

Acupressure for Chronic Illnesses

Session 3

GROUP HANDOUTS

Learning Objectives - session 3

- Meridian massage or simple tai chi
- Modern neurophysiological studies on acupuncture
- Five Element Acupuncture theory
- Acupressure points for emotional well-being

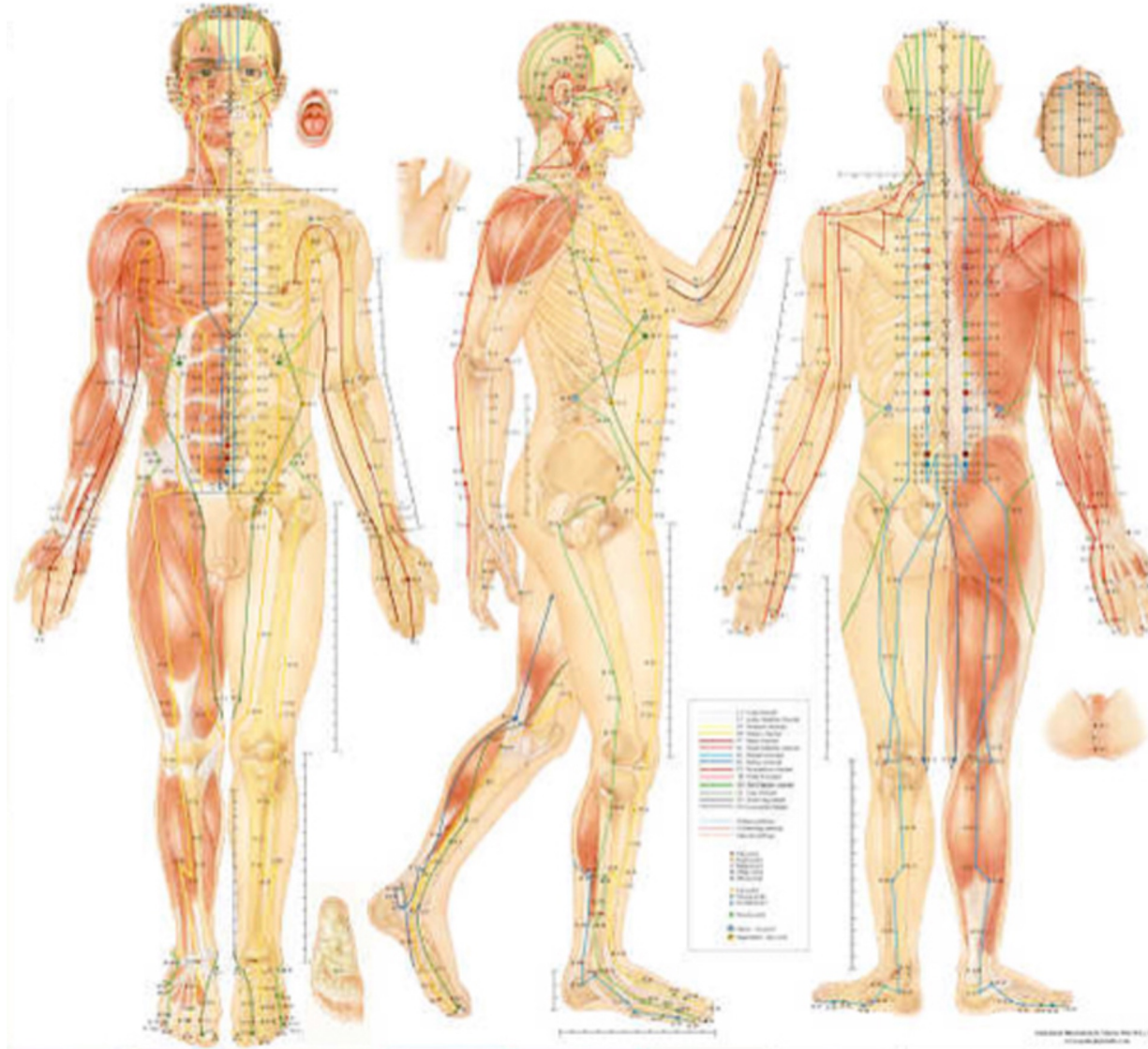
Highlights of 3 sessions

- 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

Meridians have a directional flow



Meridian massage

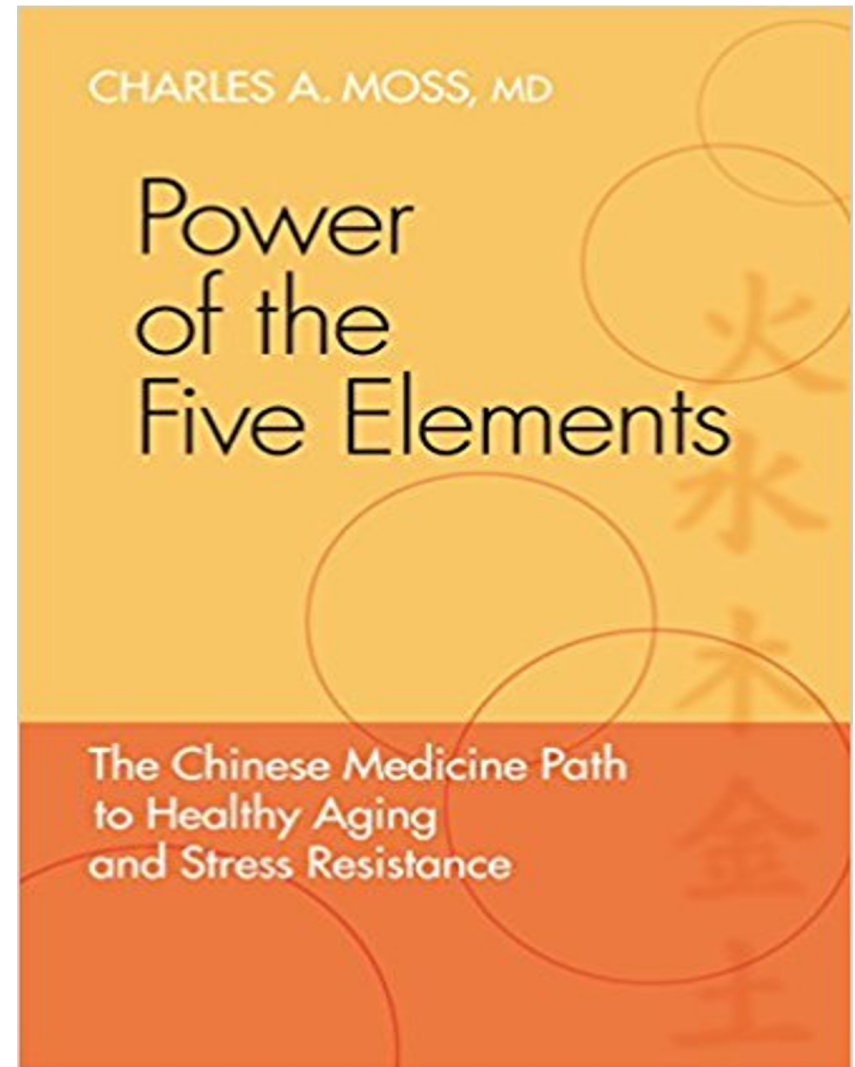
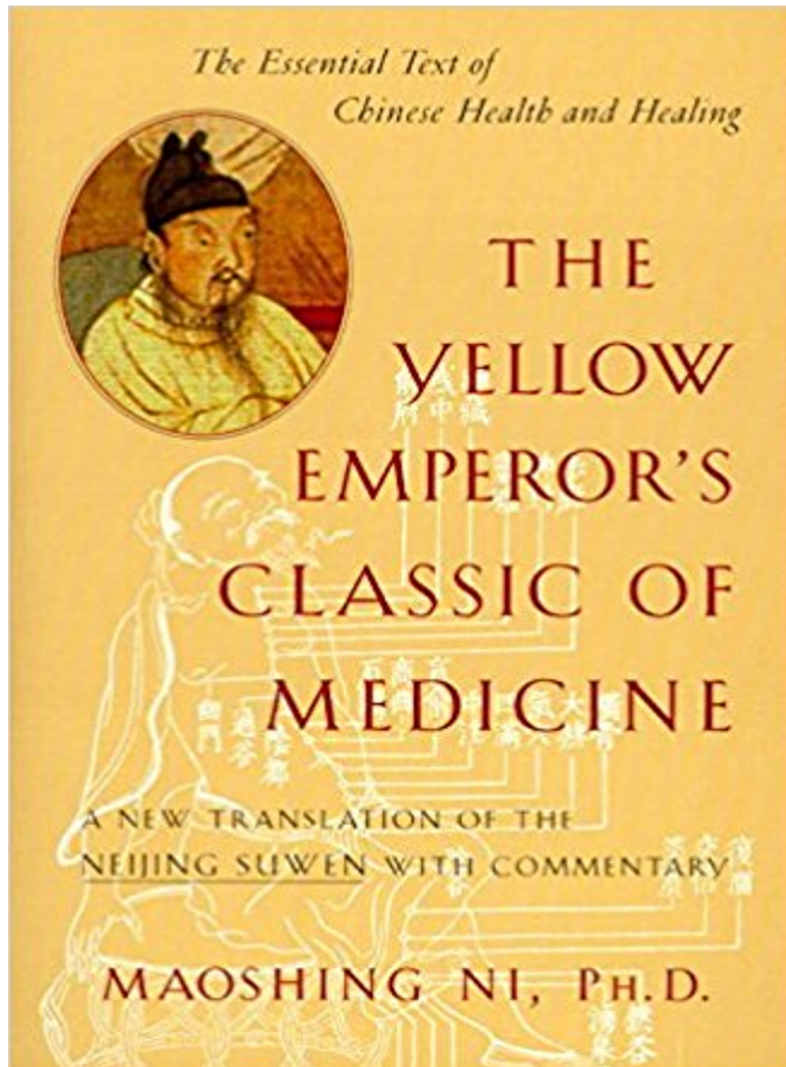
Lightly pat with a open hand in the following sequence::

