

Patient Help Sheet

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.

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): 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.

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.

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.

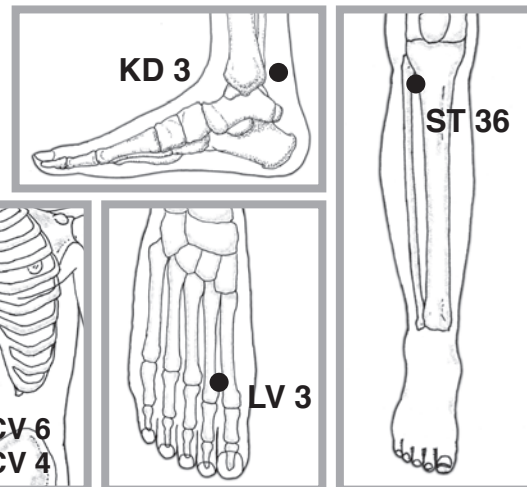
Conception Vessel 6: Three finger widths directly below the belly button. Functions: Alleviates pain in the lower abdomen, alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhea.

Conception Vessel 4: Roughly four finger widths directly below the belly button. Functions: Alleviates abdominal masses due to stagnation. Regulates uterus and good for irregular menstruation and dysmenorrhea. Good for severe lower abdominal pain that radiates to genitals. Helpful for bladder infection. Strengthen the body and helps with diarrhea, lethargy, and weak limbs.

Healthy Tips

To help ease the discomfort of PMS and Endometriosis, here are a few suggestions:

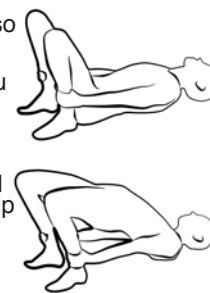
- Proper nutrition is considered one of the most important foundations to health and disease prevention. Avoid smoking, recreational drugs, caffeine, refined sugar, icy cold raw foods as well as reduction in dairy products. Increase the intake of green vegetables as well as barley and seaweed.
- Fear, anger, and excessive emotions can aggravate symptoms. Maintaining an even, free flow of moderate emotions is the same as maintaining an even flow of qi and blood.
- Avoid strong, vigorous movement or exercise during menstruation. This may result in menorrhagia, hemoptysis epistaxis and uterine bleeding.
- Conserve your energies. Becoming fatigued prior to and during menstruation can exacerbate symptoms. Rest, breathe, do yoga or Qi Gong exercises to calm your mind and spirit.
- Apply warm castor oil to the lower abdomen and cover with plastic wrap two to three times per day during the premenstrual and menstrual period. This helps invigorate the blood, assist the lymphatic symptom and balance hormone levels.



- Tap into the benefits of Omega-3 fatty acids in the diet. Fish oil and linseed oil are good sources of these Omega 3 fatty acids. Fish oil prevents abnormal blood clotting. If your menstrual blood contains clotty tissue, supplement with fish oil, linseed oil and evening primrose oil (which also contain gamma linolenic acid or Omega 6). Use oils rich in both linoleic and alpha-linolenic fatty acids such as flax-seed, pumpkin-seed and chia-seed oils, but only if they are recently cold-pressed and refined.
- Supplement your diet with antioxidants (vitamins C, E, beta carotene, selenium, zinc) Include super-antioxidants (grape seed extract, pine bark extract, red wine extract, bilberry extract), which contain procyanidins, caffeic and ferulic acid, with demonstrated anti-inflammatory and spasmolytic activity (Kohama, M.D., and Suzuki, M.D.)
- Make gradual changes to your diet. Abrupt diet changes can affect you emotionally and affect mood-altering chemicals.

Liver Meridian Balancing Exercise

1. Lie on your back. Bend your knees, and pull your feet up towards your buttocks, so that the heels of your feet, touch.
2. Grab hold of your ankles. (make sure you keep your feet as flat on the floor as possible)
3. Upon inhale, arch your pelvis up. Slowly stretch and push your abdomen toward the sky. (Tightening your buttocks will help you go deeper into this stretch)
4. Upon exhale, lower back to the ground.
5. Repeat 6-9 times.



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