



## Jean Painter - Dipl. OM/CH/Ac., L.Ac.

Harmony Integrative Medicine, LLC  
518 East Gurley Street  
Prescott, AZ 86301  
(928) 776-4895

Well, friends and dear patients,

Here we are at the beginning of week three of our "confinement" and I deeply appreciate all of your calls, emails, and notes. Please know that I am here to support your health, both physical and emotional, during this difficult time. I want you to stay safe, sane, and healthy, and so I send you the best guidance I have in that effort.

This newsletter offers two subjects to address the challenges that face us:  
**Strengthening our immune systems to prevent illness.**  
**Handling stress and anxiety.**

If you feel you need guidance with immune supportive vitamins and medicinal herbs, please call me.

All my best,

Jean Painter

## Acupressure Points for Wellness, Anxiety, and Stress

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.

### Protect Your Lung Qi

Lung 7 is one of the most powerful points on the lung meridian points. It is a popular acupressure point to use for stopping a persistent cough and relieving a sore throat.

LU 7 is considered to be the "command point" of the head and neck and is also used to improve circulation in the brain and stimulate memory.

This acupressure point is located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other, the point lies on the edge of the index finger, in a depression between the sinew and the bone.

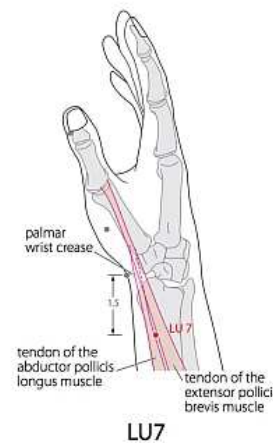
Stimulate this point on both hands with the tip of your index finger for approximately 30 seconds.

### Defensive Qi

To boost the Wei Qi, the protective or defensive layer around the exterior of the body, there is one particularly important point to attend to: Dazhui or Du 14.

Often used to ward off as well as shorten the duration of colds and flu, Dazhui (DU 14) is located below the spinous process of the seventh cervical vertebrae, approximately at the level where the collar of a T-shirt sits on the neck.

Dazhui (DU 14) activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and



## In This Issue

- Acupressure Points for Wellness
- Aromatherapy for Stress and Anxiety
- Meridian Exercise for Anxiety
- Tools to Effectively Manage Stress
- Energy Renewing Ear Massage
- Nutrients to Support the Immune System and Counteract Stress

## Nutrients to Support the Immune System and Counteract Stress



### Tea

Both green and black tea contain the flavonoids catechin and theaflavin, which are beneficial in treating autoimmune disease.

### Apples

Apples (with the skin on) contain the flavonoid quercetin, which can reduce allergic reactions and decrease inflammation.

Quercetin also occurs naturally in other foods, such as berries, red grapes, red onions, capers, and black tea.

### Carotenoids

Carotenoids are a family of plant

muscle (Wei Qi), to protect your system against germs and viruses.

### Stress and Anxiety

**Yin Tang:** In the center of the brow between the medial ends of the eyebrows.  
Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.

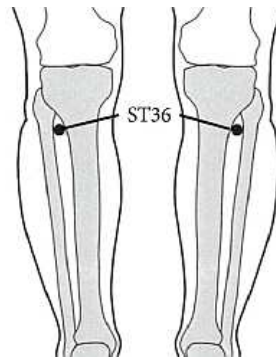
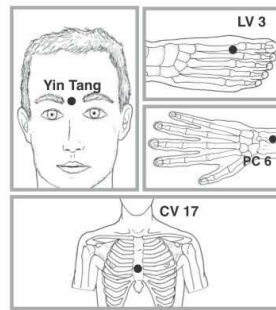
**Conception Vessel 17 (CV 17):** In the center of the sternum. Functions: Stress and anxiety relief, strengthens the lungs.

**Liver 3 (LV 3):** On the top of the foot, between where the first and second metatarsal bones meet. Functions: Combats dizziness, headaches, vertigo, and depression; facilitates headache relief.

**Pericardium 6 (PC 6):** In between the tendons, about 3 inches down from the wrist crease. Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting and motion sickness.

### General Wellness

**ST 36** is known as one of the most important points to tonify Qi and Blood and promote general wellness. He-Sea points are where the qi of the meridian collects and goes deep into the body. Find this point one hand-breadth below the kneecap



## Aromatherapy for Stress and Anxiety

As noted by the National Association for Holistic Aromatherapy (NAHA): (<http://www.naha.org/explore-aromatherapy/about-aromatherapy/what-is-aromatherapy/>)

“It [Aromatherapy] seeks to unify physiological, psychological and spiritual processes to enhance an individual’s innate healing process.”

