acupressure on dysmenorrhea and skin temperature changes in college students: A non-randomized controlled trial*, and was conducted by Eun-Mi June, Soonbok Chang, Duck-Hee Kang and Sue Kim.

ACUPUNCTURE AND PMT

According to a study published in Archives of Gynaecology and Obstetrics, acupuncture is believed to be helpful in reducing premenstrual symptoms. The symptoms experienced by the women included anxiety, insomnia, nausea, phobic disorders, headaches and migraines. Success was achieved quite quickly – in most cases in four treatments. The acupuncture group achieved a 78% success rate for treating symptoms, whereas the placebo acupuncture group achieved a 6% success rate. Source: Habek D, Habek JC, Barbir A. Department of Gynecology and Obstetrics, Health Centre, Bjelovar, Croatia. Archives of Gynecology and Obstetrics. 2009 Dec;280(6):877-81. Epub 2009 Mar 27. *Acupuncture for premenstrual dysphoric disorder*.



THE GOLDEN MONTH

In Chinese culture there is a postnatal period of one month known as the “Golden Month” or “Doing the Month”, where the mother is taken care of by her relatives. She rests, is cooked for, cleaned for and takes care not to be exposed to “cold”. She spends most of her time feeding her newborn, getting to know them, sleeping, eating and taking care not to get overstimulated. This means she customarily doesn’t have full baths or showers but sponge baths in ginger water (as it has warming properties). Bathing her full body could open her up to contracting a virus or bacteria that could take hold as she’s more vulnerable at this time. In reality, many mothers may observe this bathing rule for a few days to maximum one week, rarely the full month.

We recommend, similar to some lactation consultants, that the mother tries to bathe mainly from the waist down for a few days, so the baby can really get to know their mother’s scent on the outside, to help with attachment and breastfeeding.

Many mothers lose a fair amount of blood after childbirth and are therefore Blood and Qi (energy) deficient. They’ve also come from being in an extreme Yang phase during birth to now being in extreme Yin. In China, new mothers are wrapped like mummies almost from head to toe if they have to go into the outdoors, even briefly such as travelling from hospital to home. No risks are taken with catching “cold”. They see women as being very open and vulnerable at this time.

In contrast, here in the West, there is no custom around how long to rest for, what to eat or what to wear and many mothers could do with making sure they are covering their feet, lower back/Kidney region as well as their necks in the early days (on top of what’s normally covered of course!) This would reduce their risk of catching viruses or bacteria after birth.

The Golden Month is said to be a time where if you don’t look after yourself properly as a new mother and you do become sick, these illnesses will plague you for the rest of your life. On the other hand, if a woman has been dealing with lifelong illnesses, it is said to be a time when they can be cured. The month holds so much opportunity for regeneration and healing.

During this time we often recommend that the woman has nourishing herbal medicine to improve her Qi, Blood and breastmilk, as well as help to deal with many issues that can arise such as constipation, haemorrhoids, extreme tiredness and depression. Coming in for acupuncture can be difficult in the beginning and we recommend new mothers stay home and rest.

Special foods are prepared for the new mother, lots of soups and stews rich in animal protein are the mainstay of her diet. These foods are also spiked with Chinese herbs for replenishing Blood and Qi and Kidney energy. These foods will help her to

make good quality breastmilk, rebuild her stores of Blood which will make her feel more nourished and “fed” emotionally as well as physically.

The traditional diet is VERY protein-heavy and we recommend new mothers ensure they are also having a lot of vegetables, as this is where they’ll get many of their vitamins and minerals. We often recommend a good practitioner-strength multivitamin and fish oil to ensure all bases are covered when it comes to nutrition. In our culture as you know, many mothers are not taken care of at all and barely have time to eat, let alone eat something nutritious, so it’s always good to have something as a backup. Supplements are certainly not to be taken instead of maintaining a wholesome diet.

It is said that Chinese women abiding by all of these practices have less incidences of postnatal depression. You can see how this would make sense with so much physical and emotional support from family and friends during this time, especially in the form of good-quality food rather than cakes and flowers. Of course flowers are lovely but they don’t go far in replenishing lost Blood and energy like soups and stews do.

Having given birth herself, Rebecca was shocked that after the marathon of birth, she was offered one white bread cheese sandwich from the hospital! Were they kidding? She was starving and needed something that would nourish her soul as well as her tummy.

There are a couple of research papers at the end of these notes that look more closely at this “Golden Month”.

We believe a good balance of Chinese ancient custom and modern medicine is just what’s required to ensure Mum gets all the nutrients she needs, as well as the emotional and physical support. These combined are so important to ensure a smoother transition to motherhood.

One way of integrating this into a Western lifestyle is when a woman can tap into her family, friends or a good community around her as a source of real support. Many friends and family will ask if they can come around, and maybe ask if the mother needs anything, to which she usually politely declines. We strongly encourage our mothers to ask their community to bring them wholesome food or to do some grocery shopping for them so they don’t have to leave the house to get quality food and necessities. We also encourage our mums to use that restless time before the bub comes to make plenty of nourishing food for themselves and the family and freeze it, as a delightful gift for their postnatal, exhausted self that they will appreciate immensely!



GINGER AND VINEGAR SOUP

FOR MUM POST-BABY

Courtesy of Rebecca's mother-in-law, Kim Mar Young

This soup follows a long Chinese tradition to ward off infection post-birth, improve energy and warm the body to build Blood and improve breastmilk.

"In China, everyone can smell you are cooking it so everyone starts giving you a laisee (lucky money in a red envelope) to say congratulations on the new baby in the family. Traditionally, you give the soup to all people who know the family... neighbours, friends, everyone.

"Ginger stops the Wind getting in, and Wind is said to be the 'spearhead of 1000 evils'. You can also take the skin off the ginger to make a hot bath. It is said that the water will go into your body to warm it and you won't get sore hands when you're older like arthritis," says Kim.

