

Acupressure for Chronic Illnesses

Session 1

GROUP HANDOUTS

Learning Objectives - session 1

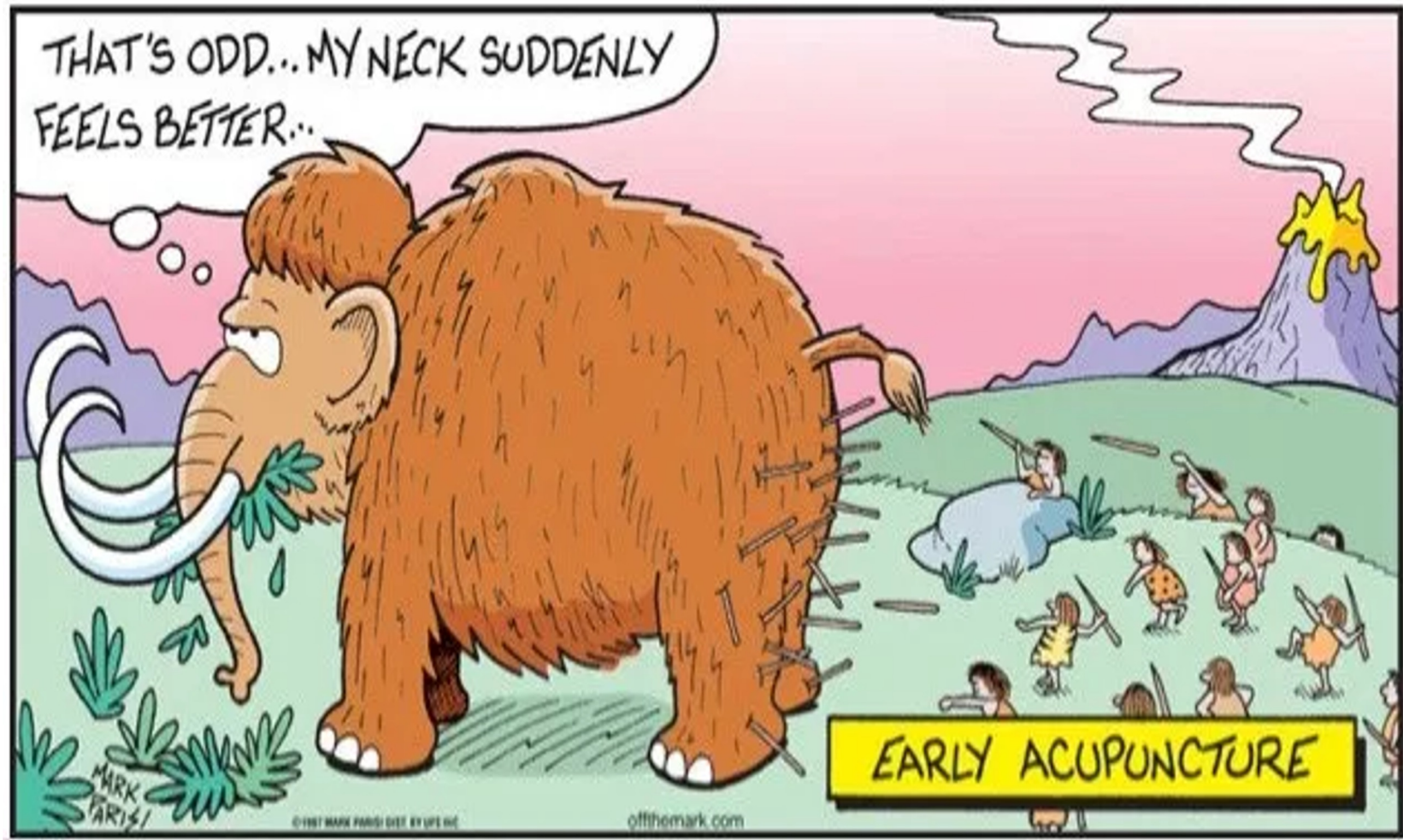
- History of acupuncture
- Branches of acupuncture/acupressure
- Acupressure for self-treatment
- Practices and techniques of Chinese medicine
- Ear acupressure and ear massage

Acupuncture (zhen jiu) history

- Generally believed the practice began in China
 - Historical evidence from hieroglyphs and pictographs as far back as Shang Dynasty (1600-1100 BCE)
 - First text *The Yellow Emperor's Classic of Internal Medicine*, 500 BCE, based on Taoism
 - May have been practiced in Neolithic era (stone age)
- Ancient Chinese belief that illnesses caused by demons could be released by sharpened stones and bones
- Stone and bone needles replaced with metal.
- Archaeological evidence: gold and silver needles found in tomb - 100 BCE.



Origins of acupuncture



International expansion - east meets west

- First spread out of China to Korea in 514 CE
- Korea and China involved in re-organizing medical education in Japan in 553 CE and acupuncture was incorporated into Japan's system
- Spread to Europe in late 17th century. Surgeon-general of Dutch East India company created the term acupuncture in his publication in 1683 *De Acupunctura*- first western treatise by Willem ten Rhijne
- Jesuit missionaries brought acupuncture to French clinics



International expansion – current era

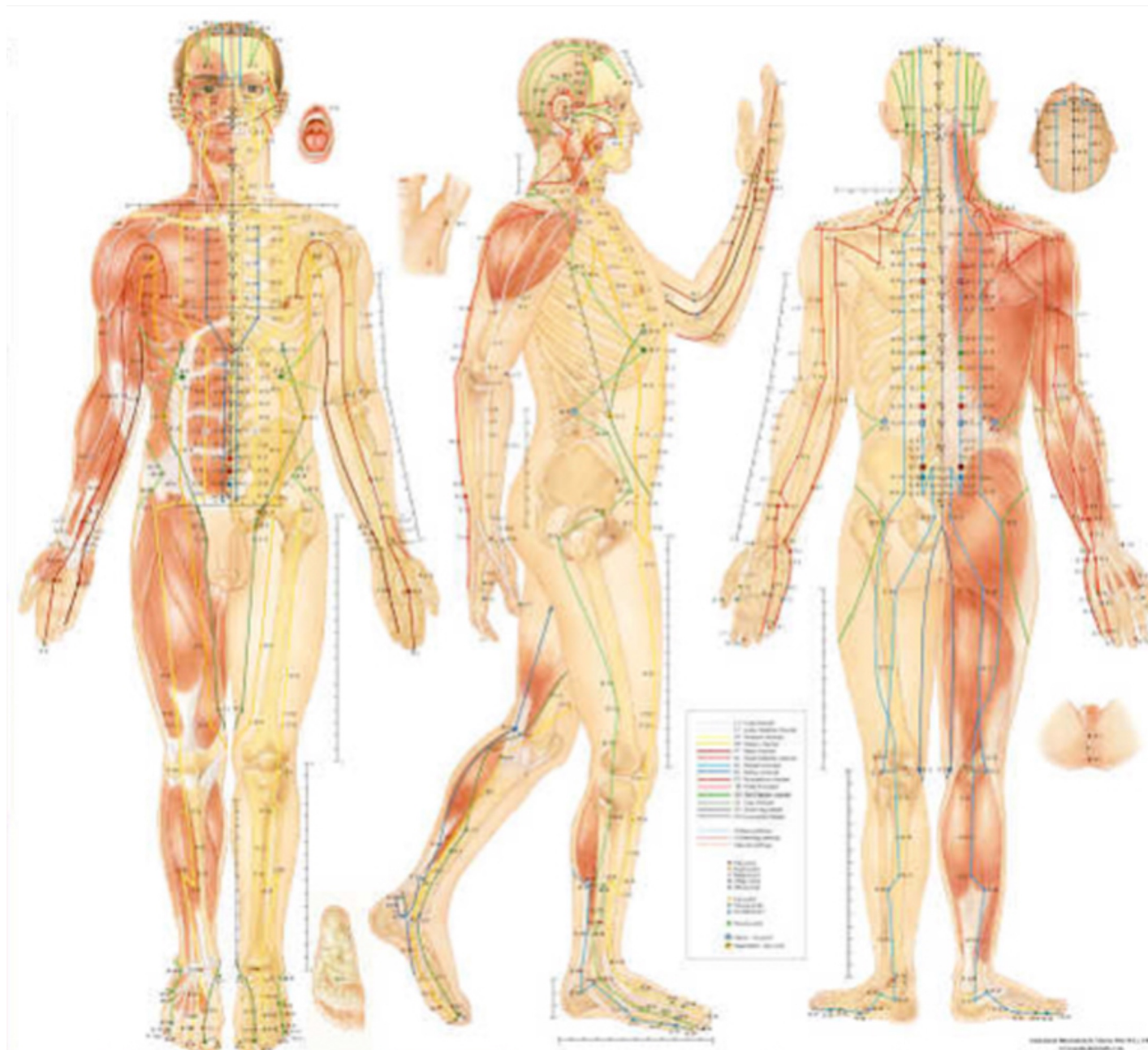
- Mao era (1949) many eastern practices consolidated under the name Traditional Chinese Medicine (TCM)
- 1972 Nixon trip to China. Journalist described his personal experience of acupuncture in a Chinese hospital after an emergency appendectomy. Inspired western interest.
- 1999 the US National Center for Complementary and Alternative Medicine was created. Acupuncture became the most popular alternative medicine in the US. Regulation began in 1970's.
- Canada currently has acupuncture licensing regulations in BC, Ontario, Alberta and Quebec