1. Front of the shoulder and down the inside of the upper arm and forearm toward the open palm.
2. Turn the palm over and pat the back of the hand upwards over the back of the forearm and upper arm until the top of the shoulder.
3. Change hands and pat the other arm.
4. Use both hands and pat from the pelvis down the outer front of the thighs down the outside of the lower legs until the outer ankle.
5. Pat both legs in an upwards direction from the inner ankle up the inner lower leg and thighs to the pelvis.

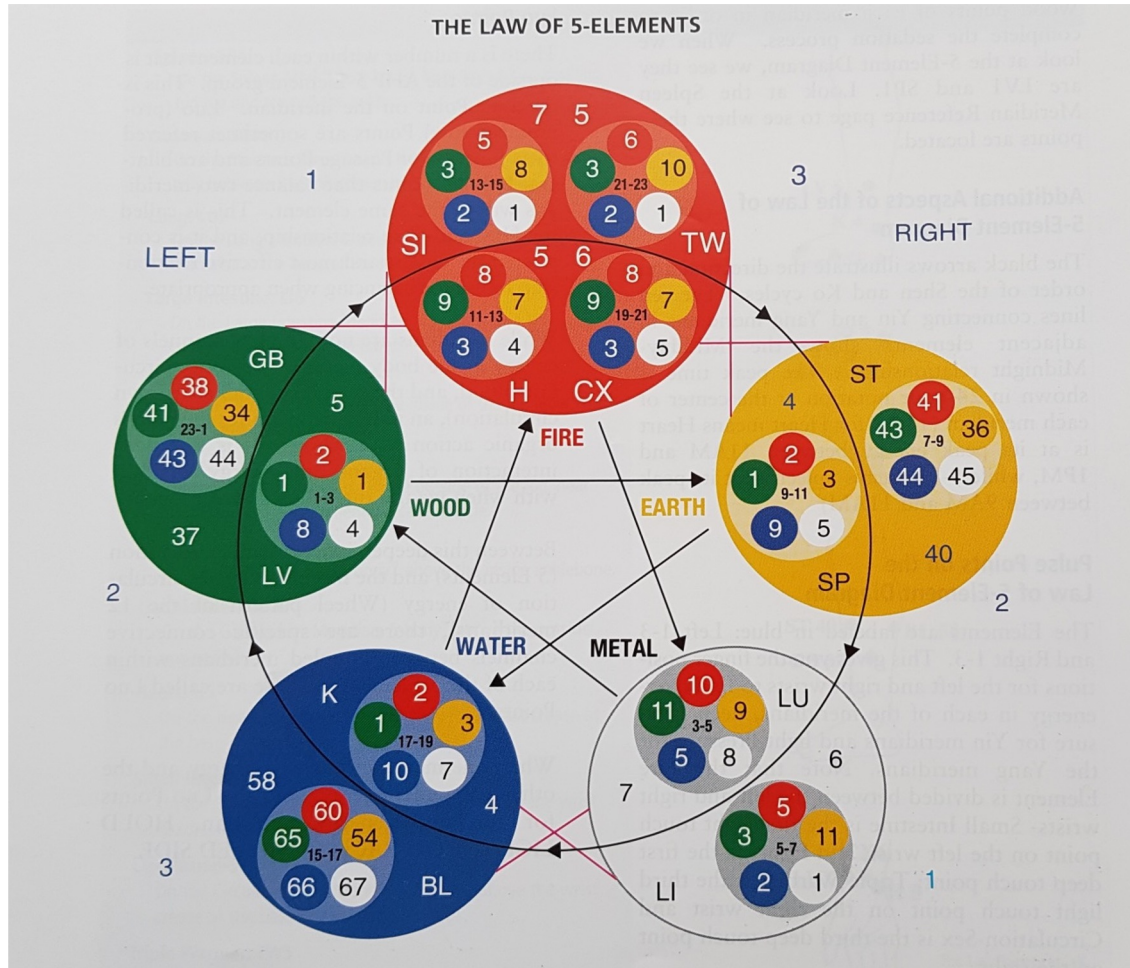
Summary of Neurophysiological effects of Acupuncture