2.5 litres of special vinegar (expensive) from an Asian supermarket - it's special and is usually used for mothers post-baby. It is called "Tim Deng Tin Tchou" (which means new baby boy sweet vinegar).

1 kg ginger

2 pig trotters or 3 skinny lamb legs (free-range if possible)

12 eggs (free-range, organic)

1 Cook eggs first by boiling them. Peel them and place to one side.

2 Peel the ginger, clean it and cut it into bite-size pieces before dry frying them in a wok for a few minutes. Now, place the Tim Deng Tin Tchou in a large pot with the ginger.

3 Place the meat in a separate pot of water, bring to the boil and tip out the water to clean the meat, then place the meat in the pot with the ginger and vinegar. Cover with fresh water.

4 Bring the ginger, vinegar and meat to the boil and then simmer for a minimum of an hour until the ginger and meat softens.

Towards the end, add the eggs.



INSOMNIA

Anybody who has suffered insomnia will tell you how endlessly frustrating and exhausting it can be with night after night of restless agitation, and day after day of foggy fatigue. Sleep is one of your most important assets, and without it, you can feel mad, depressed, irritable and far less functional in your life. It also means that your body is less capable of sorting out anything else that may be going on such as pain, digestive problems and more.

As mums, your sleep rhythms can get all out of whack with night feeding and night parenting. Furthermore, whilst we understand there is a great deal of joy in your “new job”, it can be very intense and is often demanding on you physically as well as emotionally.

Chinese medicine understands insomnia as having many different causes, and so there will not be the same treatment for every person who suffers it. We try to find out what is at the root of your problem. For example, if there is a great deal of anxiety, then we need to help your body regulate itself better. If your body clock is all out of whack, we help you find your way back to balance and harmony. Also, insomnia takes different shapes depending on the causes – is it falling asleep that is the issue, or waking frequently when it’s not your child, or waking up at the same time every night, or nightmares? When you have little ones it gets even more complex as what’s going on for them most certainly impacts this and also needs addressing. With mums, it’s often the body clock that gets out of whack with night parenting/feeding, especially when you can’t catch up during the day!

The Kidneys get drained from years of broken sleep and having more and more children. Over time, this depletes your Yin, which is another cause of insomnia as the Yin can no longer hold the “shen” (spirit) safely in the body, and it also causes a type of empty heat giving rise to restless agitation. This begins the situation where you are just so very tired, where you have been so worn out by work or kids and life, such that all day you have been desperate to get into bed but when you do, it’s impossible to sleep. This is more of a deficient kind of insomnia and it tells us that we need to give you some tonification to strengthen you up, allowing your spirit to settle gently to sleep. Some ways of helping to tonify ourselves again is to leave ourselves time to rest (without guilt!), partake in gentle yoga, Tai Qi and gentle walks, and eat Qi-building foods.

Another form of insomnia stems from stuck Qi, which in time gives rise to heat, and energy can get stuck from not processing emotions, or not letting your body move. Chinese medicine looks at how having too much internal heat can affect your sleep. Have you ever had a sleepless night where you just feel all hot in the head and your body is restless, your mind is agitated and you just can’t seem to get comfortable? That’s a “hot” kind of insomnia. We can treat it with cooling foods (not too cold, remember!) and increasing general circulation of Qi with exercise, and moving Qi through emotional processing such as debriefing, counselling.



OUR SLEEP SUGGESTIONS

Go to bed earlier. Try to get 7–8 hours sleep (10 hours for kids), but also respond to how you are feeling. Some people may need more, or you may need more at different points in your life.

During pregnancy and postnatally, it's really important to listen to your body and sleep as much as you need to. Take siestas if you can – and drop the guilt!

Don't smoke or drink alcoholic or caffeinated beverages in the hours before bedtime. If you are waking up during the night to urinate, try not to drink any fluids for several hours before bed. (However, if you are breastfeeding you will need to drink lots.)

Improve your sleeping environment: keep it dark and quiet. Try not to have too many electrical items next to your bed – alarm clocks, electric blankets, power plugs filled with things. Don't have any distractions in the bedroom such as TV or a computer. Beds should only be used for sleep and sex – if you have any energy left!

Use relaxation techniques to help you fall asleep quickly. Calm the mind with breathing exercises, meditation, listening aids.

Diet: avoid "hot" foods; "extreme" foods such as spicy food, some meats and crustaceans; large meals; alcohol and caffeine. Try calming herbal teas.

Exercise: vigorous exercise is best in the morning, not at night as it will awaken you when you need to start winding down.

Stick to relaxing stretches in the evening that unravel your stress and help to avoid insomnia. Do some exercise each day (it can be incidental, such as hanging out with your kids at the park).

Warm footbath or complete body bath: soaking your feet in warm water at night will assist in bringing energy and heat down from your head.

There are also many other factors that can interrupt a healthy sleep pattern such as:

Snorers and kids: You could sleep perfectly well if only your partner wasn't snoring in your head, or your child wasn't waking you every couple of hours – so get them the treatment they need!

Illnesses: Colds and flus can cause snoring, coughing and frequent waking.

Ill health: Fluctuating hormones, anxiety and depression.

Travelling: Frequent travellers tend to have erratic sleeping patterns.

Sleep disorders: Sleep apnoea, snoring and periodic limb movement disorder (muscle spasms, and restless leg syndrome) can disturb sleep many times during the night.

Medications: Some drugs used to treat disorders such as epilepsy or attention deficit hyperactivity disorder (ADHD) can cause insomnia.

Pain: Sinusitis, back or neck pain, headaches, period pain etc.

ACUPRESSURE POINTS FOR INSOMNIA

KI-1 Regulates the autonomic nervous system, bringing down "heat" and calming the mind.



KI-1

LV-3 Helps move stuck Qi that gives rise to heat causing restlessness, irritability and anxiety.



LV-3

Both of these points will be treated by having a hot footbath before bed.



RESEARCH FOR INSOMNIA

Title: *Autonomic activation in insomnia: the case for acupuncture.*

Authors: Huang W, Kutner N, Bliwise DL.