Website directories: ctcma.bc.ca and acupuncturecanada.org

Branches of Acupuncture

- Traditional Chinese Medicine (herbs, moxibustion, cupping)
- Acupressure, Chinese massage
- Japanese acupuncture, Shiatsu
- Auriculotherapy
(Dr. Paul Nogier, France, 1908-1996, author of “The Man in the Ear”)
- Five Element acupuncture
(JR Worseley, UK physiotherapist, 1923-2003, credited with bringing FEA to the west, author of “Classical Five-element Acupuncture”)
- Tapping therapy (Roger Callahan, US psychologist, 1925-2013, founder of Thought Field Therapy), evolved by Gary Craig into EFT in 1990's
- Medical Acupuncture: “dry needling”, Trigger Point Injections, Intramuscular Stimulation

Acupuncture Meridians



Acupressure basic protocol

Apply pressure
for 1-2 minutes
to each point
on both sides

Name of point

Large Intestine 4 (LI4)

Pericardium 6 (PC 6)

Stomach 36 (St 36)

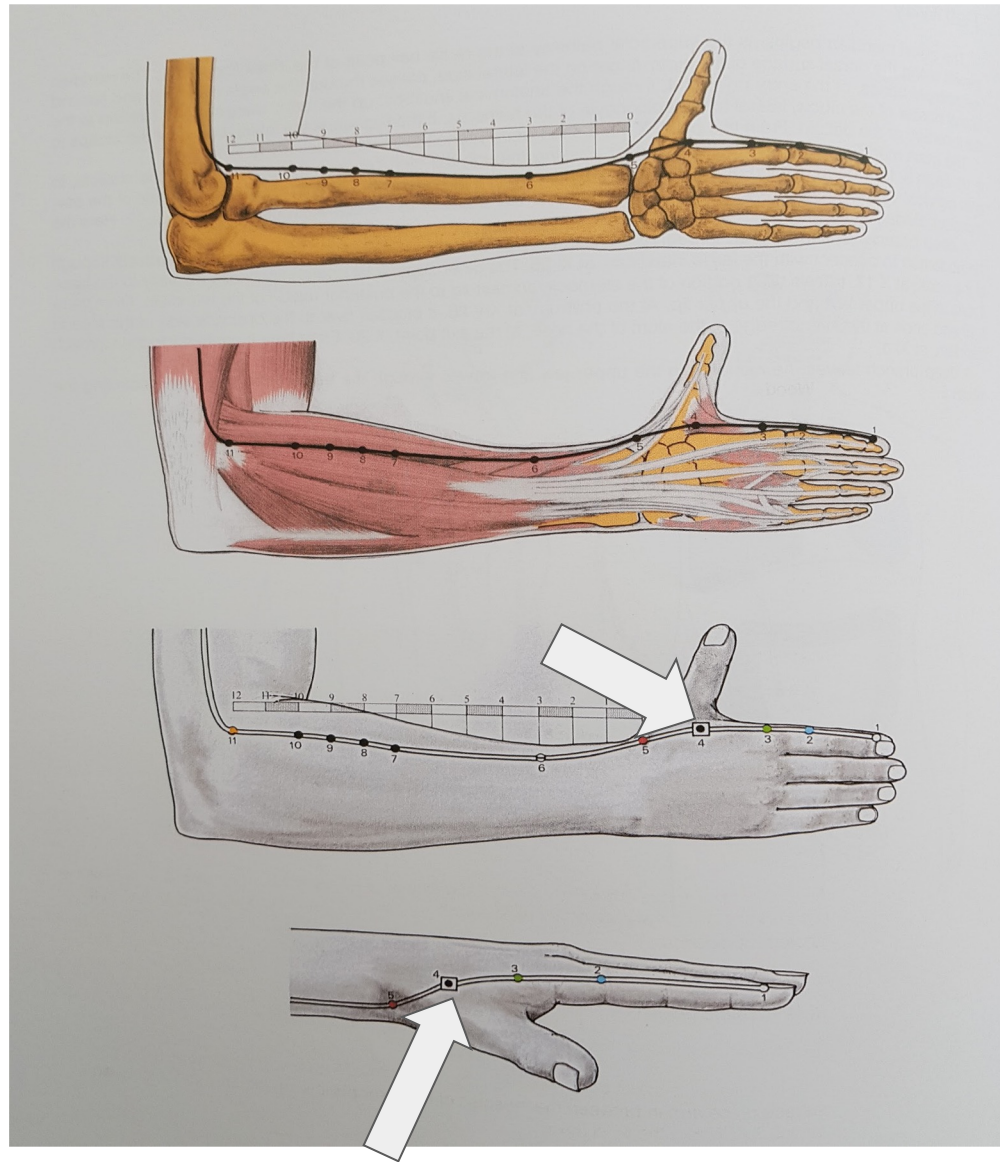
Spleen 6 (Sp 6)

Liver 3 (LR 3)