- Increase endorphins (reduces pain, improves wellbeing)
- Balance brain wave (alpha/beta/delta/theta) ratios
- Strengthen vagal brake to dampen fight/flight
- Increases oxytocin (reduces pain, improves bonding)
- Integrates the DMN (emotional balance)
- Likely promotes homeostasis in endocannabinoid system

Huang Di Nei Jing 500 BC / **Power of the 5 Elements 2010**



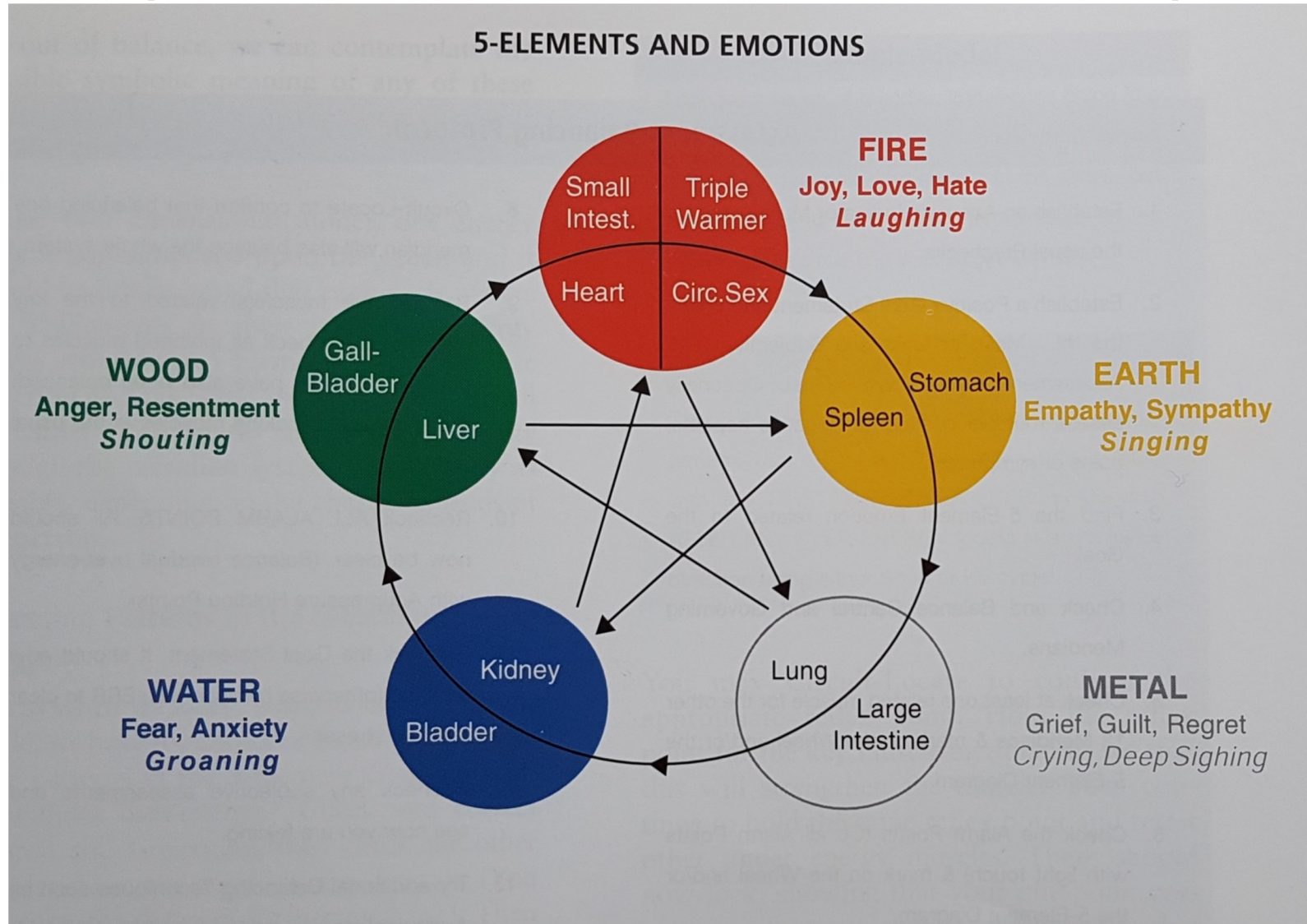
Five Element Acupuncture



- Person centred approach
- FE theory and cycle
- Features of the elements
- A few acupressure points

John Thie, "Touch for Health"

Five Element Acupuncture (Default Mode Network?)



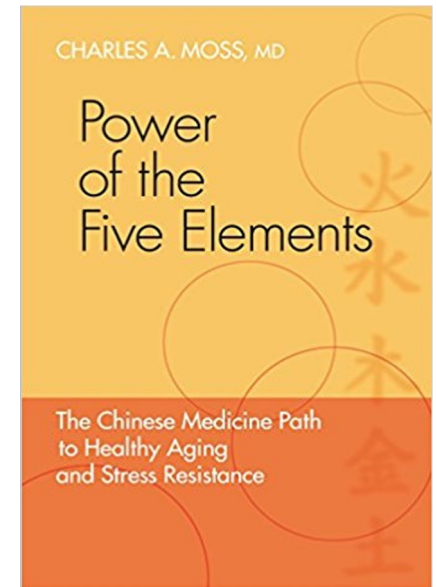
John Thie, "Touch for Health"

The Five Elements

- Wood: frustration, irritation, impatience, argumentative manner, interruptions, indecision, lack of direction, loud voice
- Fire: sadness and flatness of affect when dysfunctional, seductive, joking, laughing voice
- Earth: hunger for sympathy, being understood, neediness, singing voice
- Metal: grief, aloof, distant, sarcasm, negative, critical, intellectual, weepy voice
- Water: frightened, shaky, easily startled, fragile, groaning voice

Causative Factor

- . The predominant Element
- . Either inherited or acquired
- . If acquired often the result of early childhood experiences which create a disequilibrium
- . **Traumas of a physical, emotional, infectious or climactic nature will bring CF into a pathological state leading to onset of symptoms**



Examples of weakened “spirit”

- Loss of connection with their vitality, inner light, and the deeper purpose and meaning of their lives
- Early traumatic physical or sexual abuse. The spirit is buried, childhood innocence gone, “inner child” is wounded and in hiding
- Involved in abusive relationships, power given away
- PTSD -memories persistent and taken over the person's conscious and sub-conscious processes
- Never the same after the event: car accident, surgery, child birth etc.