Source: J Clin Sleep Med. 2011 Feb 15;7(1):95-102. Atlanta VA Medical Center, Atlanta, GA, USA.

Abstract:

Current conceptualizations of the biological basis for insomnia typically invoke central nervous system and/or autonomic nervous system arousal. Acupuncture may represent a unique avenue of treatment for poor sleep by virtue of its direct effects on peripheral nerves and muscles, which, in turn, modulate autonomic tone and central activation.

In this review, we summarize both basic and clinical research indicating that acupuncture exerts profound influences via a wide variety of potential neural and/or hormonal mechanisms that have great relevance for the modulation of sleep and wakefulness. We illustrate

principles of acupuncture intervention applied to cases of otherwise intractable insomnia that document successful application of this component of Traditional Chinese Medicine to the treatment of poor sleep. Our review indicates the necessity for further research in the relationship between the effects of acupuncture on insomnia and autonomic regulation, which might guide better selective use of this treatment modality for insomnia.

Full text if you are interested to be found here: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3041619/>

Title: *Acupuncture for treatment of insomnia: a systematic review of randomized controlled trials.*

Authors: Cao H, Pan X, Li H, Liu J.

Source: J Altern Complement Med. 2009 Nov;15(11):1171-86. Center for Evidence-Based Chinese Medicine, Beijing University of Chinese Medicine, Beijing, China.

Abstract:

BACKGROUND

Acupuncture is commonly used in treating insomnia in China, and clinical studies have shown that acupuncture may have a beneficial effect on insomnia compared with Western medication.

METHODS

We included randomized controlled trials on acupuncture for insomnia. We searched PubMed, the Cochrane Library (2008 Issue 3), China Network Knowledge Infrastructure (CNKI), Chinese Scientific Journal Database (VIP), and Wan Fang Database. All searches ended in December 2008. Two authors extracted data and assessed the trials' quality independently. RevMan 5.0.17 software was used for data analysis with effect estimate presented as relative risk (RR) and mean difference (MD) with a 95% confidence interval (CI).

RESULTS

Forty-six (46) randomized trials involving 3811 patients were included, and the methodological quality of trials was generally fair in terms of randomization, blinding, and intention-to-treat analysis. Meta-analyses

showed a beneficial effect of acupuncture compared with no treatment (MD -3.28, 95% CI -6.10 to -0.46, $p = 0.02$; 4 trials) and real acupressure compared with sham acupressure (MD -2.94, 95% CI -5.77 to -0.11, $p = 0.04$; 2 trials) on total scores of Pittsburgh Sleep Quality Index. Acupuncture was superior to medications regarding the number of patients with total sleep duration increased for >3 hours (RR 1.53, 95% CI 1.24-1.88, $p < 0.0001$). However, there was no difference between acupuncture and medications in average sleep duration (MD -0.06, 95% CI -0.30-0.18, $p = 0.63$).

Acupuncture plus medications showed better effect than medications alone on total sleep duration (MD 1.09, 95% CI 0.56-1.61, $p < 0.0001$). Similarly, acupuncture plus herbs was significantly better than herbs alone on increase of sleep rates (RR 1.67, 95% CI 1.12-2.50, $p = 0.01$).

CONCLUSIONS

Acupuncture appears to be effective in treatment of insomnia. However, further large, rigorous designed trials are warranted.



SINUSITIS

Sinusitis and rhinitis can be very debilitating, painful and exhausting. They tax your immune and digestive systems. In Chinese medicine, these conditions are primarily related to the Lung and Spleen. The Spleen, when working inefficiently, does not effectively transform and transport the energy we get from food. It thereby causes dampness to increase in your system. Mucus is a form of damp. Damp energy stagnates easily as it is slow moving. As it stagnates, it generates heat, which we know as inflammation and/or infection.

The Lung is responsible for our defence system. It is the first port of call in any cold or flu, governs breathing and opens into the nose.

WHAT CAN YOU DO TO HELP RELIEVE SINUSITIS SAFELY AND NATURALLY?

- "It's better out than in!" Blow, hoik, cough! Get it out! Do not swallow it!
- Drink plenty of room-temperature or warm water.
- Steam inhalations can relieve congestion and are often very soothing. You can add some essential oils, such as tea tree, lemon myrtle, lavender, lemon or eucalyptus.
- Warm showers: spending time in the steam will help to loosen and move mucus.
- Avoid potential irritants such as cigarette smoke and alcohol.
- Diet: reduce damp-causing foods, cease extremely cold foods.
- In chronic conditions, do not stop exercising. With dampness in the body, you can feel heavy and lethargic

and it feels like you need more rest whereas in fact the body needs to move the sluggish Qi.

- Use acupressure.

At the Red Tent, we suggest using a neti pot to clear sinus congestion. It's a technique that originated in India and helps to flush out your sinuses with warm salty water. You'll get the best results if you use it once or twice daily whilst you're experiencing the congestion. We've put together a short video for you to show you how we do it. We sell hand-made pots online.

A little note: if the water feels like it's burning, you've put too much salt in, so add more water. If the water feels harsh, there's not enough salt so add more. When it's right, the water feels smooth. Watch our YouTube video for instructions where Rebecca does a demonstration! http://www.youtube.com/watch?v=XguWsYfM9Wk&feature=player_embedded

DURING PREGNANCY:

About 20–30% of women experience congestion during pregnancy. This can be a real nuisance because common medications are potentially inappropriate. Higher amounts of oestrogen contribute to swelling in the mucous membranes which line the nose, causing increased mucus. Also the blood volume increases so blood vessels expand and this can lead to swollen nasal membranes. Other hormones may also play a role. A neti pot is safe to use to get rid of excess mucus and keep nasal passages clear.