Yintang

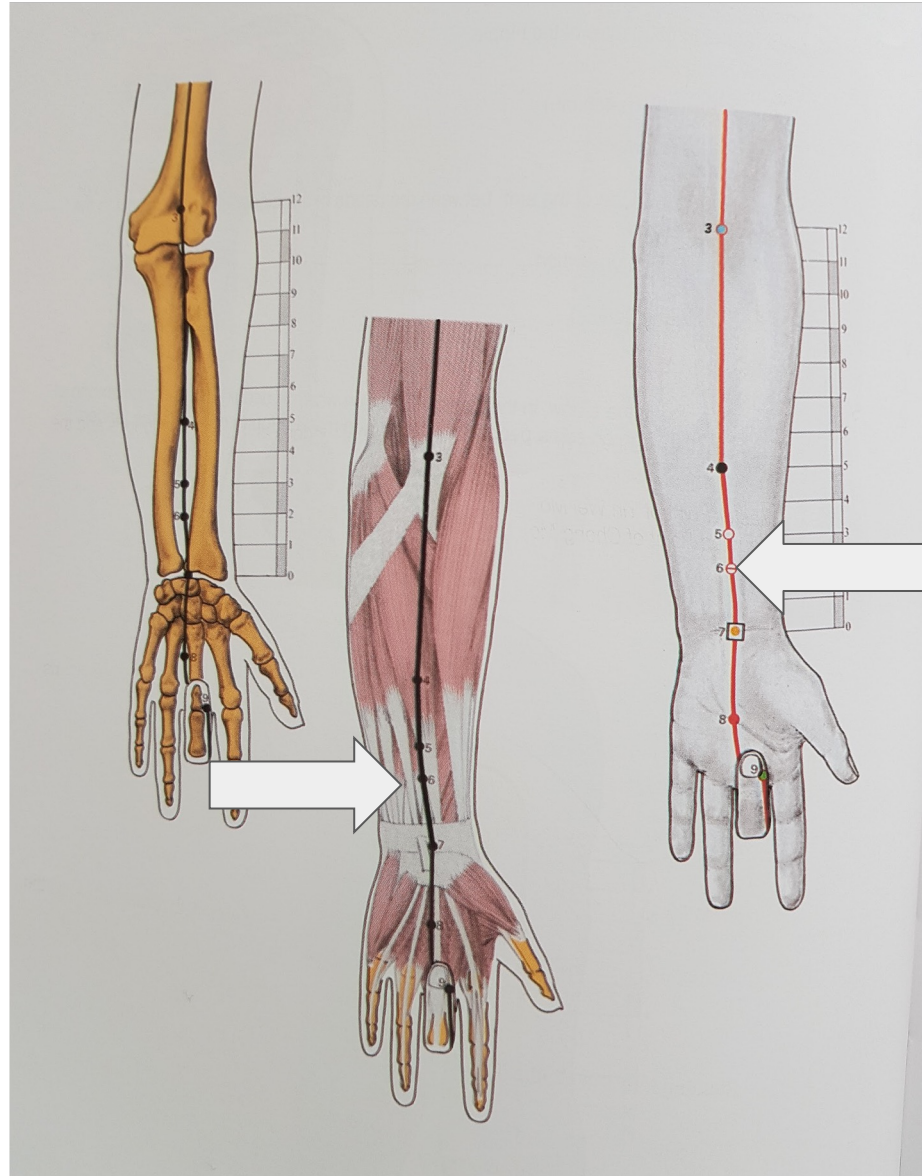
Large Intestine 4 (LI4)

JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"



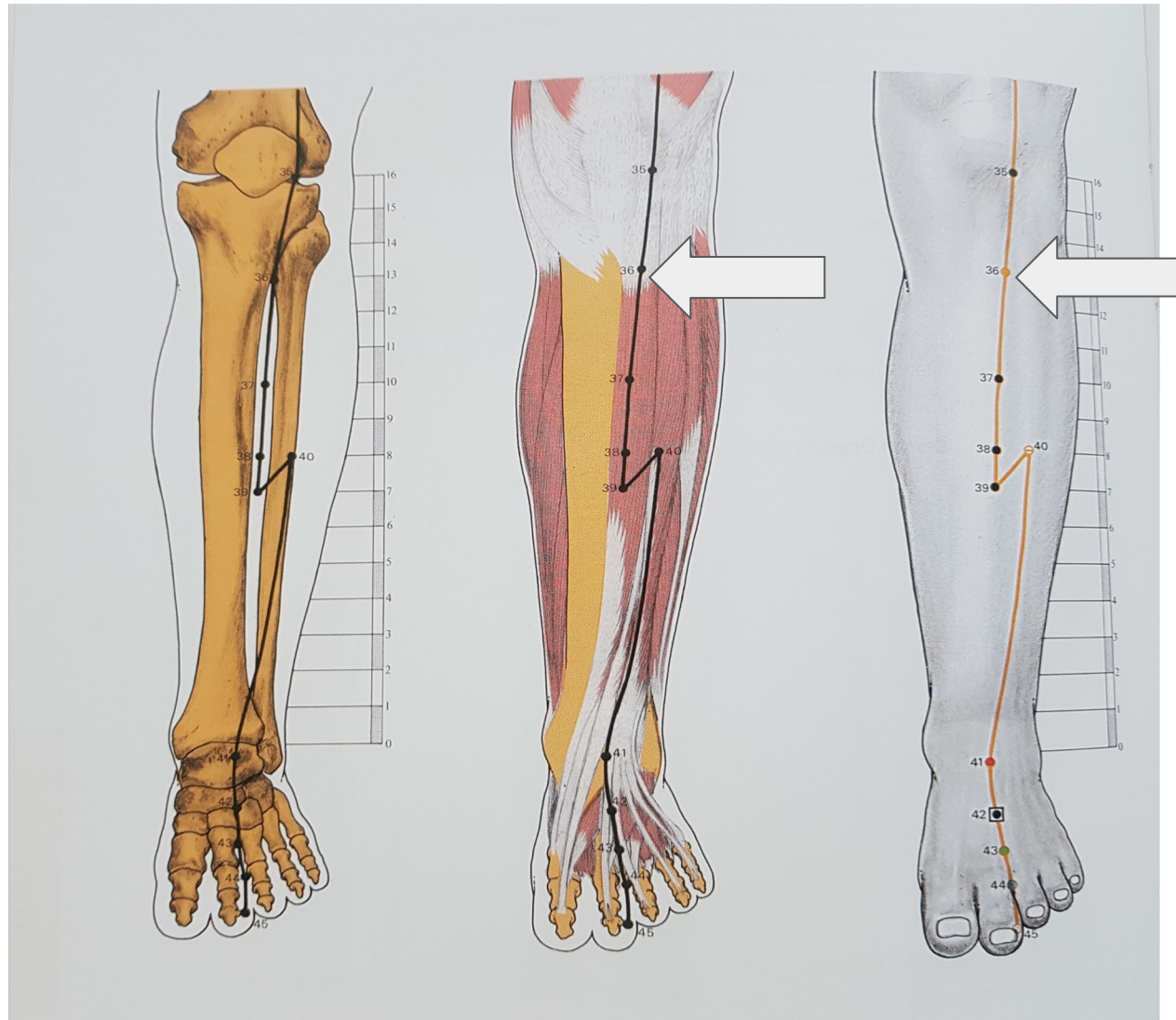
Pericardium 6 (PC6)

JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"



