

Acupressure for Chronic Illnesses

Session 2

GROUP HANDOUTS

Learning Objectives - session 2

- Autonomic nervous system and homeostasis
- Tapping acupuncture points with Emotional Freedom Technique
- Understanding Chinese medicine foundational philosophies
- Chi Gong breathing exercise to improve energy

Highlights of 3 sessions

- Wellness as a journey to optimal wellbeing and function
- Integrative medicine - how acupressure fits in
- History of acupuncture and Chinese medicine
- Practices and techniques of acupuncture
- Benefits to chronic pain and complex chronic patients
- Autonomic nervous system – homeostasis/balance
- Modern neuroscience studies on acupuncture
- Chinese Medicine framework and Five Element acupuncture theory

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

Emotional Freedom Technique

- Commonly used for anxiety and phobias
- All distressing emotions (exception of severe distress requiring professional help)
- Chronic physical symptoms with known diagnosis that continue to be bothersome with flares causing emotional distress. Example: chronic pain
- Useful for self-management of any chronic condition related to the autonomic nervous system

EFT™ TAPPING PROCEDURE (The Basic Recipe)

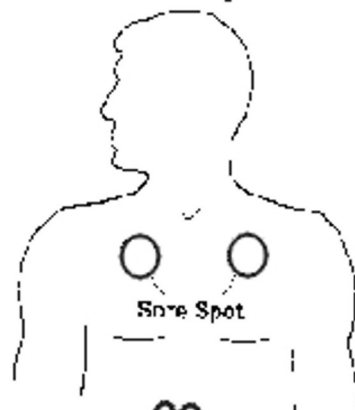
#1...The Setup

1) Repeat 3X

*Even though I have this
(problem),
I deeply & completely accept myself.*

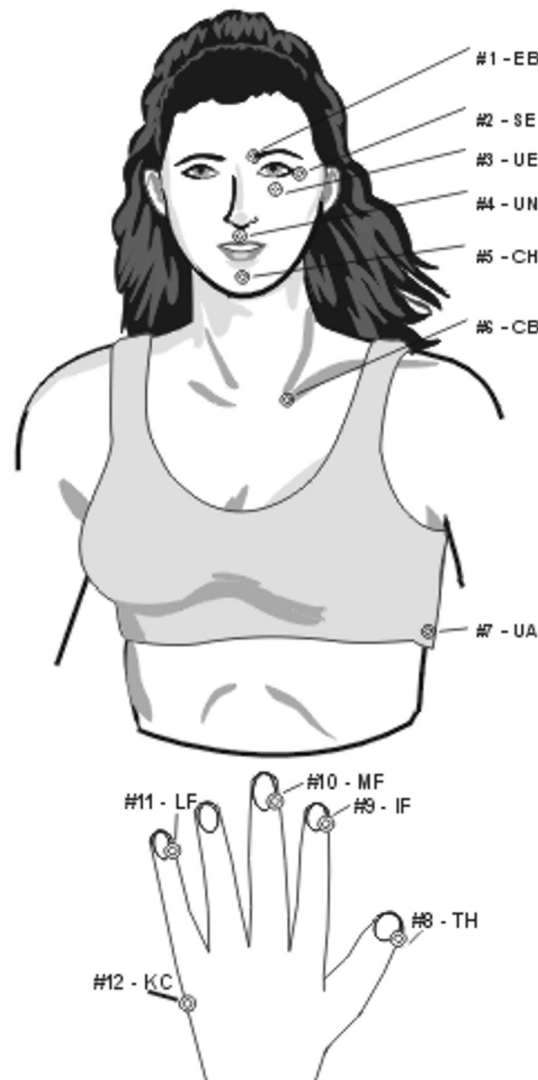
2) While continuously
rubbing the "Sore Spot" or
tapping the "Karate Chop" point.

The Sore Spot/ Karate Chop Point

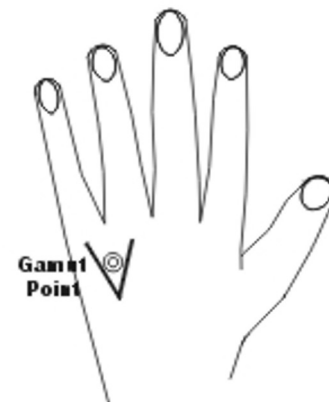


#2...The Sequence

Tap about 5X on each point



#3...The 9 Gamut



Perform 9 actions while tapping the
GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