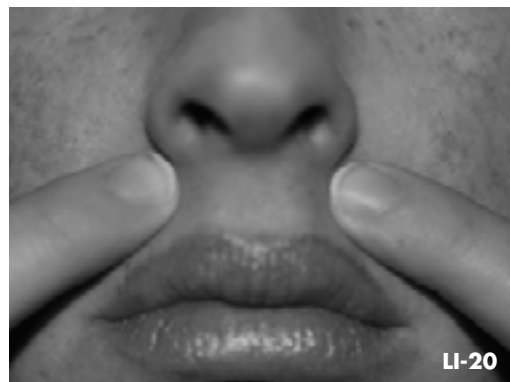
ACUPRESSURE FOR SINUSITIS

LI-4 fleshy thumb, **LI-20** nose points (see below)

The Large Intestine meridian is the best channel to treat to get symptomatic results for sinusitis and rhinitis, as the channel goes right through the nose and nasal passages.

Begin with acupressure on LI-20 (nose points) and find the points that are most tender. Hold for 5 minutes. Pinch LI-4 (fleshy thumb). Please note that the point on the

left hand relates more to the right nostril and the point on the right hand relates to the left nostril as the channel crosses over the body central line just under the nose. So, if there is only pain or blockage on the right side of the nose, use the left fleshy thumb point. If the pain is bilateral, then apply points on both sides.



FERTILITY

Pre-conception preparation involves improving the health of prospective Mum AND Dad to their optimum levels and helping their body to produce the best quality eggs and sperm possible.

We live in a completely different world to our parents and grandparents, which is why it is important to prepare for a natural event like conception. There are so many more factors to consider that interfere with natural conception these days.

Over the last 40 years our diets have changed enormously, as have the chemicals we use around the home and in the garden. DIY home renovations and their associated toxins are common, our leisure activities have changed, we wear more synthetic clothing, we spend longer hours at work, and our stress levels are much higher. Suffice to say, these changes have impacted our health for the worse as a society. So it is necessary to seek treatment to improve your health and find out what factors are likely to affect healthy conception.

The three main factors that affect healthy conception today are the state of both partners' health (including emotional health), diet and lifestyle.

Chinese medicine is the perfect complement for pre-conception preparation, as it takes all factors into account. A treatment typically consists of gentle acupuncture, diet and lifestyle advice as well as Chinese herbal medicine if required.

How long should it take to prepare for conception? Four to six months is the recommended period of time. It's important to know that it takes approximately 100 days for an egg to develop towards ovulation and approximately 116 days to complete sperm production. This means it will take at least this time for any changes you make to your health to positively affect the eggs and sperm. Also, these days many women are taking the contraceptive pill and many men are often involved with toxins in their professional lives, so six months is the required recovery time in these cases, otherwise four months preparation is sufficient.

It's not uncommon for couples to find it difficult to fall pregnant should they fail to ensure they are healthy before they start trying. This may sound obvious but many couples continue to try to fall pregnant at the same time as battling colds, digestive issues, unresolved emotional issues, a low libido and high levels of stress. So first things first – it's crucial to sort yourself out before you start trying to conceive as your success depends upon it, as does the health of your future baby. Pre-conception is not just about securing a pregnancy, we are also considering the quality of the egg and sperm and the woman's whole hormonal picture to support a healthy, radiant pregnancy and for the bub to reach its most healthy potential.



LIFESTYLE & DIET

GUIDELINES FOR FERTILITY

(THIS IS WHAT WE ROUTINELY HAND OUT TO CLIENTS AT OUR RED TENT HEALTH CENTRE)

FOOD, DIET AND EATING HABITS

- Eat predominantly fresh, organic food that is in season. Be aware that hormones, sperm and eggs are very sensitive to chemicals.
- Avoid all drugs including tobacco, caffeine, alcohol and prescription drugs. Try replacing caffeinated drink such as tea and coffee with drinks such as kukicha ("twig tea" – a Japanese blend made of stems, stalks and twigs), dandelion, peppermint and other herbal teas that will contribute towards hydrating the body.
- Increase amounts of protein (very important for fertility!), fresh fruit and vegetables. Decrease refined carbohydrates and sugar. Eat vegetables at least twice a day, if not more – especially fresh, organic leafy greens.
- Eat your largest meal at breakfast. This will help to decrease your need for sugary snacks, increase your energy for the day and decrease your stress levels. Try not to eat late in the evening. It is best to have dinner before 8pm – this allows your body to digest before sleeping and the liver can then detoxify more thoroughly through the night.
- Eat food at room temperature or warmer. Moderate the amount of raw and cold foods in the diet – these are more difficult to digest and can put strain on your digestion. This includes things like ice cream, cold/icy drinks and too much raw fruit and vegetables. Lightly cooked foods are best, they help break down the tough cell wall in plants and allow better access to nutrients.

TWO WEEK DETOX – STRONGLY RECOMMENDED

The focus of the diet for these two weeks should be fresh vegetables and good organic sources of protein. Drink plenty of good-quality filtered water. This is detoxifying and a good idea for both men and women to start your journey, whether it's the first, second, third time or beyond! Most people will notice improvements to their health such as weight loss, improved energy levels and better digestion.

- No wheat (including wheat bread, wheat pasta etc).
- No dairy products (eg. milk, yoghurt, cheese).
- No processed food. Eliminate all preservatives, additives, colours and flavours – this includes sauces that include these.
- No sugar.
- No caffeine or caffeinated drinks.

- No alcohol or drugs of any kind.
- No reheated food.

PROTEIN

Eating protein is extremely important in sperm and egg production. The first thing you eat daily should contain protein. Ensure your animal protein is organic and fresh. Know where your meat has come from and how it got to your table. It is worth sourcing the best quality even if you have to pay a bit extra. Some form of protein should be eaten at each meal. This can be from an animal or vegetable source; ensure you have some animal-free days. Some examples include: baked beans, eggs, nuts, savoury mince, quality low-fat sausages, tofu, tempeh, chickpeas, beans, lentils, tahini spread, ABC (almond, brazil and cashew) spread, lentil patties, bean patties, beef, chicken, lean pork, fish, nuts, hummus.