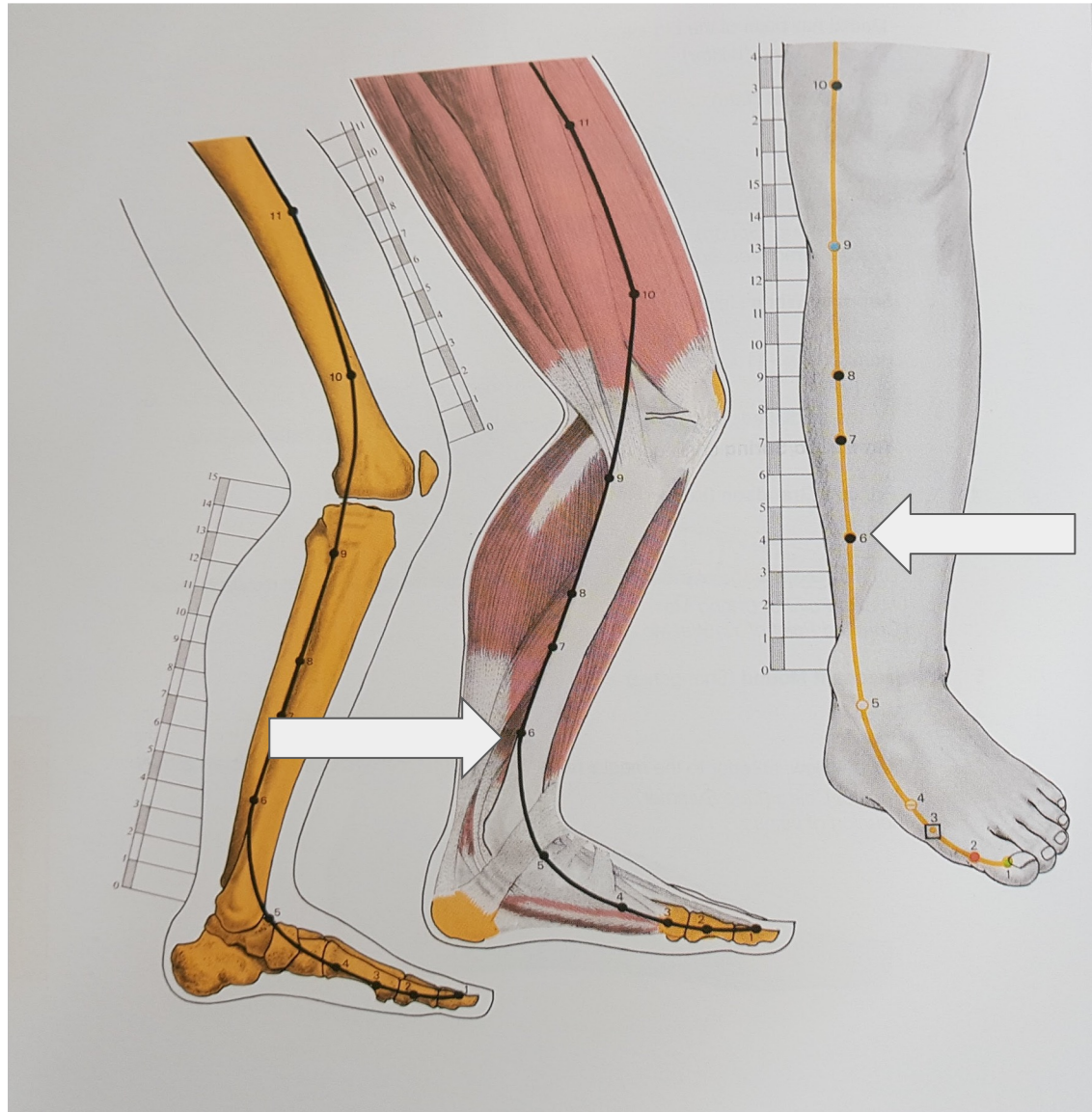
Stomach 36 (ST36)

JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"



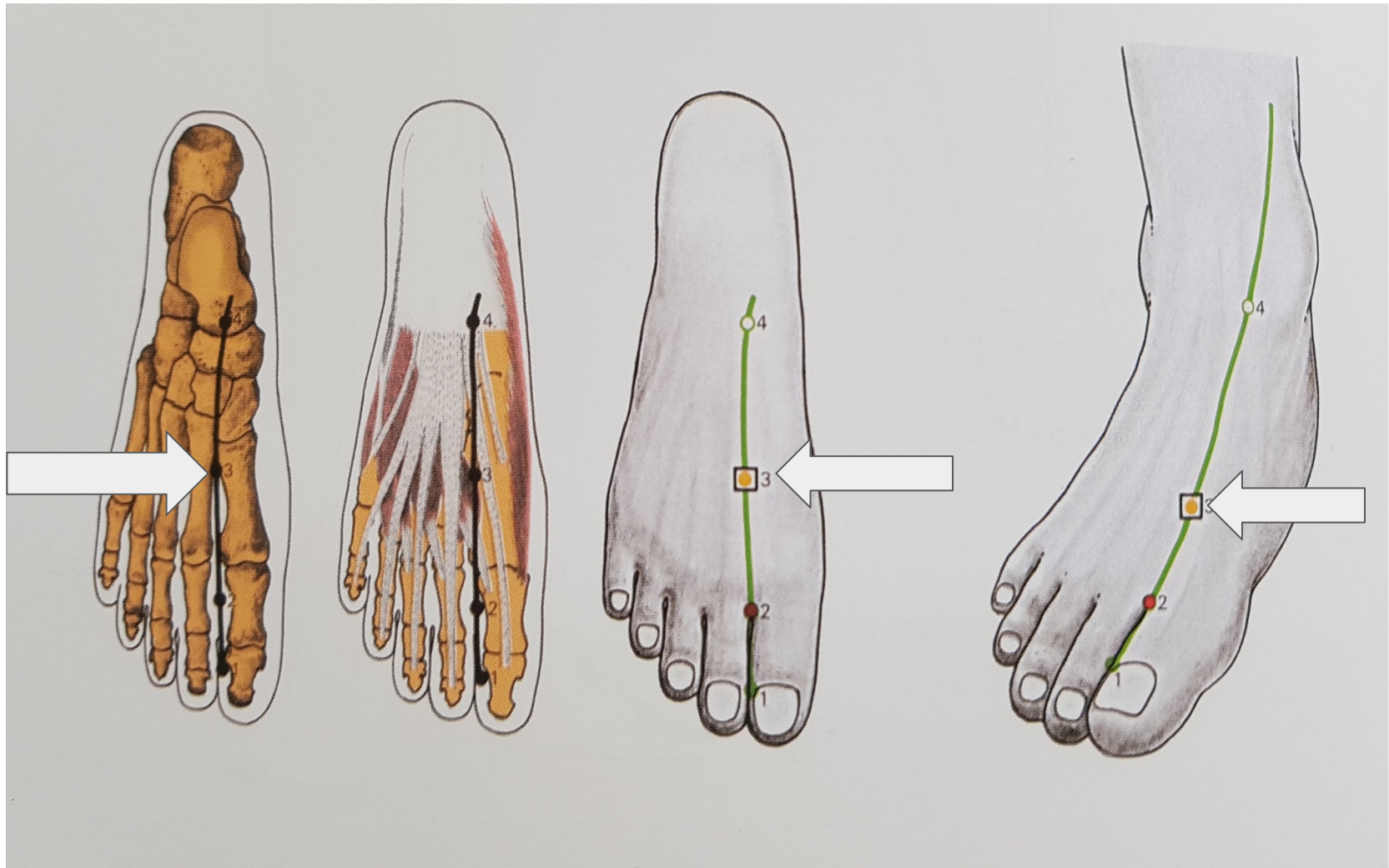
Spleen 6 (Sp6)

JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"



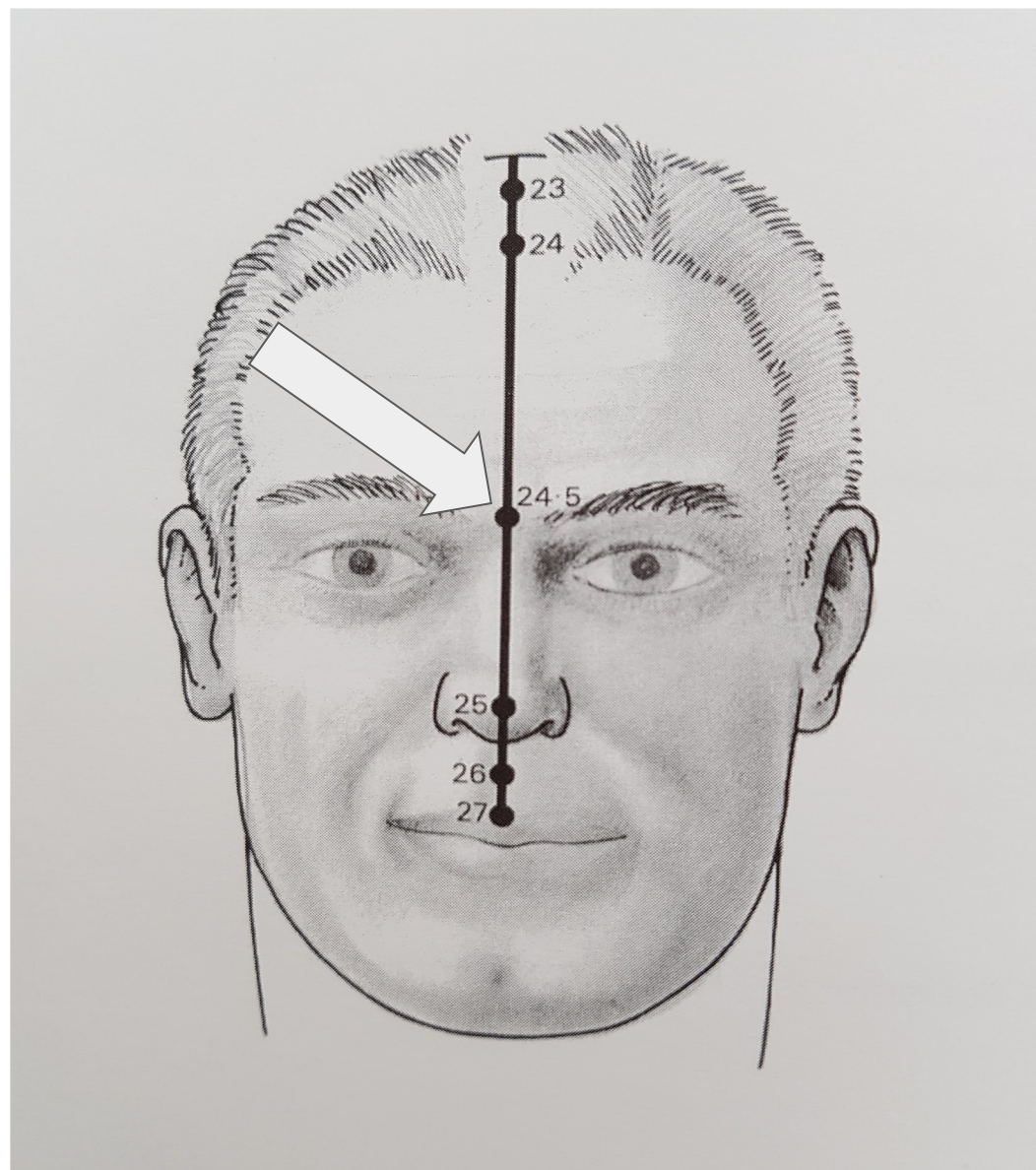
Liver 3 (LR 3)

JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"

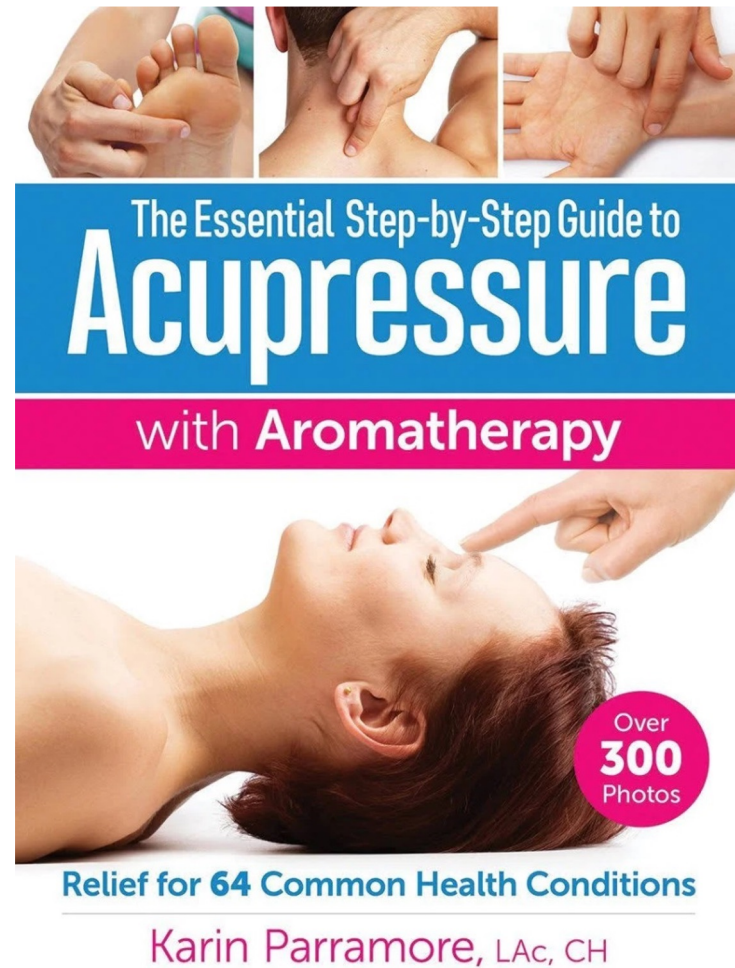
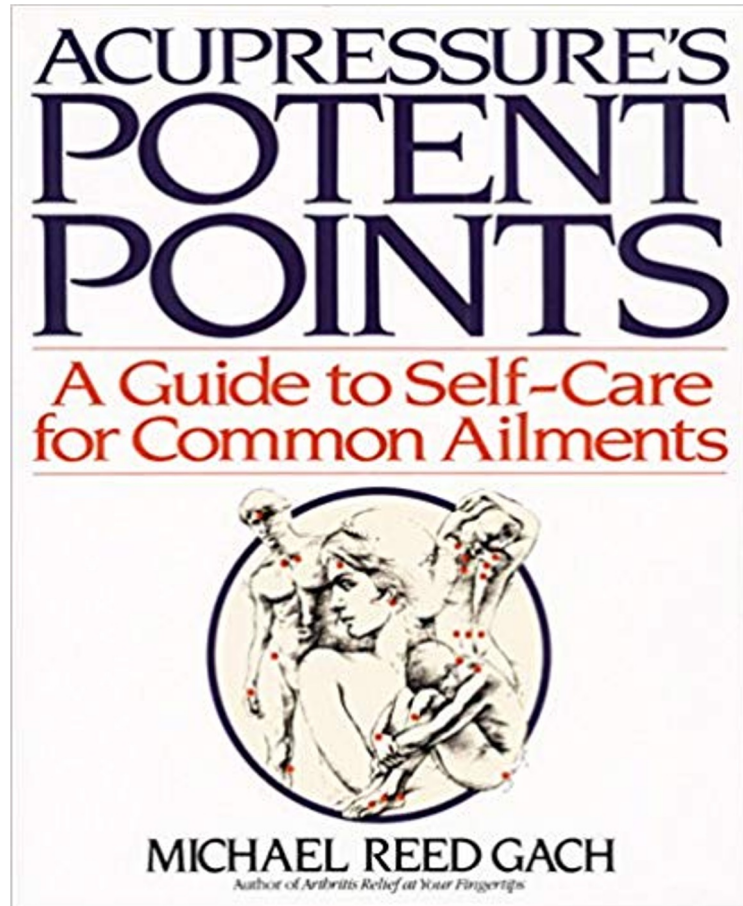