#4...Repeat (#2) The Sequence

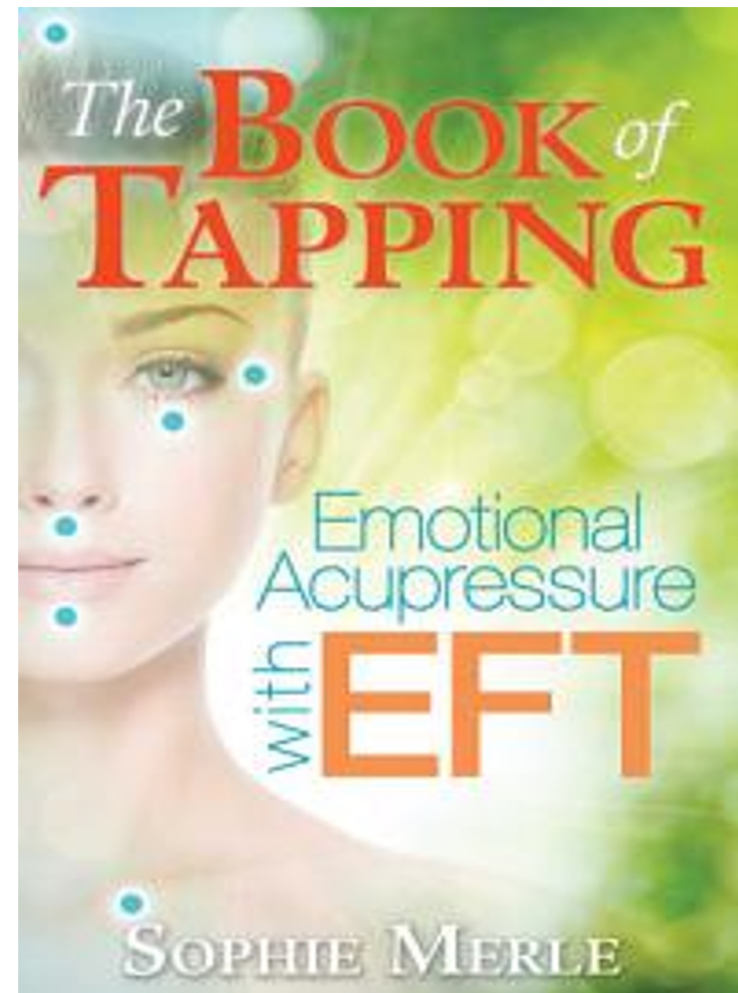
NOTE: In subsequent rounds of tapping,
change the setup language to "Even though I
STILL have SOME OF this problem..." and use
"REMAINING problem" as a reminder phrase

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Diving deeper

- Find a good book
- Online resources also available such as youtube videos by Nick Ortner or Brad Yates (“The Tapping Solution” apps)
- “EFT Meditation” by Dawson Church on youtube
- Some psychologists use it in their practice or may teach workshops on it
- Similar to EMDR technique used by psychologists to treat PTSD
- Unlike EMDR in that EFT can be a “do-it-yourself” technique



Foundational philosophies of the ancient Chinese

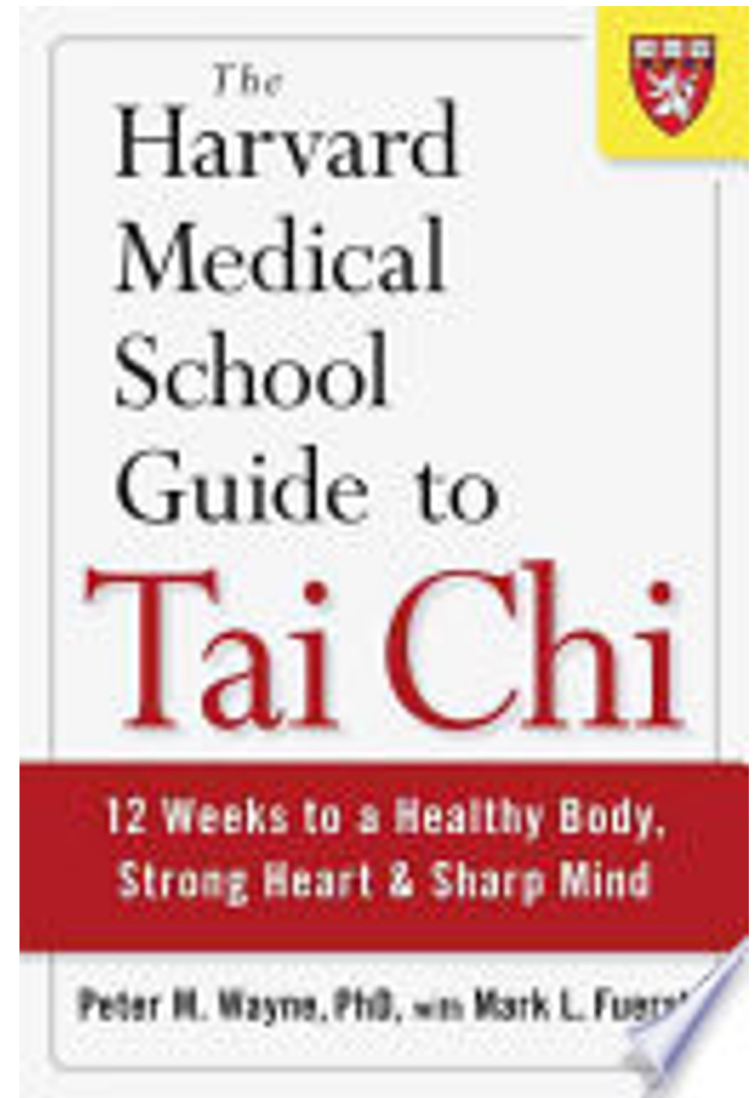
- Concept of “Chi” as the life force
- Meridian channels of chi energy
- Yin and Yang balance
- Concept of Five Elements of nature
- Balance is required for healing and health maintenance
- Holism versus reductionism - forest versus trees
- Holistic principles and self-care essential (eg Tai chi, Chi gong, diet therapy)