Here are a few ways to use essential oils:

- Indirect inhalation of essential oils using a room diffuser or placing drops nearby.
- Direct inhalation of essential oils using an individual inhaler with drops floated on top of hot water (this is popular for treating sinus headaches)
- Aromatherapy massage, in which essential oils are diluted in a carrier oil and massaged into your skin.
- Applying essential oils to your skin by combining them with lotion, bath salts, or dressings

Here are a few aromatherapy oils that are good for anxiety and stress:

- Bergamont
- Rose
- Lavender
- Orange
- Sandlewood
- Lemon
- Chamomile

## Meridian Exercise for Anxiety: Forward Bend

The Forward Bend exercise helps a distracted mind unwind.

1. Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.



pigments that include beta-carotene. A lack of carotenoids in the diet can cause inflammation.

Good sources of carotenoids include apricots, carrots, pumpkin, sweet potato, spinach, kale, butternut squash and collard greens.

### Garlic

Garlic contains a compound called allicin which supports the immune system and has both antimicrobial and antioxidant qualities. Garlic boosts your immunity, increasing your ability to fight off infection. It also helps regulate blood sugar levels.

One or two cloves of garlic a day is recommended for optimum health.

### Ginger

Ginger has been taken as a medicine by numerous cultures for thousands of years. This amazing spice is anti-inflammatory and reduces pain.

Ginger contains compounds called gingerols that reduce inflammation in the body by inhibiting prostaglandin and suppressing the immune system’s production of pro-inflammatory cytokines and chemokines.

### Omega-3

Omega-3 essential fatty acids can counter the formation of chemicals that cause inflammation.

Foods rich in Omega-3 fatty acids include: salmon, sardines, tuna and other cold water fish; nuts and seeds, notably flaxseeds, hemp seeds, and walnuts; and soybeans and winter squash.

### Fiber

A healthy and active colon can decrease food sensitivity and lighten the burden on your immune system.

### Honey

Known as Feng Mi in Oriental medicine, honey has many health benefits, and is often used in combination with other herbs. It contains antioxidants, and the darker the honey, the higher the antioxidant content and deeper the flavor.

2. With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
3. As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch.
4. Hold this position for a few breaths.

## Tools to Effectively Manage Stress

Increase your ability to effectively manage stress by including these tools in your wellness plan!

**Eat Healthily** - More than 1400 chemical changes occur as stress hormones, such as cortisone, deplete important nutrients such as B vitamins, vitamin C and magnesium from the body. A balanced, varied diet provides your body with the nutrients it needs to handle stress.

**Exercise** - Exercise stimulates the body to release endorphins, which are brain chemicals that improve mood and relieve stress.

**Relax** - Relaxing is a release valve for stress. Relaxation methods vary by individual and can include meditation, yoga and exercise.

**Restorative Sleep** - Practicing good sleep hygiene will give your body an opportunity to recover from everyday stress.

## Energy Renewing Ear Massage

Ear Massage is an extremely relaxing and effective therapy aimed at reducing stress, promoting wellbeing and addressing various health issues. It can be enjoyed by all and promotes a deep sense of peace and tranquility.

Ancient Chinese medical literature states that "the ear is the meeting point of all meridians" and "vital energy of human body converges on the ear". Medical experts in ancient times regarded ear massage as a practice for health enhancement and disease prevention.

Ear massage triggers the release of the body's natural painkillers, endorphins. Studies have demonstrated that ear stimulation increases levels of endorphins in both the blood and cerebrospinal fluid.

Ear acupuncture is used throughout the world to calm anxiety, manage pain, reduce substance cravings and assist in the detoxification of addictive substances.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub in small circular motions with your thumbs inside the widest upper part inside the ears, holding them from outside with the index and middle fingers.
2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head..
3. Lastly, massage the earlobes by gently pulling them down and also making circles with your thumb and index finger..

## Qi Mail - News You Can Use To Feel Better Now!

Honey can be eaten or applied topically. It is anti-bacterial, anti-viral, and anti-fungal. Organic raw honey that has not been pasteurized, clarified, or filtered is your best choice.

### Blackberries

Blackberries are jam packed with vitamin C, calcium and magnesium. Vitamin C has shown to be a powerful stress reducer that can lower blood pressure and return cortisol levels to normal faster when taken during periods of stress.

### Cruciferous Vegetables

Cauliflower, broccoli, cabbage, and kale are full of stress-relieving B vitamins. Cauliflower is also one of the very best sources of vitamin B5, or pantothenic acid. Pantothenic acid helps turn carbohydrates and fats into usable energy and improves your ability to respond to stress by supporting your adrenal glands.