Yin Tang

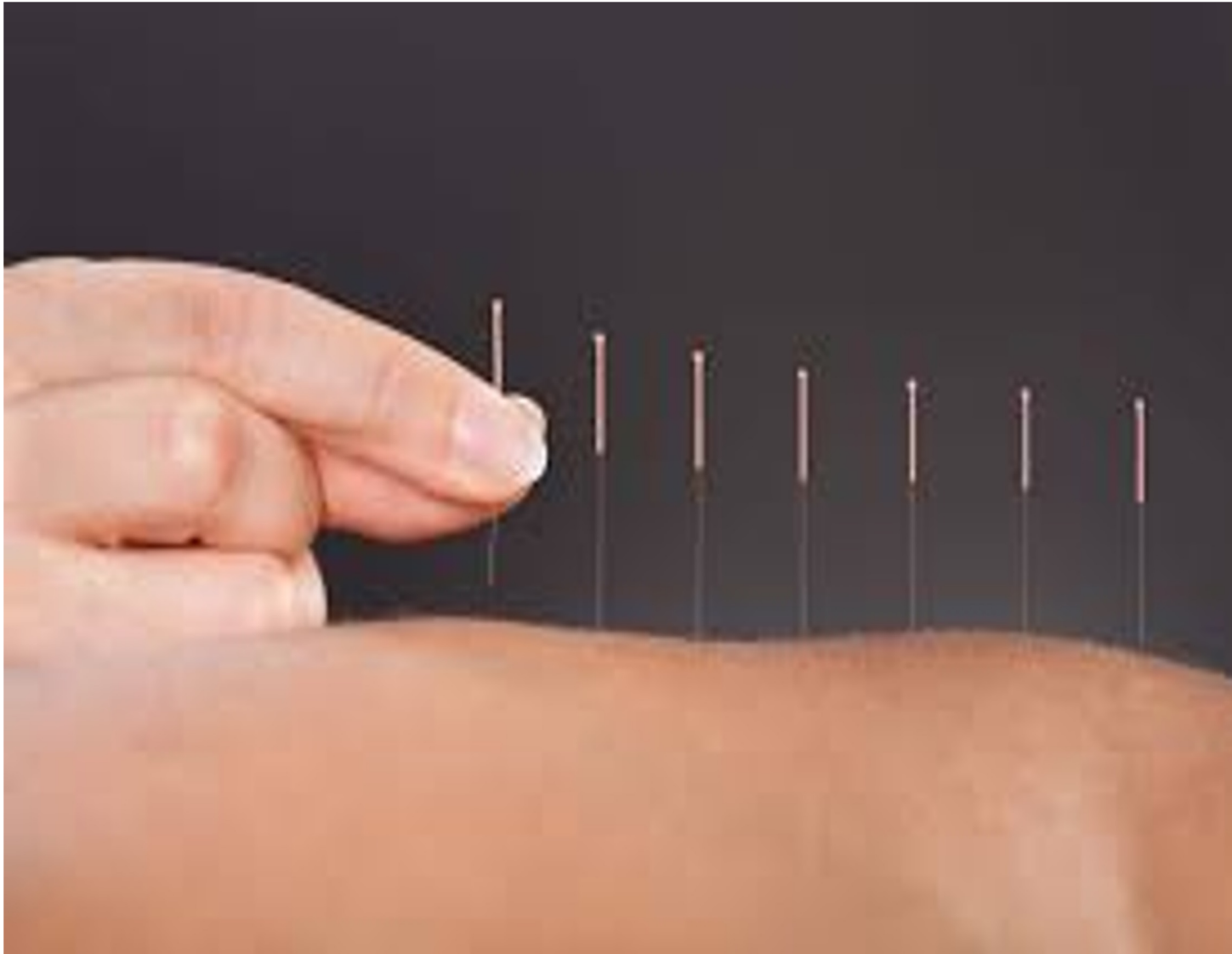
JR Worsley, "Classical Five Element Acupuncture, volume 1, Meridians and Points"