Dr. Charles Moss, author of : “Power of the Five Elements”

Benefits of FE acupuncture treatment

- Can see a major change in presence of person
- Emotional release over period of time
- Improvement in self-efficacy, motivation, self-management and self-care
- Improvement in relationships or contentment with divorce and able to move forward
- Improvement in ability to connect with others
- Improvement in future orientation and hope
- No longer obsessed with illness and symptoms
- **Improvement in resilience and adaptability**

Acupressure points for emotional well-being

Point	Ancient names
Gall Bladder 41 (GB41)	Foot above Tears
Liver 2 (LR2)	Walk between
Stomach 40 (ST40)	Abundant Splendour
Conception Vessel 6 (CV6)	Sea of Chi
Small Intestine 6 (SI6)	Nourishing the Old
Triple Warmer 17 (TW17)	Wind Screen
Stomach 8(ST8)	Head Tied
Governing Vessel 20 (GV20)	Hundred Confluences

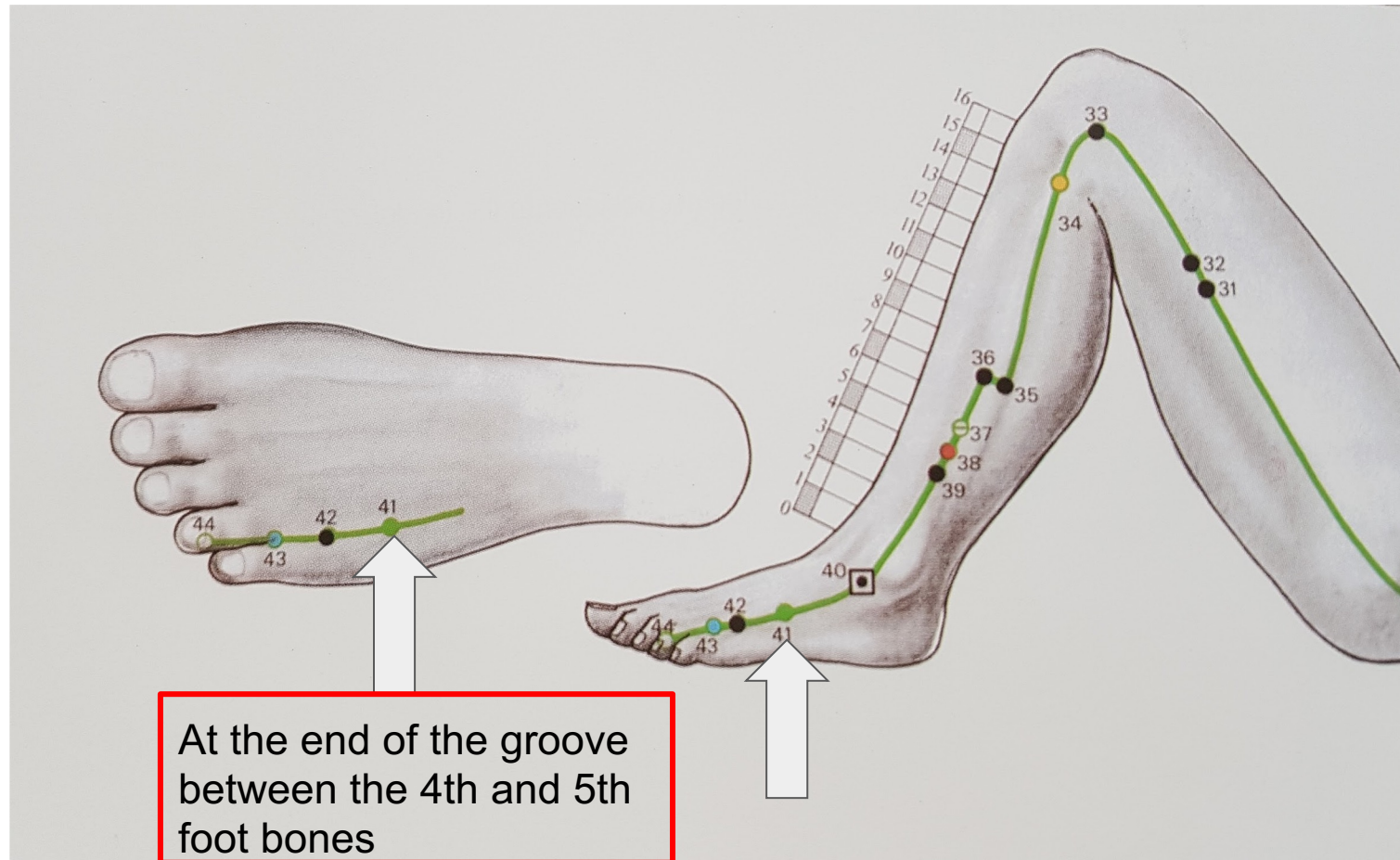
Acupressure points for emotional wellbeing

Apply gentle pressure for 10-20 seconds or tap about 10 times on desired points ending with tapping on GV 20 on the top/crown of head

Gall Bladder 41 - “Foot above tears”

