

Patient Help Sheet

Depression

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"To get through the hardest journey we need take only one step at a time, but we must keep on stepping"- Chinese Proverb

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Acupressure Points

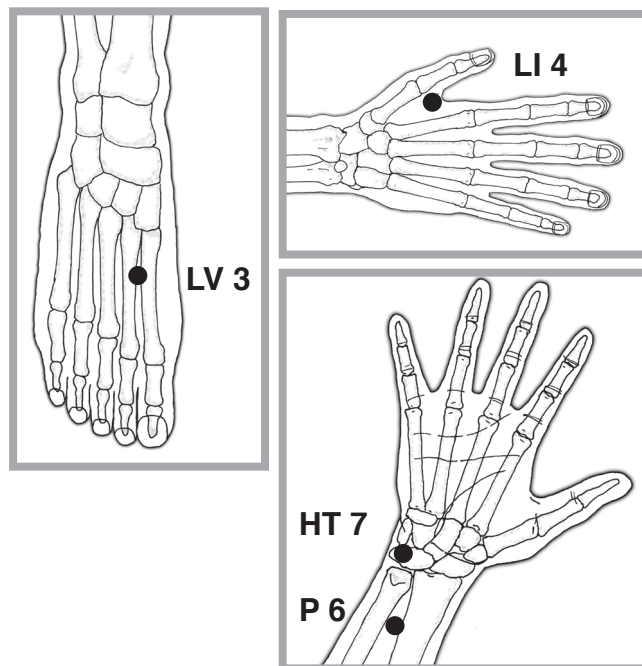
Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

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

Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. **DO NOT USE DURING PREGNANCY.** Functions: Used for common cold with sweating, fever, headache, red, painful eyes, and nasal congestion. Known as "The Master Pain Elimination" point, it can address pain in many parts of the body. Also used for throat constriction, dysentery, and regulates the Wei Qi (Chinese theory of immune system).

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease. Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting, opens and relaxes chest tightness.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist. Functions: Calms the Shen, pacifies the heart, clears the channels, sedates and regulates the internal organs.



Meridian exercise for Depression



1. Stand with your feet spread shoulder-width apart and knees slightly bent. Keep your arms hanging at your sides and shoulders relaxed.
2. With an inhalation, raise your arms out to the side and up over your head with palms facing each other. Keep arms shoulder width apart. Exhale and relax your shoulders, but keep your arms raised. On your next exhalation, bend your body at the waist, as far to the right as possible. Do not bend forward. Keep your arms straight and knees slightly bent.

3. Exhale and extend the left arm, stretching the left side of your body. Inhale into the left side. Hold this pose for a few deep breaths. Exhale and gently return to an upright position.
4. Keeping your arms up, inhale and stretch your arms upward. With a strong exhale, bend your knees and squat like you are sitting in a chair. Inhale and stand up straight. Repeat for the opposite side.

Aromatherapy for the Liver

According to Chinese medicine, depression is an indication of blocked Liver energy. Smells have a profound effect on both body and mind. Roman and German chamomile are two effective scents that help to sedate and calm the Liver. In contrast, scents such as Rose, Geranium and Lemon help to strengthen and support the Liver.

The chamomile scents can be used for symptoms of anger, resentment, frustration, tension and mood-swings. The other scents may be helpful with depression, guilt and lack of motivation. Overall, these scents can help restore balance and harmony for those who are experiencing a Liver that is out of balance.

Here are three ways to use aromatherapy oils:

- **Massage** – Add 40-60 drops to 3 oz. of almond oil.
- **Inhale** – Place a few drops on a napkin, handkerchief, or cotton ball and inhale periodically.
- **Diffusion** – Place a few drops in an aromatherapy air diffuser. This heats up and adds sweet smells to the air.