Recommended books



Techniques of Acupuncture and Traditional Chinese Medicine



Traditional cupping



Modern cupping



More modern cupping

Read leaflet for
precautions



Available online from www.easterncurrents.ca

Moxibustion



Moxibustion with moxa cigar



Moxa Heat Pack



Available online from www.easterncurrents.ca

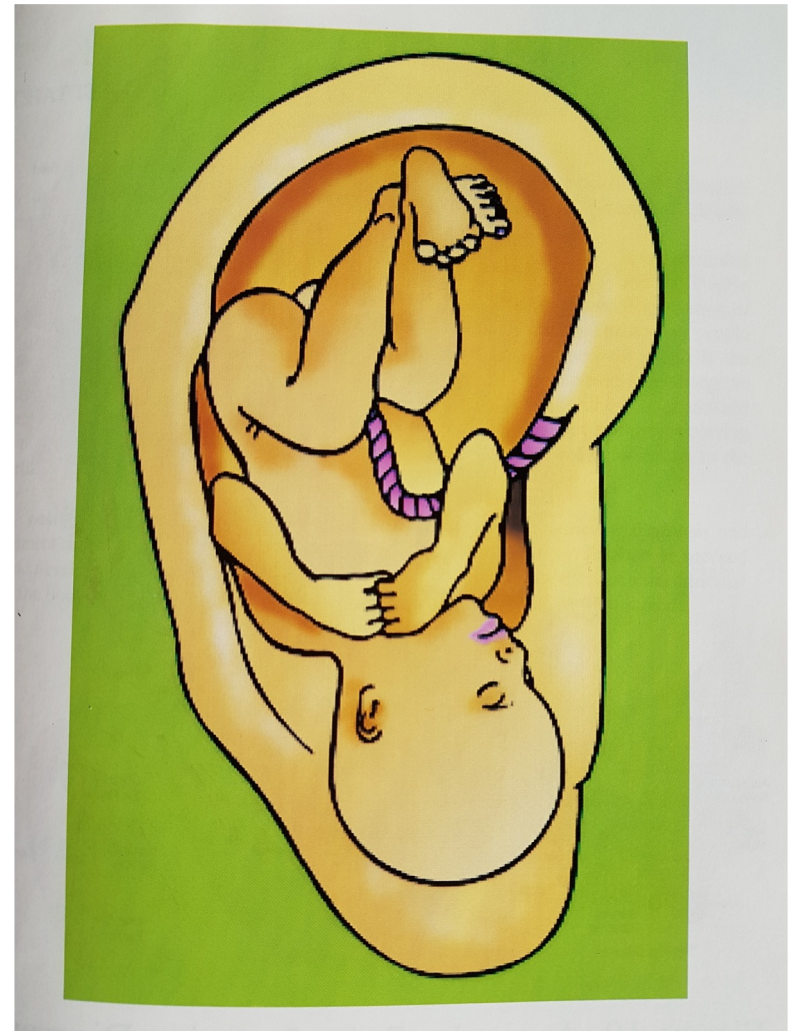
Auriculotherapy

- Auricular acupuncture
- Ear acupressure
- Ear massage



Paul Nogier, MD. France, 1908 - 1996

author of "The Man in the Ear"



Auriculotherapy

- Based on principle of correspondences between acupuncture points on ear and body
- Increases circulation of “chi” energy between ear and corresponding body areas
- Treatment reduces pain in corresponding body areas
- Works well for fibromyalgia pain especially neck/back
- Ear massage - helpful in improving general wellbeing, easy to incorporate into regular self-care practice

Auricular acupuncture



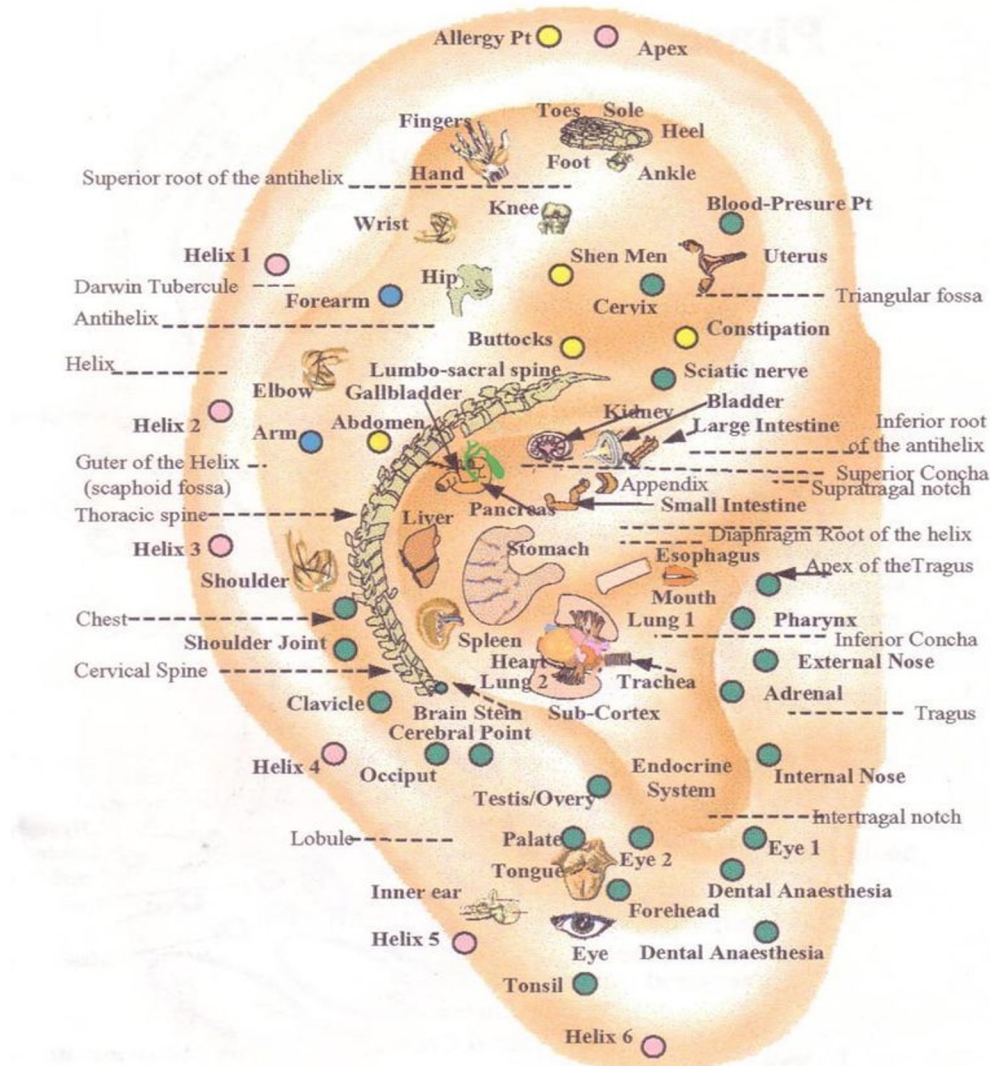
Ear acupressure



Ear seed kits



Ear acupuncture/acupressure points



Finding the sensitive spot



Placing seed on sensitive spot



Ear seeds for neck and shoulder pain

Place seeds also on back of ear matching up with seeds on the front



Ear massage

1. Strokes:

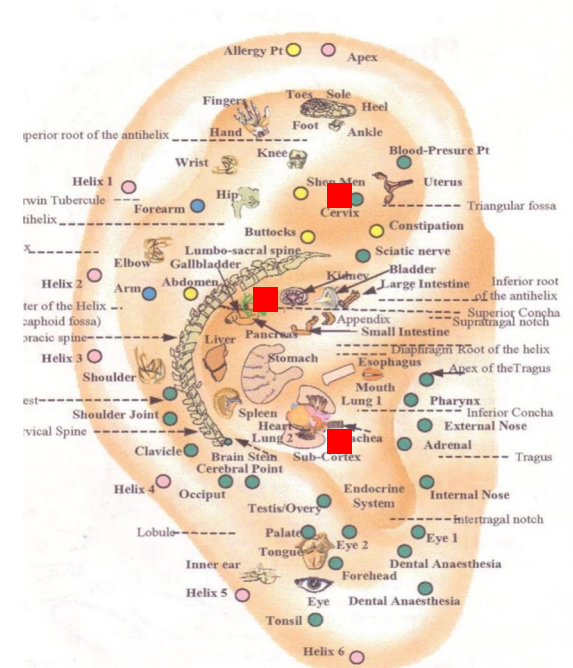
Split the four fingers of both hands and massage the front and back of the ears in up/down strokes with the ring and little fingers in front of ear, and middle and index fingers behind ear. Do about 10 strokes up and down.