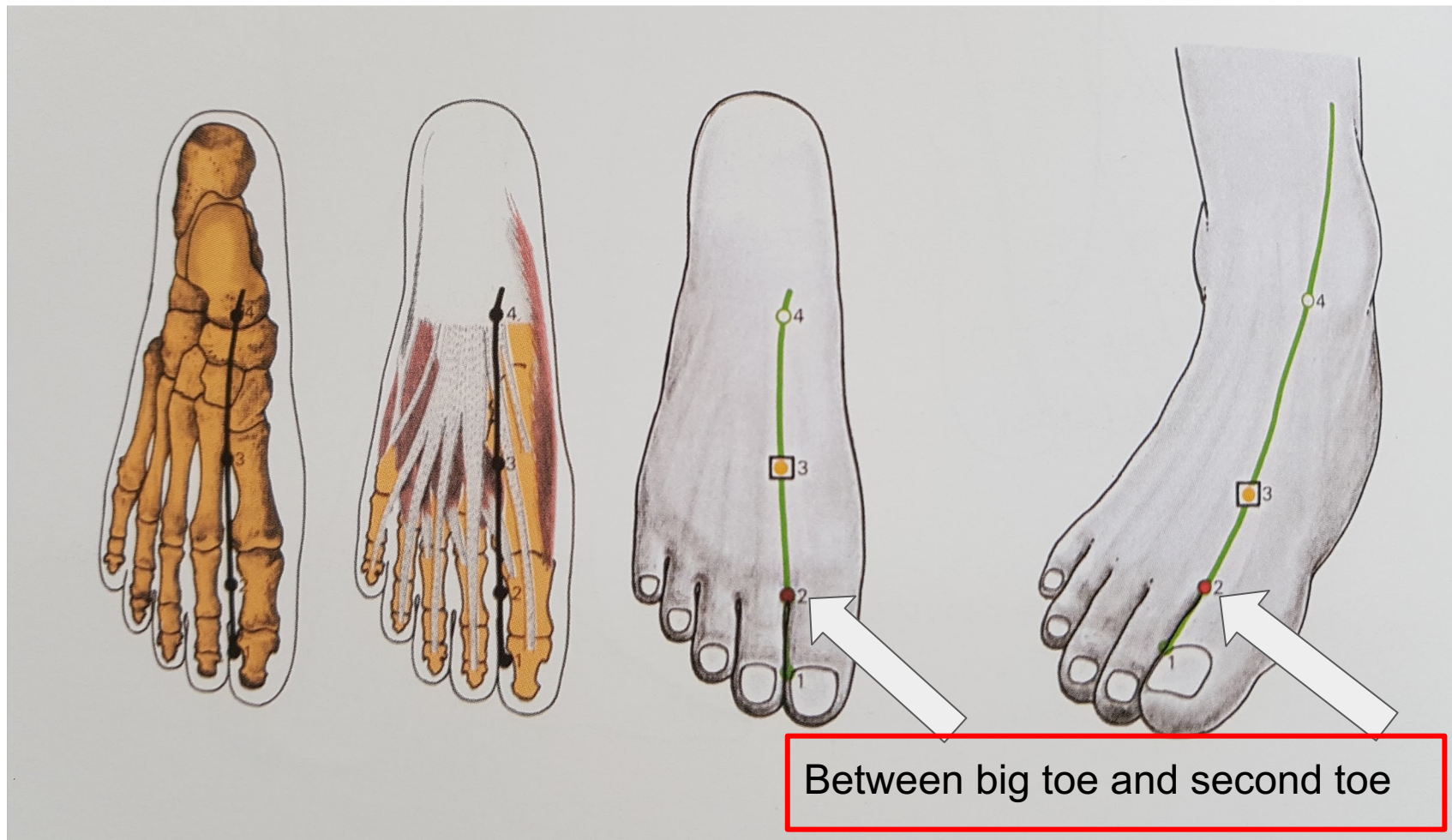
JR Worsley, “Classical Five Element Acupuncture, volume 1, Meridians and Points”

Grounding and allows for emotional release of frustration/anger



Liver 2 - “Walk between”

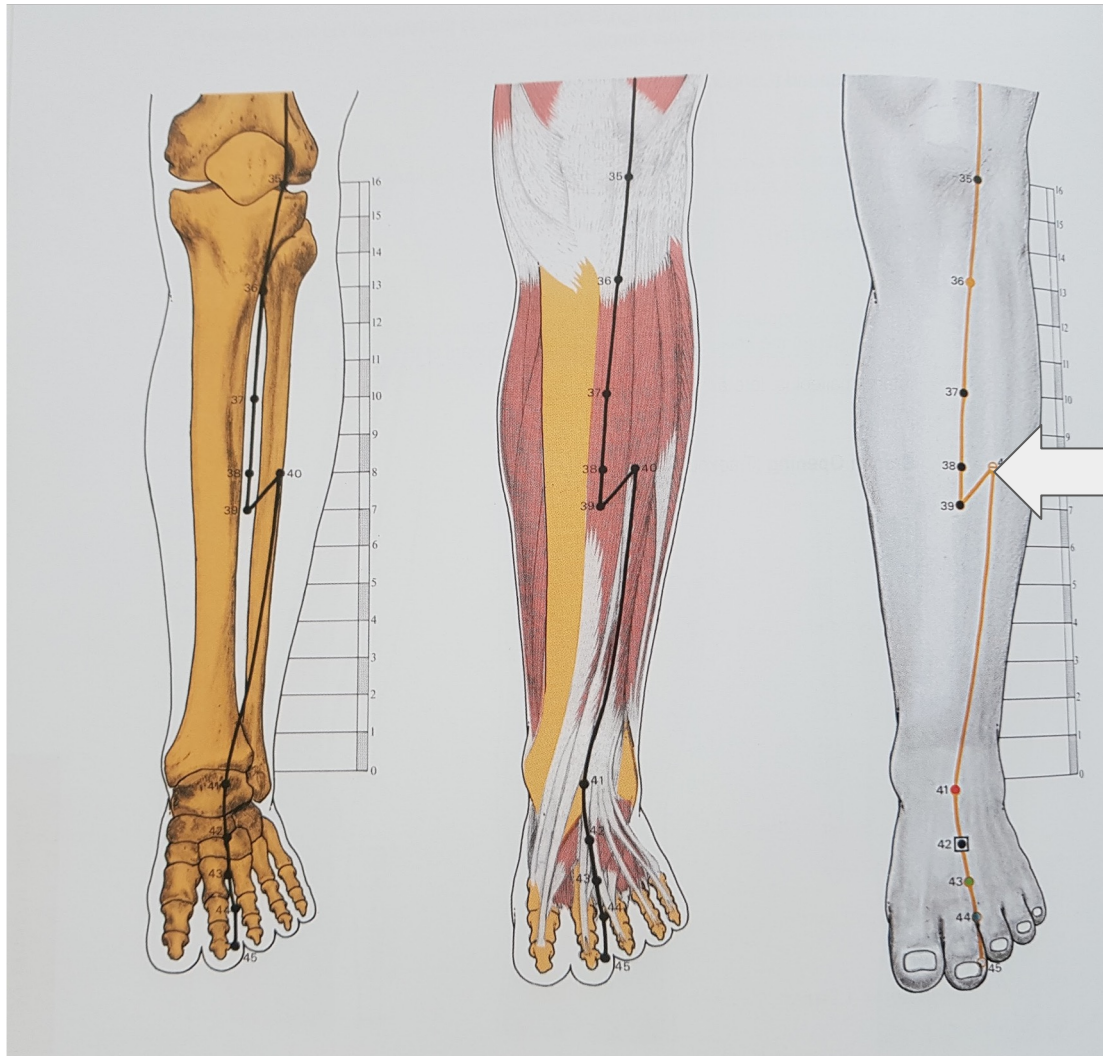
JR Worsley, “Classical Five Element Acupuncture, volume 1, Meridians and Points”
Enables benevolence