WATER

A minimum of two litres per day is strongly recommended. Clean, filtered water should always be available. Have a water filter at home so you have access to clean water as needed. Also, ensure your first drink of the day is room temperature or warmer. Warm water with a squeeze of lemon will help your liver and digestive system start the day.

FOOD, DIGESTION AND FERTILITY

Cold food and drinks should be avoided. They impede digestion and cause stagnation within the body, which can affect fertility. The uterus of a woman prefers to be warm. Excess amounts of cold foods and drink will impact on this and can reduce fertility and increase the chance of miscarriage in some cases. It is vital that any digestive problem is attended to, as nutrients may not be absorbed properly. Often a good diet alone will fix this weakness, but acupuncture and Chinese herbs may be desired in more serious cases.

SUPPLEMENTS

The following practitioner-strength supplements have been shown to be beneficial to conception. It is important to take these on a daily basis unless your diet is superb. Ultimately, four months of supplementation is desirable



LIFESTYLE & DIET

GUIDELINES FOR FERTILITY

(CONTINUED)

as this is the time it takes to create mature sperm and eggs. The following are available through Red Tent:

Women: Practitioner-strength Fertility Multi: 1 morning and night (take with breakfast and dinner)

Fish oil: 4 capsules per day (2 morning and 2 night)

Men: Practitioner-strength Fertility Multi: 1 morning and night (take with breakfast and dinner)

Fish oil: 4 capsules per day (2 morning and 2 night)

If sperm is known to be poor quality – antioxidants, CoQ10 and amino acids

MULTIVITAMINS:

The multivitamins are broken into two doses daily, as this is the best way for the body to absorb them (you don't eat one meal per day for nutrients but several as this is how nutrients are best absorbed – same goes for supplements). This multi care should be taken from pre-conception, right through pregnancy and whilst breastfeeding.

FISH OIL:

The nutrients in fish oil are needed for all cells in your body to function well. It is known to improve sperm health and also benefits the baby's brain development in utero. We can supply pharmaceutical grade, high quality, clean fish oil and recommend this brand, Bioceuticals. Beware, as there are many inferior products on the shelves, which may contain heavy metals and not be cased correctly so the oil can easily go rancid and be useless in the body.

LIFESTYLE RECOMMENDATIONS

Relax. Reduce stress.

Stress has a major impact on your fertility. Make time to relax! Constant low-level stress can have a huge effect on hormones and your body. We recommend practicing some form of relaxation to manage stress – this may include yoga, meditation or Tai Qi, for example.

Light exercise is beneficial in reducing stress, managing weight and circulation issues. A relaxing walk each day may be enough. Exercise should be invigorating not exhausting, and should be included in your routine 3–4 times per week. This applies to both women and men. Women should ensure particularly from ovulation onwards that stress is minimised and exercise is light, avoiding abdominal exercises, back exercises and strenuous workouts.

Avoid extremes of hot and cold temperatures.

This includes saunas, steam rooms, spas and very hot baths. This applies for women and also for men as it can affect their sperm. Swimming in very cold water is not recommended for women trying to conceive or during early pregnancy. Women should always keep their lower back and abdomen warm and protected from the elements, especially when attempting to get pregnant and in the first few months of pregnancy. This will help support the fetus and reduce the risk of miscarriage.

Rest well and avoiding getting exhausted.

When possible, rest and try not to stay standing on your feet for too long. This may impact on your overall vitality and ability to conceive. Once pregnant, it's best to take breaks regularly and not overwork. Your body is undergoing many changes and needs good rest to cope. Save any tough jobs until after first trimester if possible or better still, get someone to help you.

Studies to show the importance of preparation for conception & pregnancy:

- Christensen, D. (2000). "Weight Matters, Even in the Womb: Status at birth can foreshadow illness decades later." *Science News* 158: 382–383.
- Dodic, M., V.Hantzis, et al. (2002). "Programming effects of short prenatal exposure to cortisol." *Federation of American Societies for Experimental Biology* 16: 1017–1026.
- Holden, C. (1996). "Child Development: Small Refugees Suffer the Effects of Early Neglect." *Science* 274(5290): 1076–1077.
- Lesage, J., F. Del-Favero, et al. (2004). "Prenatal stress induces intrauterine growth restriction and programmes glucose intolerance and feeding behaviour disturbances in the aged rat." *Journal of Endocrinology* 181: 291–296.
- Prescott, J. W. (1996). "The Origins of Human Love and Violence." *Journal of Prenatal & Perinatal Psychology & Health* 10(3): 143–188.
- Sandman, C. A., P.D. Wadgwa, Et al. (1994). "Psychobiological Influences of Stress and HPA Regulation on the Human Fetus and Infant Birth Outcomes." *Annals of the New York Academy of Sciences* 739 (Models of Neuropeptide Action): 198–210.
- Siegel, D. J. (1999). *The Developing Mind: How Relationships and the Brain Interact to Shape Who We are*. New York. Guilford.



RESEARCH FOR FERTILITY

Authors: Ried K. Stuart K.

Title: *Efficacy of Traditional Chinese Herbal Medicine in the management of female infertility: a systematic review. [Review]*

Abstract:

OBJECTIVES

To assess the effect of Traditional Chinese Herbal Medicine (CHM) in the management of female infertility and on pregnancy rate compared with Western Medical (WM) treatment.

METHODS

We searched the Medline and Cochrane databases and Google Scholar until February 2010 for abstracts in English of studies investigating infertility, menstrual health and Traditional Chinese Medicine (TCM). We undertook meta-analyses of (non-)randomised controlled trials (RCTs) or cohort studies, and compared clinical pregnancy rates achieved with CHM versus WM drug treatment or in vitro fertilisation (IVF). In addition, we collated common TCM pattern diagnosis in infertility in relation to the quality of the menstrual cycle and associated symptoms.