1. Message:

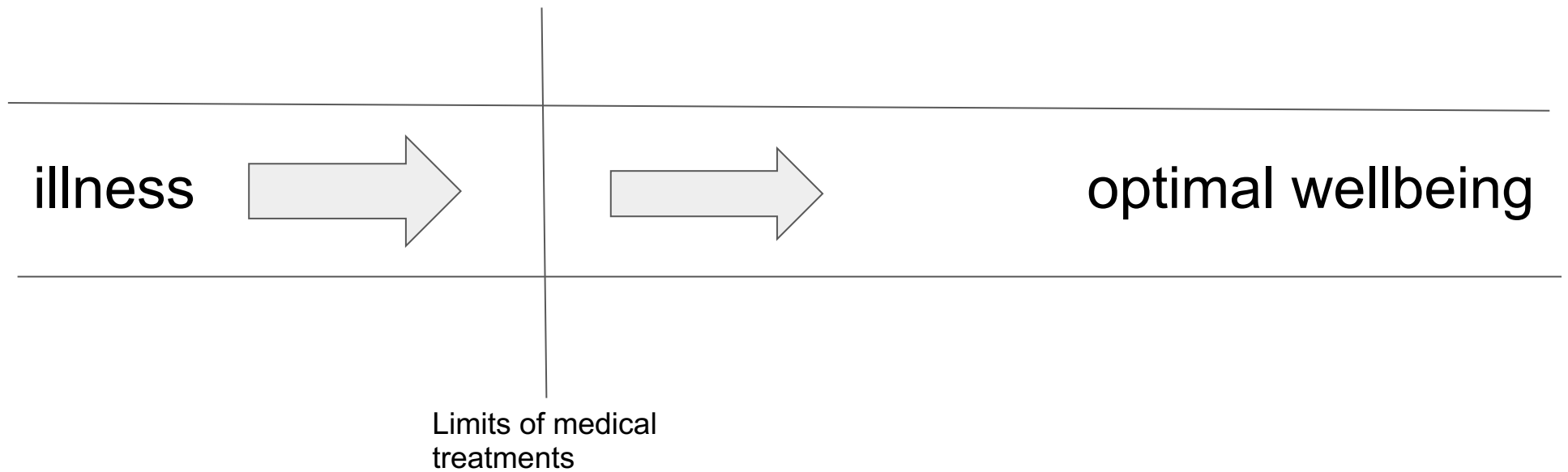
Use tip of index fingers to massage the “valleys” of the ear starting with the lower valley then move finger to the middle valley, then the upper valley. With index finger in upper valley place thumb at back of ear matching up with index. Massage ear between thumb and index moving slowly down the spine of the ear until ear lobe. Massage ear lobe

1. Flaps:

Flap ear from back to front about 10 times

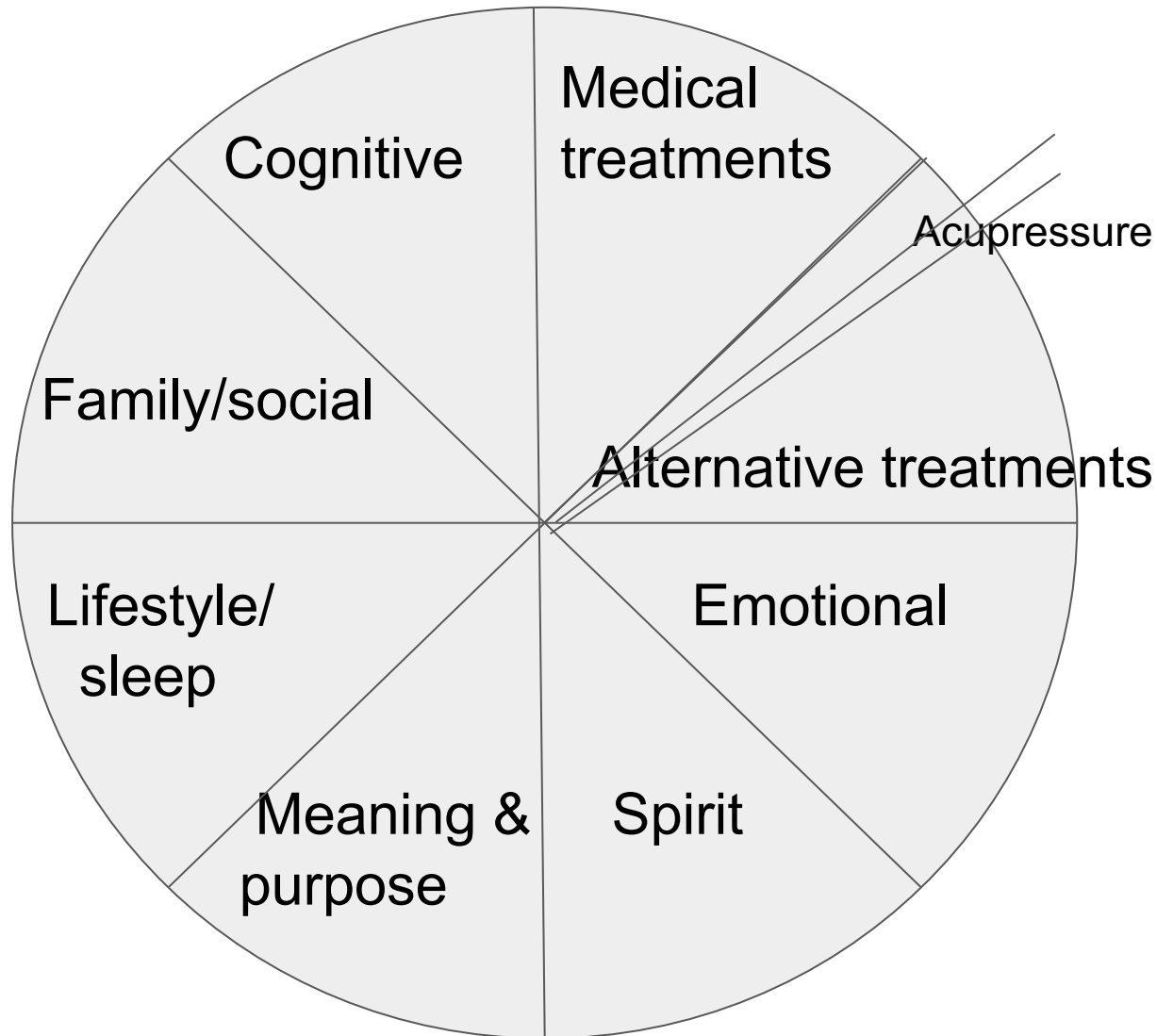


Journey of wellness



Integrative Medicine

Factors contributing to health



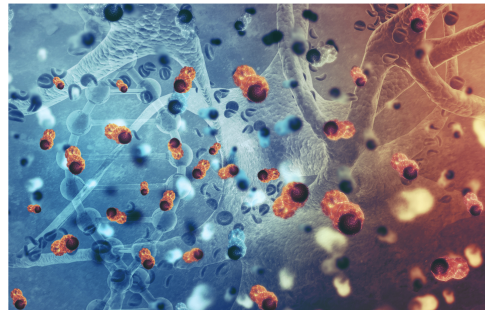
Wellness Webinars



The Long Mile: Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

REGISTER NOW

Ask the Expert Webinar Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Acute adverse effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Patient safety

201: Inhaled Cannabis; Dried Flower, Concentrates & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica & hybrids)
- How to determine your optimal dose & monitoring effects
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Potential drug interactions
- Differences between cannabinoids: CBD, THC, CBN & CBG
- Edibles: oral products, beverages, chocolates, baked goods, chews & candies
- Topicals
- Onset of action
- Acute adverse effects
- Choosing a product that is right for you
- Dosing considerations
- Patient safety
- Determine your optimal dose & monitoring effects

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