Stomach 40 - “Abundant Splendour”

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

Provides feeling of contentment, resolves dampness and phlegm

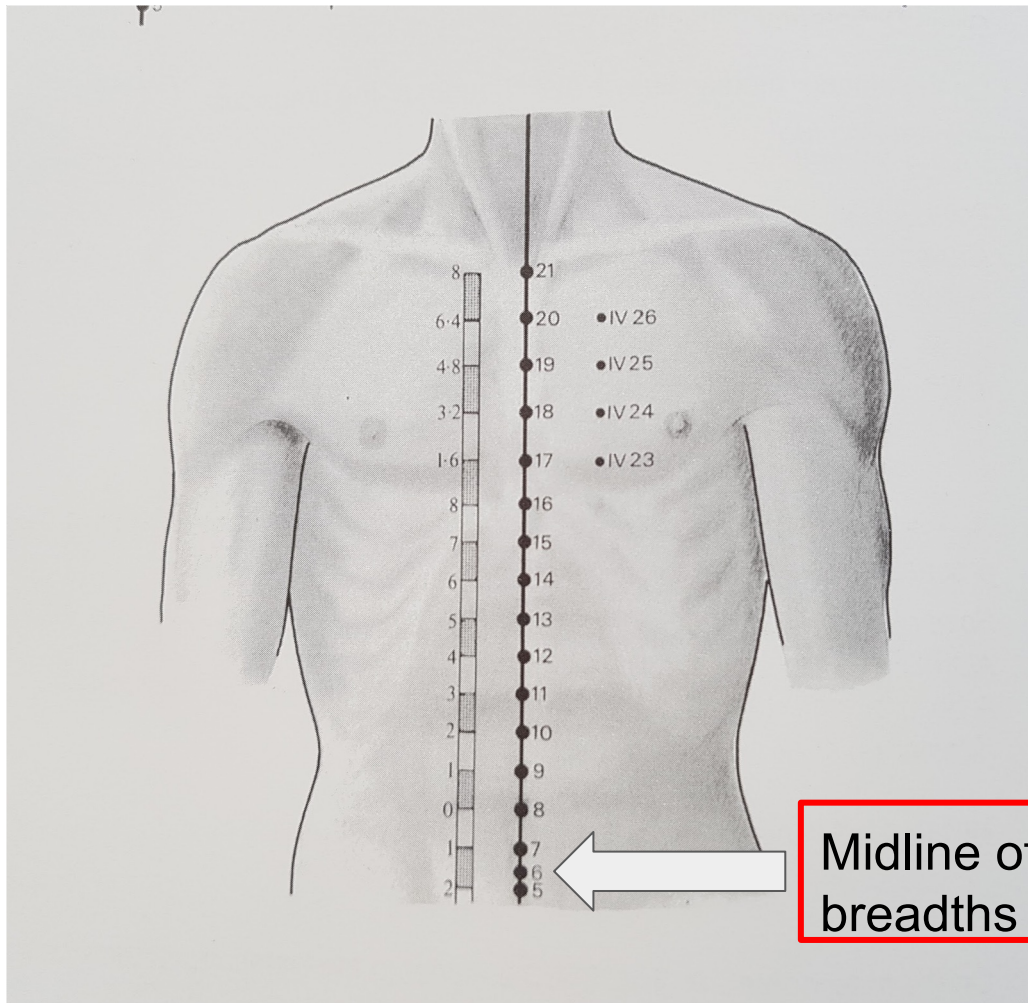


Halfway between knee and ankle bone and 1 thumb's breadth from the ridge of the shin bone

Conception Vessel 6 - “Sea of Chi”

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

For spiritual and mental exhaustion, depression and lack of will



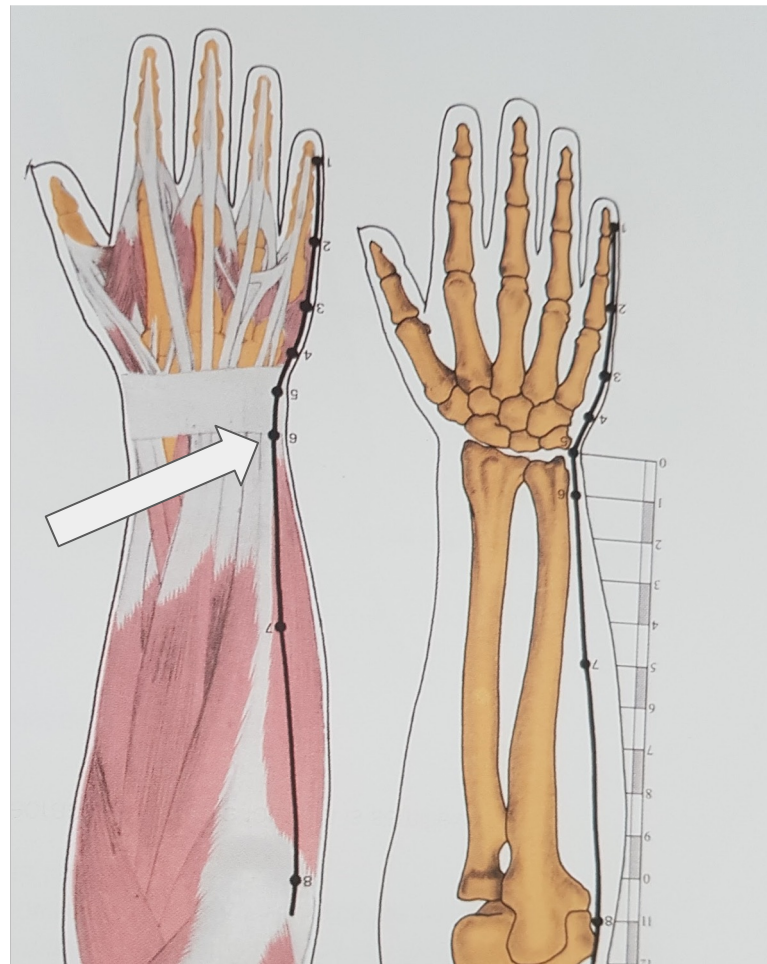
Midline of abdomen 3 finger breadths below navel

