How Acupuncture and Oriental Medicine Can Help You Build a Resilient Body

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What is Oriental Medicine?

or Traditional Chinese Medicine

- Oriental Medicine (OM) = Traditional Chinese Medicine (TCM): is a healing system developed in China more than 2,000 years ago.
- Traditional Chinese Medicine takes a holistic approach to healing; encompasses how the human body interacts with all aspects of life and the environment, including the seasons, weather, time of day, our diet and emotional states.
- See’s the body more like a garden then a machine
What is Acupuncture?

• Acupuncture is the placement of fine needles into specific location into the skin.

• The specific locations are called acupuncture points they are chosen depending on the patients TCM diagnoses and are used to rebalance and regulate the patients meridian energy (qi) flow
General Philosophy of Heath

• OM/TCM views health as a state of dynamic balance. Within you is a universe of elements and qualities – active, passive, expanding, contracting, and moving. When energy and blood flow freely in optimal amounts, and your yin and yang energy is balanced, than your body is healthy. Your organs will function well and your mind is clear.

• If this free flow of energy and blood is blocks, becomes stagnant or experiences interference, the body weakens and becomes vulnerable to dis-ease.
Resiliency and Immunity

Preventative Medicine

• One of the most important emphases of Chinese medicine is prevention.

• Resiliency = is the body's ability to “bounce back”
• Immunity = is the body's ability to “defend itself”
• Prevention = is how a person stays well
How does OM/TCM understand resiliency?

• When your meridian flow is strong and even, one can meet the challenges of daily life with flexibility, strength, and resilience.
• When these elements are in conflict, the body can become ill.
• Humans deal with a variety of “stress factors” of a regular basis...which means we must also be regularly and intentionally working to clear, clean and re-regulate our meridian system.
Analogies for Meridian Flow and Health

Brick Wall

River

Phone Interference
Meridian flow around the body

Pain or weakness is easily associated with meridian location or acupuncture points.
Yin and Yang Balance

YIN
NEGATIVE
FEMALE
NIGHT
PASSIVE
MOON
INTUITIVE
COLD
SOFT

YANG
POSITIVE
MALE
DAY
ACTIVE
SUN
LOGICAL
HOT
HARD
How does TCM/OM support the body’s resilience?

- Traditional Chinese Medicine uses its practice: Acupuncture, Acupressure, Cupping, Tuina Massage, Shonishin, Moxabustion, to keep the meridian flow strong and even and body. And Herbal Medicine and Food Therapy to nourish the cells and tissues.

- Acupuncture points commonly change per visit
- Herbal/Nutritional Therapy can change weekly
• Acupuncture and Acupressure
  – Some great points specifically for resiliency
    • Ren 17
    • Du 20
    • Lu 7
    • TW 5
    • LI 4 & Lr 3 Combo
    • St 36
    • GB 34
    • Sp 6
    • K 3
Ren 17

Du 20
Large Intestine 4

Liver 3
Stomach 36

Gall Bladder 34
Spleen 6

Kidney 3
Treatments

Manual body work

• A river is held in place by the earth, strong around it
  – What happens then the earth is not strong around it?
• When muscles are strained they effect the meridian flow, stiff muscles lead to the bodies inability to flex, move and change with it’s needs.
• One imbalance greatly effects other imbalances
• (Tai chi and Qi gong)
Treatments

Food and Herbal Medicine based treatments

• “One should only eat nutrients that benefit the body”
• I tend to teach a 90/10 rule
• Food Therapy revolves round 5 Element Theory
  – Avoid: Cold, Spicy, Hard to digest food
• Chinese Herbal Medicine is prescribed based on your TCM diagnoses
Chinese Herbal Medicinals for Resiliency

- Ganoderma (*ling zhi*): build qi and blood
- Fleece-Flower Root (*He shou wu*): Builds muscles, bone and bone marrow
- Cordyceps (*dong chong xia cao*): balances Kidney yin and yang and strengthens one constitution
- Astragalus (*Huang qi*): Strengthens immunity
- Ginseng (*Ren shen*) and Chinese Wolfberry Fruit (*Gou qi zi*): Vitality
- Jiaogulan (*Gynostemma*): Modern Herbs for over all wellbeing
Mental Health

“Where the mind wanders. The body will follow.”

- Points
  - Yin tang
  - Ht 4-7
  - GB 34
  - Ren 17
  - Du 20

- Positive thinking and affirmations
- Re-framing points of view
- Other pain/mind management tools
Additional thoughts on the subject…..

• Resiliency can be taught and practices
• The earlier we encourage resiliency practice the better
  – Who teaches this to children? Where, When, Why and is it effective?
• What are our biggest barriers in nurturing resilient human beings? Communities? States? Continents? Planets?
  – What can we do about it?