Tai Chi research at Harvard

Tai Chi's impact on health:

- fall prevention
- cardiovascular risk factors
- manage chronic pain
- improve depression



Chi Gong Breathing Exercise

- Increases “Chi”, the life force flowing through the network of acupuncture meridian channels
- Traditionally chi gong is practised outdoors in the early morning with sunrise
- Aim for a regular practice after waking, sitting in comfortable clothing
- Increases alertness and energy levels

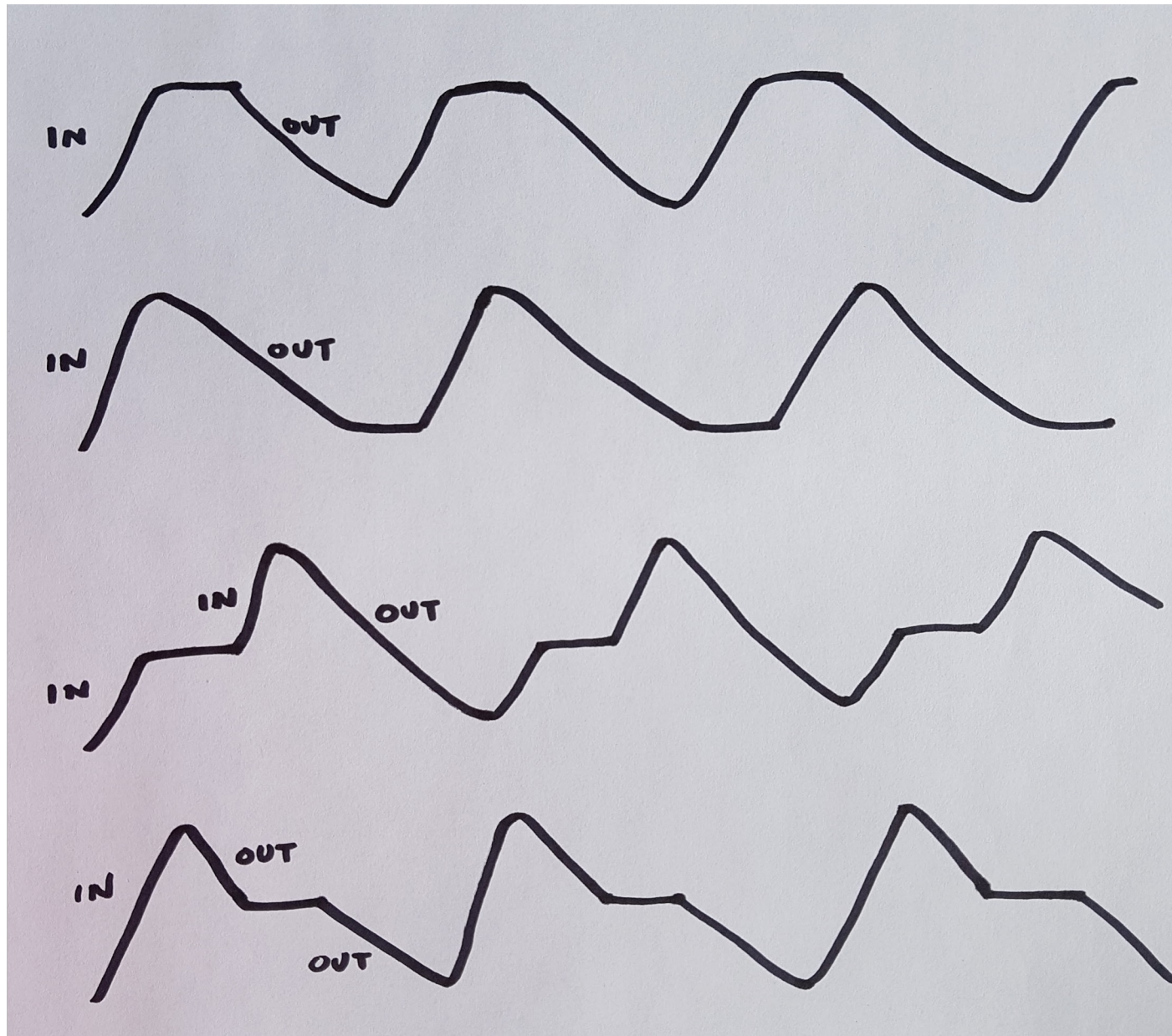
Chi Gong Breathing Exercise

Breathe in and out through the nose keeping the tongue gently touching the upper gum behind the front teeth. Repeat each of the following patterns 3 times:

1. Breathe in, pause a few seconds before breathing out slowly.
2. Breathe in and breathe out slowly, pause a few seconds before the next breath in.
3. Breathe in, pause a few seconds then breathe in again to maximum lung capacity, then breathe out slowly.
4. Breathe in and breathe out, pause a few seconds then breathe out again to fully empty the lungs.

(Taught by Dr. Stephen Aung, MD, professor in Faculty of Medicine at the University of Alberta, and chi gong master)

Visual patterns of chi gong breathing exercise



Examples of youtube chi gong teachers

- Jeffrey Chand
- Lee Holden
- John Weiss

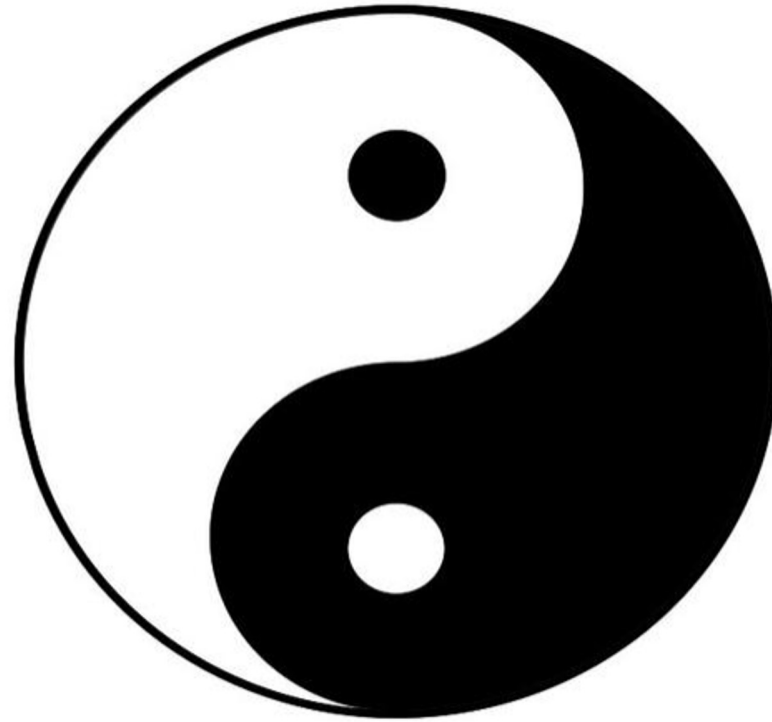
Choose the one you like
Remember to pace within
your limits

For yoga:

- Tianne Allen - “Restorative yoga”
- Yoga by Adrienne

Foundational philosophies of the ancient Chinese

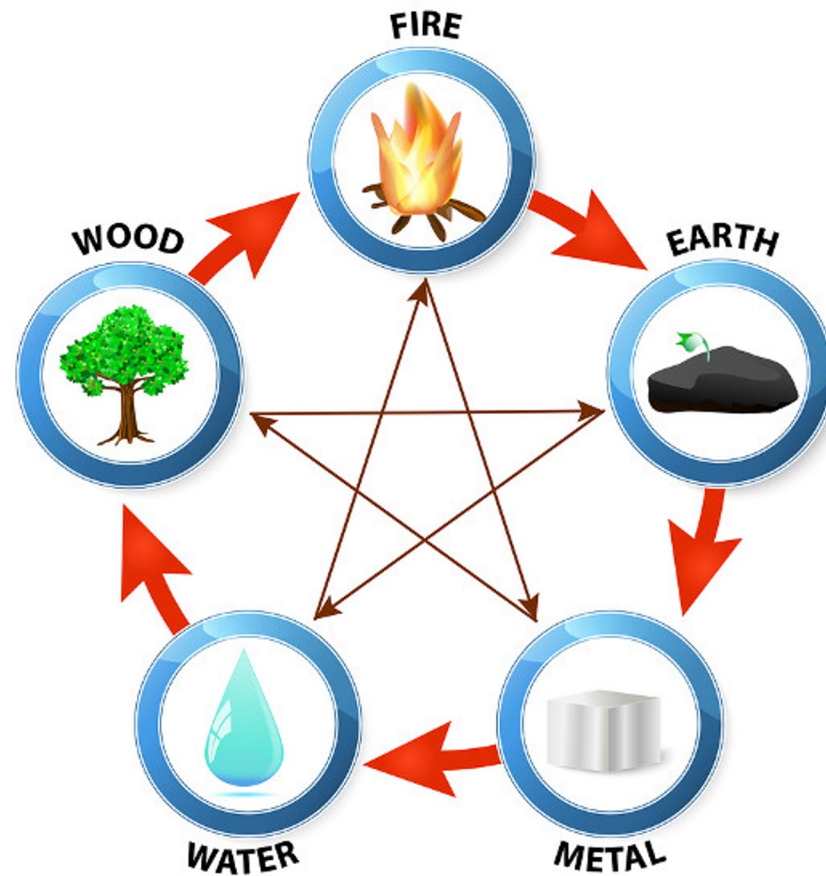
Yin Yang



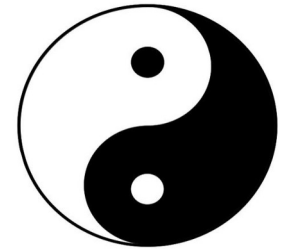
“The mother of Ten Thousand Things”
Lao Tzu, author of Tao Te Ching, 400 BCE

Foundational philosophies of the ancient Chinese

Five Elements of Nature



Balance = Homeostasis



Autonomic Nervous System

- Parasympathetic vs sympathetic (and HPA axis)
- Childhood development
- Visceral self-regulation
- Maintenance of homeostasis
- Ability to adapt to stress
- Resilience

Resilience

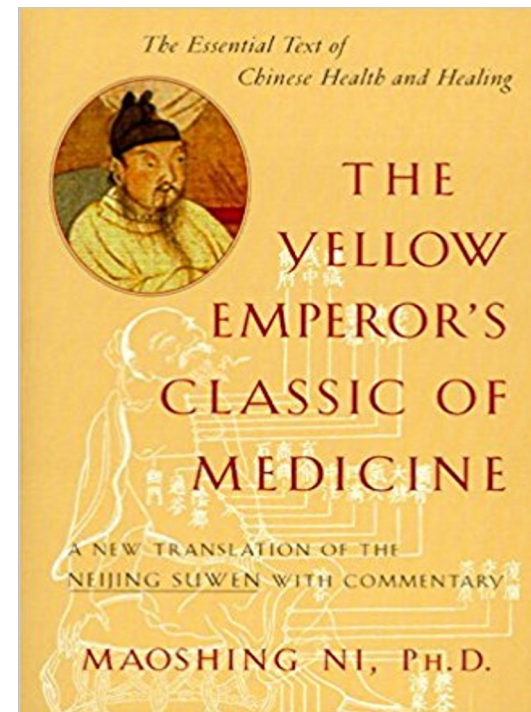
Ability to adapt in the face of adversity, tragedy, threats or significant stress – such as family and relationship problems, serious health problems, workplace and financial stressors.

American Psychological Association

Eastern wisdom

“A person is not sick because of a disease,
they are diseased because they are sick.”

Nei Ching (500 BCE)



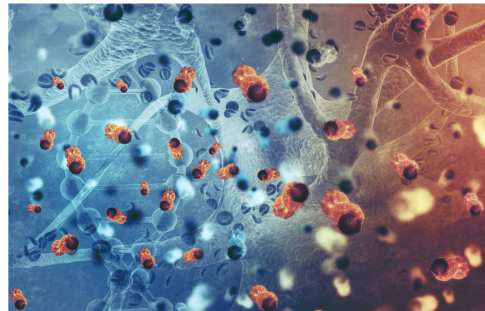
Wellness Webinars



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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