

Patient Help Sheet

Immunity

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.

"The art of medicine consists in amusing the patient while nature cures the disease." - Voltaire

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Acupressure Points

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

Stomach 36 (ST 36): Location: On the outside of the leg, approximately one hand width below the kneecap, just off the bone. Functions: Increases stamina and energy, provides stability and grounding, heals effects on the body of too much worrying and thinking. Builds immune system, and strengthens the body's defenses. Burning moxa on this point will increase the effect.

Spleen 6 (SP 6): Location: On the inside of the leg, roughly 3 inches above the tip of your ankle bone. Just off the edge of the tibia. Functions: Supports digestion, calms the mind, alleviates water retention, helps with abdominal pain and distention

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

Lung 7 (LU 7): Location: Roughly 2 inches above the base of the thumb. Functions: Used to treat several disorders of the upper body, including headaches, asthma, neck stiffness, cough and sore throat.

4 Tips to a Better Immune System

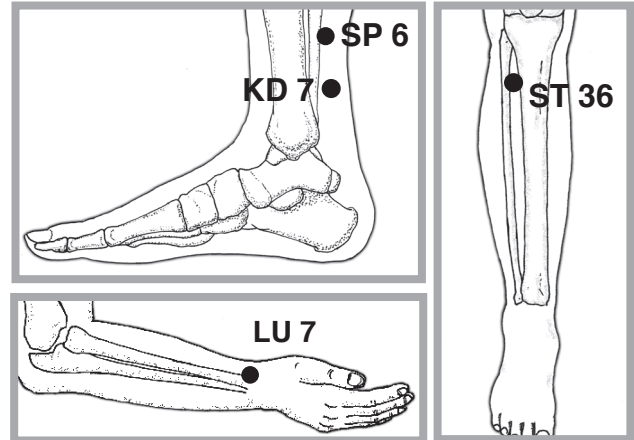
The immune system can get bogged down for a number of reasons, whether it is from being overworked, or chronic allergies, we all are looking for ways to improve our overall health and wellbeing. Below are tips to improve and strengthen immune function to keep the body in its best shape and fight off illness.

Lemon and Peppermint oil - Both of these oils have detoxifying and healing properties for the body. By adding a few drops of lemon oil to your water every day, the oil will help clean the blood and toxic buildup in your body. Peppermint oil is known for its healing properties for headaches, indigestion and a large variety of stomach ailments. Add peppermint oil or peppermint tea to your daily routine to aid digestion and help reduce cravings of sugary foods.

Probiotics - Good bacteria, such as probiotics, are necessary for a healthy digestive system and as a result, overall immune function. Taking a probiotic supplement or drinking liquids with probiotics in it such as kefir and kombucha can help keep your digestive function inline and improve your body's food absorption.

Reduce Stress - Emotional stress can cause a number of physical problems like insomnia, stomach pain and headaches. Because of this, the body can become very sick from chronic stress. Ways to reduce stress include exercise, meditation, yoga and deep breathing exercises.

Acupuncture - Acupuncture has been shown to increase the white blood cell count in the body and stimulate the immune system. By placing acupuncture needles in specific points on the body, acupuncture works by bringing the body back to balance and increasing blood and energy flow.



Make Your Aromatherapy Immune Blend

Essential oils are nature's medicine. Completely derived from natural sources such as plants and flowers, essential oils have many healing properties with little side effects. Below are some oils to add to your daily routine to improve immune function and overall health.

Tea Tree Oil

Tea tree oil is one of the most common oils used for boosting the immune system and fighting infection. The oil contains a variety of properties that can help keep the body healthy including antibacterial, antiseptic, antiviral and other properties. Tea tree oil can provide relief from colds, coughs, congestion, improve absorption, heal wounds, fight infection and boost the immune system.

Eucalyptus Oil

Eucalyptus is known to specifically help fight colds and soothe the respiratory system. Eucalyptus oil can break up respiratory congestion and be used to heal skin ailments like burns, wounds, bites and infections.

Geranium Oil

Geranium works as an immune stimulant by increasing white blood cell productivity. Geranium can also improve mood, relax the mind and nervous system.

Rose and Lavender Oil

These oils work to fight insomnia. Lowered immune function can be a result of lack of sleep. Rose oil has properties to help with stress, relax the body and act as an antidepressant. Use these oils before bed to help fall and stay asleep.