RESULTS

Eight RCTs, 13 cohort studies, 3 case series and 6 case studies involving 1851 women with infertility were included in the systematic review. Meta-analysis of RCTs suggested a 3.5 greater likelihood of achieving a pregnancy with CHM therapy over a 4-month period compared with WM drug therapy alone (odds ratio=3.5, 95% CI: 2.3, 5.2, $p<0.0001$, $n=1005$). Mean (SD) pregnancy rates were 60+/-12.5% for CHM compared with 32+/-10% using WM drug therapy. Meta-analysis of selected cohort studies

($n=616$ women) suggested a mean clinical pregnancy rate of 50% using CHM compared with IVF (30%) ($p<0.0001$).

CONCLUSIONS

Our review suggests that management of female infertility with Chinese Herbal Medicine can improve pregnancy rates 2-fold within a 4 month period compared with Western Medical fertility drug therapy or IVF. Assessment of the quality of the menstrual cycle, integral to TCM diagnosis, appears to be fundamental to successful treatment of female infertility.

Source: *Complementary Therapies in Medicine.* 19(6):319–31, 2011 Dec.

Additional research:

- Madaschi C et al, (2010). *Effect of acupuncture on assisted reproduction treatment outcomes.* *Acupuncture in Medicine.* British Medical Journal; 28:180–184
- Jancin B (2010). *Pilot study: acupuncture may improve results of IVF* Elsevier Global Medical News Elsevier News
- Stener-Victorin E, et al. (1996). *Reduction of blood flow impedance in the uterine arteries of infertile women with electro-acupuncture.* *Human Reproduction;* 11:1314–1317.
- Quintero R et al, (2004). *A randomized, controlled, double blind, cross-over study evaluating acupuncture as an adjunct to IVF.* *Fertility & Sterility;* 81(Supplement 3): S11–12



ACUPRESSURE TO HELP WITH BEING A MUM!

BL-23

TO STRENGTHEN YOUR KIDNEYS



ST-36

TO IMPROVE IMMUNITY AND DIGESTION



KD-3

TO NOURISH KIDNEY YIN



KD-1

TO CALM YOUR MIND



LOW ENERGY LEVELS BOOSTING IMMUNITY

Low energy can occur for a variety of reasons. As we have already discussed, night parenting will play a role in depleting your energy levels and depressing your immune system as your body is supposed to be replenishing and recovering at this time. If you're getting up to breastfeed it's a slightly different story as your body produces special hormones to aid you going back to sleep easily and quickly, but if you're not breastfeeding but getting up, it can make you feel more exhausted.

Your digestion could be weak or not functioning optimally, meaning you aren't absorbing the nutrients you need to have healthy energy levels and a strong immune system. Signs of this include regular bloating and smelly flatulence, stomach cramps after a meal or snack, loose and/or irregular bowel movements or constipation.

MOXIBUSTION ON ST-36 FOR FATIGUE AND BOOSTING IMMUNITY

Moxibustion (moxa) has been a major part of traditional Chinese medical treatments for over 2000 years. The word for acupuncture in Chinese is zhen jiu, literally translated as "needle moxa". We would suggest using a Tiger Warmer with a moxa stick just like you do for your child.

LOCATION OF ST-36 TO MOXA FOR FATIGUE:

One of your hand widths down (four fingers) from the inferior border of the patella. This point lies about one thumb's width from the lateral aspect of the crest of the tibia.

Used for: Reducing fatigue, improving a low appetite and constipation when the gastric juices are NOT already overflowing.

Stroke down the Stomach channel for five minutes on each leg. Repeat this procedure for five days. Have a couple of days off then you may wish to do another round depending on your change in energy levels.

Tiger Warmers and sticks can be purchased through our online shop: <http://redtent.com.au/shop>



COLDS & FLU

UPPER RESPIRATORY TRACT INFECTIONS

The usual signs are fever and the runny nose that soon turns thicker and can be white or yellow. You may feel hot to touch, throw your bedclothes off, have red cheeks and will most likely have a sore throat. Ensure you have lots of warm fluids, warm water, soups and stews. Avoid dairy, avocado, bananas, chocolate, food straight out of the fridge or freezer, lollies and biscuits.

If you get a cold regularly, i.e. more than twice a year, it will be important for you to have some Chinese herbs on hand to combat it as well as seeking acupuncture treatment to strengthen your immune system.

The herbs will help to reduce fever, alleviate the sore throat and attack the virus as they have antibacterial, antiviral and antipyretic properties.

ACUPOINTS FOR TREATING COLDS

LI-4 , LU-7

Coughs: there are dry coughs, wet coughs, coughs from more superficial colds and coughs from chest infections.

Acute coughs can be treated at home:

Acupressure to **CV-22**

Chinese cough medicine: Soothes a sore throat, eliminates phlegm, relieves coughs. These medicines are safe from two years of age, can be purchased "over the counter" and won't give side effects like the over-the-counter variety at the chemist (however, you will need a Chinese herbalist to recommend the right one).

Acute dry cough: Steam inhalation; manuka honey and lemon drink (1 teaspoon honey, 1/4 lemon squeezed into warm [not hot] water.)

Acute wet cough: Lots of warm fluids, no dairy, sugar, avocado, bananas, fruit or tomatoes as these will create more mucus.

If it's a chronic cough: There will be an underlying deficiency that needs attending to. Once this is strengthened, the cough will go away. See your practitioner for details.



DEPRESSION / ANXIETY

From a Chinese medicine point of view, depression is seen to primarily affect the **Liver and Heart meridians**. As you know, the Liver is responsible for the free flow of Qi generally throughout the body but especially when it comes to your emotions. Depression occurs when the flow of Qi becomes stuck or depressed and so one stays in unhealthy emotional states for long periods as opposed to feeling their emotions and moving through them with ease.

The Heart houses the “shen” or spirit in Chinese medicine and so when someone is depressed there will be less of a sparkle in their eyes. Of course these organs and meridians can also have an impact on others as they are all so intimately connected.

This means that for one person it may affect their digestion and they may have looser bowel movements. For another it may be their immune system that also becomes depressed and they then pick up whatever is going around. So the treatment depends on the particular situation.

However, there is usually an element of the Liver and Heart involved. This is why we’ve chosen to teach you these acupressure points.

