

# Patient Help Sheet

## Ovarian Health

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 array a man's will against his sickness is the supreme art of medicine."- Henry Ward Beecher

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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.

**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 and dysentery. Regulates the Wei Qi (Chinese theory of immune system).

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

**KD 3 + BL 60 Area:** Grip your ankle and apply firm, circular movements for 5-15 seconds. **Functions:** Alleviates abdominal and lower back pain, hip pain, pelvic pain, menstrual cramps and testicular pain. These point combinations help the uterus and prostate.

1. These points are on the inside of each foot about an inch below the knob of the ankle bone and toward the heel.
2. Sit in a chair, bend over or lift both feet to the edge of the chair and 'pinch' the base of each heel with the thumb and forefinger of the corresponding hand, applying firm, steady pressure.
3. Then using a milking type motion, slowly move from the base of your heel toward your ankle bone.
4. Do this massage for a few minutes two to three times a day

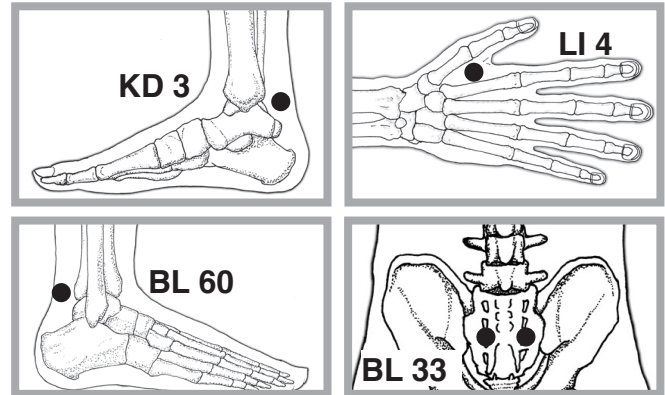
**BL 33:** This point is located on the sacrum, in the 3rd sacral foramen (hole). **Functions:** Strengthens the low back, supports the uterus, irregular menstruation, constipation, diarrhea, benefits lower jiao that houses prostate.

### Aromatherapy for Happy Ovaries

This is a recipe that comes from Valerie Ann Worwood's book, "The Fragrant Pharmacy". She suggests using this combination of oils to support lower abdominal and ovarian health.

- 10 drops clary sage essential oil
- 10 drops fennel essential oil
- 7 drops geranium essential oil
- 3 drops rose essential oil
- 30 mL vegetable oil (such as almond).

Rub this over the abdomen once a day.



### Eating Tips For a Healthy Lower Jiao

1. Eat at least five servings of fruits and vegetables every day. Choose the ones with deep, bright colors.
2. Choose to eat gluten-free, or whole-grain bread instead of white bread, and choose, rice, gluten-free or whole-grain pasta and cereals. A good pasta choice now is made from Quinoa.
3. Limit your consumption of red meat, including beef, pork, lamb, and goat, and processed meats, such as bologna and hot dogs. There are healthier sources of protein, such as fish, skinless poultry, beans, and eggs.
4. Limit saturated fats from dairy and other animal products. Avoid partially hydrogenated fats (trans fats), which are in many fast foods and packaged foods. Instead, choose healthful fats, such as olive oil, nuts (almonds, walnuts, pecans), and avocados.
5. Avoid sugar-sweetened drinks, such as sodas and many fruit juices. If you need your sugar fix, try using agave syrup or stevia. Eat sweets as an occasional treat.
6. Cut down on salt. Choose foods low in sodium by reading and comparing food labels. Limit the use of canned, processed, and frozen foods.
7. Watch portion sizes. Eat slowly, and stop eating when you are full.