Small Intestine 6 - “Nourishing the Old”

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

Nourishes us in the face of old pain and empowering
the assimilation of life’s lessons from past traumas

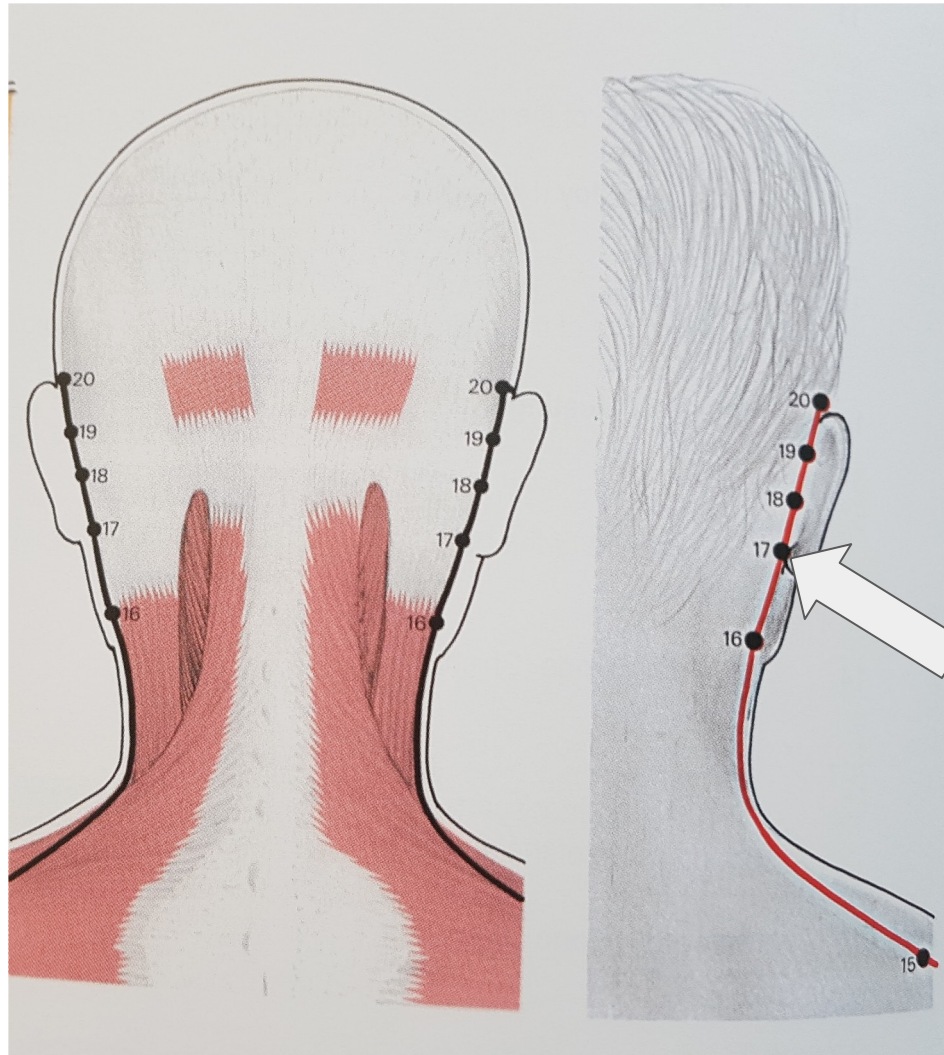
On the wrist 1 thumb’s
breadth from wrist bone
(on the side of little finger)



Triple Warmer 17 - “Wind Screen”

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

Empowers us to be less susceptible to other people’s opinions about us

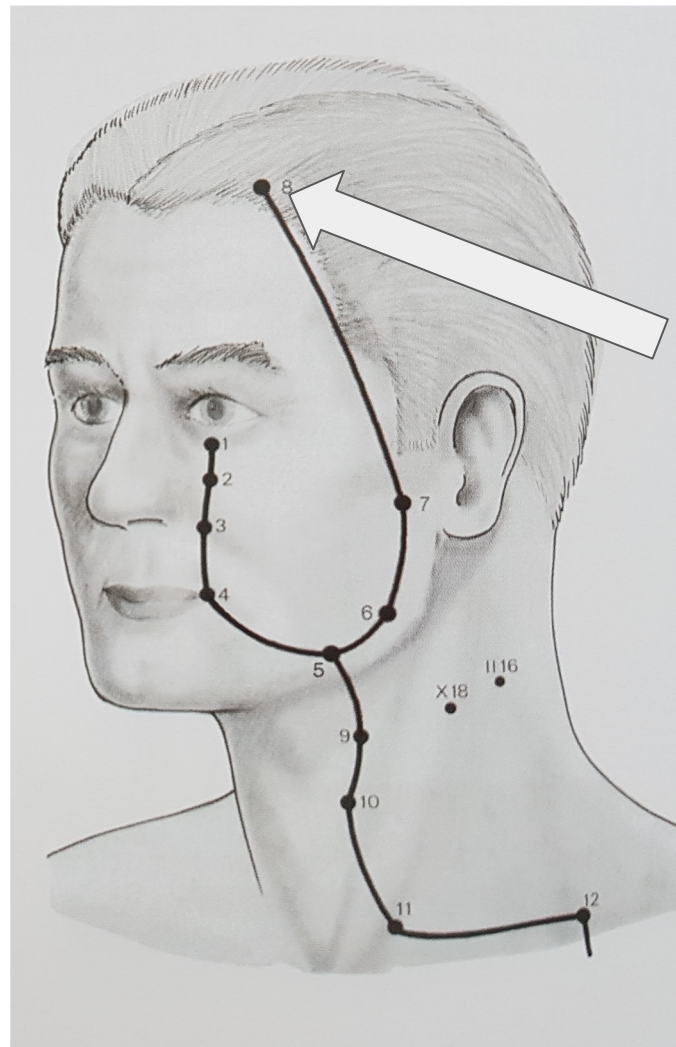


Behind the earlobe in
the dip between the
skull and jaw bone

Stomach 8 - “Head tied”