WHAT WILL HELP TO ALLEVIATE THE SYMPTOMS?

Often with depression, it is difficult to muster the initial willpower to make positive changes. This is why we would recommend some acupuncture to help improve your willpower (which will then help to make other positive lifestyle and diet changes such as eating more green vegetables – green is the colour of the Liver and helps move the Qi), and doing exercise (whatever the person finds the most enjoyable is best).

HT-7 will help to clear the mind. **KD-1** will help ground the mind in the case of anxiety. **LR-3** will help to move Qi smoothly.



ACUPUNCTURE & DEPRESSION

I N P R E G N A N C Y

According to the latest research, targeted acupuncture may offer pregnant women with major depression a safe and effective alternative to antidepressant medication.

A randomised controlled trial was conducted with 150 pregnant women and published in the March edition of *Obstetrics and Gynecology*. To be eligible for the study they had to meet the Diagnostic and Statistical Manual of Mental Disorders (fourth edition) criteria for major depressive disorder, and score at least 14 on the 17-item Hamilton Rating Scale for Depression. They were then randomly assigned to three different groups: acupuncture treatment specific for depression, or one of two control groups; non-specific acupuncture or Swedish massage. They were treated over an eight-week period and

received 12 treatments during that time.

Women treated with the depression-specific acupuncture had a 63% response rate after 12 sessions compared with a 44.3% response rate in the two combined control groups. This result was statistically significant.

According to the study, antidepressant use during pregnancy doubled between 1999 and 2003, but many women are reluctant to take these medications because of safety concerns. In fact, in this particular study, 94% of the women involved expressed reluctance to take an antidepressant because of their pregnancy.

"Because there's this concern about medication among pregnant women and their physicians, it's important to find an alternative," said Dr. Rachel Manber, PHD, who led the study.

Source: *Obstetrics & Gynecology* VOL. 115, NO. 3, MARCH 2010

Title: *The Efficacy of Acupuncture in the Treatment of Major Depression in Women.*

Psychological Science September 1998 vol. 9 no. 5 397-401

Author: John J.B. Allen¹, Rosa N. Schnyer² and Sabrina K. Hitt¹

Abstract:

The effectiveness of acupuncture as a treatment for major depression was examined in 38 women, randomly assigned to one of three treatment groups. Specific treatment involved acupuncture treatments for symptoms of depression; nonspecific treatment involved acupuncture for symptoms that were not clearly part of depression; a wait-list condition involved waiting without treatment for 8 weeks. The nonspecific and wait-list conditions were followed by specific treatment. Five women terminated treatment prematurely, 4 prior to the completion of the first 8 weeks. Following treatments specifically designed to address depression, 64% of the women (n = 33) experienced full remission.

A comparison of the acute effect of the three 8-week treatment conditions (n = 34) showed that patients receiving specific acupuncture treatments improved significantly more than those receiving the placebo-like nonspecific acupuncture treatments, and marginally more than those in the wait-list condition. Results from this small sample suggest that acupuncture can provide significant symptom relief in depression, at rates comparable to those of psychotherapy or pharmacotherapy. Acupuncture may hold sufficient promise to warrant a larger scale clinical trial.

For full text PDF: <http://pss.sagepub.com/content/9/5/397.short>



ACUPUNCTURE & DEPRESSION I N P R E G N A N C Y

(CONTINUED)

Title: *A systematic review of randomized controlled trials of acupuncture in the treatment of depression.*

Journal of Affective Disorders, Volume 97, Issue 1, Pages 13–22, January 2007

Author: Raphael J. Leo, Jesus Salvador A. Ligot Jr.

Department of Psychiatry, School of Medicine and Biomedical Sciences, State University of New York at Buffalo,
Erie County Medical Center, 462 Grider Street, Buffalo, NY 14215, United States

Received 7 December 2005; received in revised form 8 June 2006; accepted 15 June 2006.

Abstract:

Background

Acupuncture has become a popular complementary and alternative treatment approach. This review examined the randomized controlled trials (RCTs) examining the effects of acupuncture treatment of depression.

Methods

RCTs of the treatment of depression with acupuncture were located using MEDLINE, Allied and Complementary Medicine and the Cochrane Central Register of Controlled Trials. The methodology of RCTs was assessed using the Jadad criteria, and elements of research design, i.e., randomization, blinding, assessment of attrition rates, were quantified for systematic comparisons among studies.

Results

Among the nine RCTs examined, five were deemed to be of low quality based upon Jadad criteria. The odds ratios derived from comparing acupuncture with control conditions within the RCTs suggests some evidence for

the utility of acupuncture in depression. General trends suggest that acupuncture modalities were as effective as antidepressants employed for treatment of depression in the limited studies available for comparison. However, placebo acupuncture treatment was often no different from intended verum acupuncture.

Limitations

The RCTs extracted were limited by small sample sizes, imprecise enrollment criteria, problems with randomization, blinding, brief duration of study and lack of longitudinal follow-up.

Conclusions

Despite the findings that the odds ratios of existing literature suggest a role for acupuncture in the treatment of depression, the evidence thus far is inconclusive. However, efforts are being made to standardize complementary approaches to treat depression, and further systematized research into their use is warranted.