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

Unbinds the mind and eases worry, ruminations, obsessive thinking

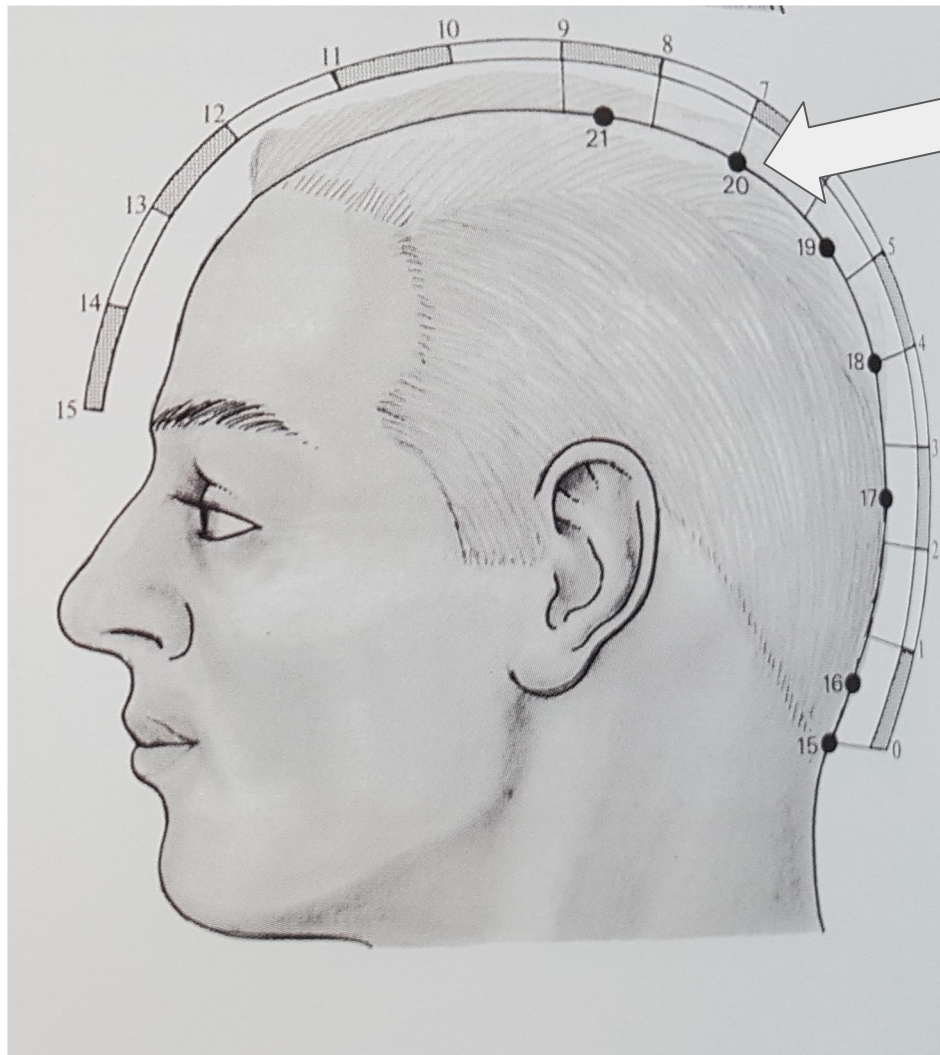


Located at “horns” position
where forehead horizontal
hairline and vertical side
hairline intersect

Governing Vessel 20 - “Hundred confluences”

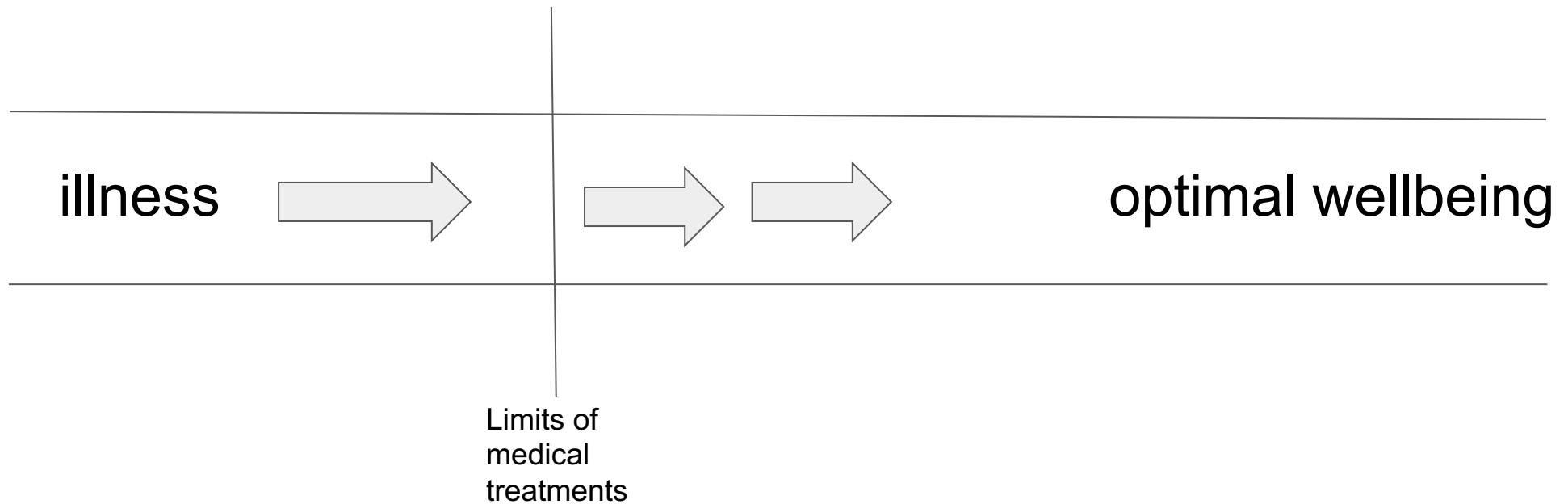
JR Worsley, “Classical Five Element Acupuncture, volume 1, Meridians and Points”

Lifts the spirits when depressed, dejected



Located at
crown of head

Journey of wellness



The journey of a thousand miles starts with a single step.

Lao Tzu, Tao Te Ching (600 BCE)

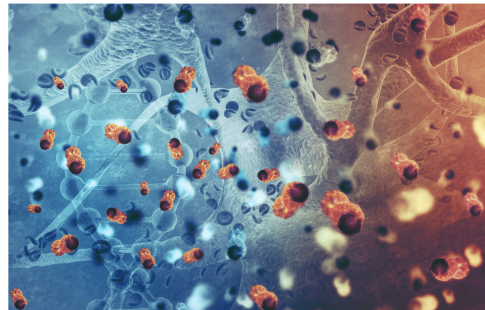
Wellness Webinars



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

REGISTER NOW

Post Group Resources



Facebook Group

[JOIN NOW](#)



Resources

[VIEW LEARNING CENTRE](#)



Follow Us



@greenleafmed



@greenleafmedicalclinic



Contact Us



1-877-513-4769



info@greenleafmc.ca



Customer Support

For immediate assistance use the live chat support on our website.

[VISIT WEBSITE](#)