Read full article: <http://www.jad-journal.com/article/S0165-0327%2806%2900280-1/abstract>

Title: *Auricular Acupuncture: A Potential Treatment for Anxiety.*

A & A February 2001 vol. 92 no. 2 548-553, Shu-Ming Wang, MD and Zeev N. Kain, MD

Abstract:

Acupuncture can be an effective treatment for chronic anxiety disorders. The purpose of this study was to assess the effectiveness of acupuncture in reducing anxiety in a volunteer population. If found effective, this modality could be introduced as a treatment of anxiety before surgery. Adult volunteers ($n = 55$), were randomized to three treatment groups: a) Shenmen group—bilateral auricular acupuncture at the “shenmen” point; b) Relaxation group—bilateral auricular acupuncture at a “relaxation” point; and c) Sham group—bilateral auricular acupuncture at a “sham” point. Press-acupuncture needles were inserted at the respective auricular areas for 48 h. State anxiety, blood pressure, heart rate, and electrodermal activity were assessed at 30 min, 24 h, and 48 h after insertion. Analyzing anxiety levels using repeated-measures

analysis of variance has demonstrated a significant difference [$F(2,51) = 8.8, P = 0.001$] between the three treatment groups. Post hoc analysis demonstrated that patients in the Relaxation group were significantly less anxious at 30 min ($P = 0.007$) and 24 h ($P = 0.035$) as compared with patients in both the Shenmen group and the Sham group, and less anxious at 48 h ($P = 0.042$) as compared with patients in Shenmen group. Repeated-measures analysis of variance performed for electrodermal activity, blood pressure, and heart rate demonstrated no group differences ($P = ns$). We conclude that auricular acupuncture at the “relaxation” point can decrease the anxiety level in a population of healthy volunteers.

For full text PDF: <http://www.anesthesia-analgesia.org/content/92/2/548.short>



REFERENCES

Xiaolan Zhao, **Traditional Chinese Medicine for Women: Reflections of the Moon on Water**, Virago Press, 2006.

Claudia M. Witt, MD, Thomas Reinhold, MSc, Benno Brinkhaus, MD, Stephanie Roll, MSc, Susanne Jena, MSc, Stefan N. Willich, MD, MPH, MBA, **Acupuncture in patients with dysmenorrhea: a randomized study on clinical effectiveness and cost-effectiveness in usual care**, American Journal of Obstetrics & Gynecology, Volume 198, Issue 2, Pages 166.e1-166.e8, February 2008.

Terauchi M. Hiramitsu S. Akiyoshi M. Owa Y. Kato K. Obayashi S. Matsushima E. Kubota T., **Effects of three Kampo formulae: Tokishakuyakusan (TJ-23), Kamishoyosan (TJ-24), and Keishibukuryogan (TJ-25) on Japanese peri- and postmenopausal women with sleep disturbances**, Archives of Gynecology & Obstetrics. 284(4):913-21, 2011 Oct.

Wang LP. Zhang XZ. Guo J. Liu HL. Zhang Y. Liu CZ. Yi JH. Wang LP. Zhao JP. Li SS., **Efficacy of acupuncture for migraine prophylaxis: a single-blinded, double-dummy, randomized controlled trial**, Pain, 152(8):1864-71, 2011 Aug.

Cao H, Pan X, Li H, Liu J., **Acupuncture for treatment of insomnia: a systematic review of randomized controlled trials**, J Altern Complement Med., 2009 Nov;15(11):1171-86. Center for Evidence-Based Chinese Medicine, Beijing University of Chinese Medicine, Beijing, China.

Ried K. Stuart K., **Efficacy of Traditional Chinese Herbal Medicine in the management of female infertility: a systematic review**, Complementary Therapies in Medicine, 19(6):319-31, 2011 Dec.

Stener-Victorin E, et al Hum, **Reduction of blood flow impedance in the uterine arteries of infertile women with electro-acupuncture**, Human Reproduction 1996; 11:1314-1317.

Rachel Manber et al., **Acupuncture for Depression During Pregnancy: A Randomized Controlled Trial**, Obstetrics & Gynecology, VOL. 115, NO. 3, MARCH 2010, pp511-520.

Eun-Mi June, Soonbok Chang, Duck-Hee Kang, Sue Kim, **Effects of acupressure on dysmenorrhea and skin temperature changes in college students: A non-randomized controlled trial**, International Journal of Nursing Studies. Volume 44, Issue 6, pp 973-981, August 2007.

Habek D, Habek JC, Barbir A., **Acupuncture for premenstrual dysphoric disorder**, Archives of Gynecology and Obstetrics. 2009 Dec;280(6):877-81. Epub 2009 Mar 27.



YOUR TASKS

FOR YOUR FINAL WEEK

Apart from the revision that we will cover in the final week, we would like you to provide a case study on your child so we can provide you with feedback on how you've been going so far with them and your plan of action. That way we can help you to tweak it and get it right.

Please complete this and upload it to the forum. We will choose a variety to share in the final call that we feel display a good cross-section of conditions so everyone can learn. If you'd like us to disguise your child – just let us know and we can do that for the final workbook.

Questions to ask yourself re the case study:

Tell us about your child and the facts of their case:

- How old are they?
- What's their main issue?
- How often have they had paracetamol? What was it used for mainly?
- How often have they had antibiotics? What was it used for?
- Do they ever get fevers? How often approximately and when usually?
- What were they eating prior to this course?
- What changes have you made?
- What bodywork techniques are you trying?
- What results have you or haven't you seen so far?

We would like to stress that this is not a showcase of positive outcomes... We would also like to hear of experiences where you were confused, unsure, didn't get the desired outcome and were wondering why. We can all learn from these sorts of experiences and it is our hope and wish to help clarify any questions you may have in order for you to fully integrate what you have learnt.

We'd also like to read your work-in-progress plan of action for your child:

1. What's their main Achilles heel? Regular colds? Ear infections? Mucus? Constipation? Picky eater?
2. What will you look to first to assess the situation? Their poo? Their nose? Their appetite?
3. What would you change in their diet if you saw the early signs of their problem starting to appear?
4. What bodywork technique/s would you commence? Gua sha? Tiger Warmer? Acupressure?
5. What clothes should they wear (ideally)?
6. When would you seek advice from your doctor and/or TCM practitioner?
7. What herbs could you have on the shelf ready to go?

Your revision questions for us:

Please post your questions and queries from anything you have learnt so far. Please list them here so we can answer them in the final week.

MOTIVATION CHECK-IN QUESTIONS

These are designed to keep you on track and motivated in the course.

1. What you are grateful for in this moment? (focus on one thing)
2. What are you proud of accomplishing this week?
3. What are your top 3 intentions for next week?
4. What is the biggest thing you need support with right now in relation to the course – something specific?

