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Unleash Your Health Summit

Ebook about Acupuncture and Integrative Medicine

Herbs



Nutrition



Acupuncture



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Traditional Chinese Medicine is over 4,000 years old. Its basic concept is that a vital force of life, called Qi, surges through the body. Any imbalance to Qi can cause disease and illness. This imbalance is most commonly thought to be caused by an alteration in the opposite and complementary forces that make up the Qi. These are called yin and yang.¹

Yin and Yang Theory

The early theory of yin-yang dates back to the Yin and Zhou Dynasties (sixteenth century-22 B.C.), In the Book of Changes it states, “Yin and yang reflect all the forms and characteristics existing in the universe. They are laws of heaven, the great framework of everything and the root and beginning of life and death.” Yin and yang can be explained as being two opposite principles observed in all related phenomena in the natural world. “They may represent two separate phenomena with opposing natures, as well as, different and opposite aspects within the same phenomena.” Some examples would include: day vs night, darkness vs brightness, movement vs stillness, upward vs downward directions, heat vs cold.²

Within the field of medicine, different functions and properties of the body are classified as either yin or yang. As an example, the qi (life force) of the body which has moving and warming functions is yang, whereas, the qi of the body which has nourishing and moistening functions is yin.³

Traditional Chinese Medicine (TCM) applies the theories of yin and yang to the human body to explain its physiology and pathology in order to guide clinical diagnosis and treatment. TCM requires greater in depth studies and knowledge to truly understand the medicine and how it works. Please make an appointment with your local licensed TCM practitioner.⁴

Acupuncture

Acupuncture is one component of Traditional Chinese Medicine. It is used to prevent, diagnose, and treat disease by understanding the body's vital energy, called qi (pronounced chi). Qi flows along specific channels or meridians. When qi is balanced, a person can have spiritual, emotional, and physical health. But when the qi is not in balance, disease may occur. This imbalance could also disrupt the movement of blood flow and body fluids throughout the

¹ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/chinese-medicine>

² Deng L, He S, Ji X, et al. Chinese Acupuncture and Moxibustion. 2nd ed. Foreign Languages Press; 1987.

³ Deng L, He S, Ji X, et al. Chinese Acupuncture and Moxibustion. 2nd ed. Foreign Languages Press; 1987.

⁴ Deng L, He S, Ji X, et al. Chinese Acupuncture and Moxibustion. 2nd ed. Foreign Languages Press; 1987.

body. Acupuncture can unblock these meridians and restore movement of qi and improve health.⁵

The actual practice of acupuncture includes placing thin needles into the skin on certain points of a meridian. These can then be activated by the provider's hands or through electrical stimulation. Studies have shown that acupuncture works well for many conditions. These conditions can include:

- Musculoskeletal pain (back, neck, shoulder, knee, joints)
- Women's health issues
- Autoimmune conditions
- Digestive issues
- Immune issues (flu, cold, allergies, etc)
- Headache
- Anxiety and Stress

Acupressure Points (Diagram) (Only licensed practitioners can use needles)

These are a few points that you can press on to activate. They can be pressed close to or around the actual point. You can also google these acupuncture points. The best way to experience acupuncture points is by making an appointment with your local acupuncturist.

LI10 - (Large Intestine 10) Immune point. Press on this when you feel worn out, want to support your immune system.

LU7 - (Lung 7) -Buddhas triangle - These Buddha's triangle paired points help calm the Shen (mind). Supports stress, supports the nervous system. LU7 also supports the respiratory system.

P6 - (Pericardium 6) - Buddhas triangle - Supports feelings of anxiety, irritability, insomnia.

H7 - (Heart 7) - Buddhas triangle - Supports feelings of stress.

K7 (Kidney 7) - Also supports adrenal health.

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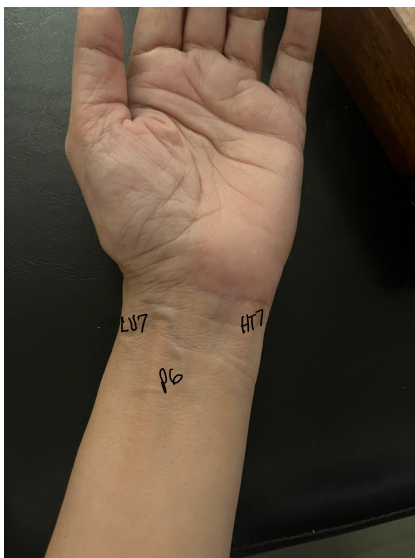


Photo by [averie woodard](#) on [Unsplash](#) (photo on right)



⁵ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/acupuncture>

Cupping

Cupping is a practice used in Traditional Chinese Medicine that involves creating suction on the skin using a glass, ceramic, or plastic cup. Negative pressure is created in the cup either by applying a flame to the cup to remove oxygen before placing it on the skin or by attaching a suction device to the cup after it is placed on the skin. This technique can help support blood flow to help move qi and blood, potentially reducing pain. Your practitioner might do stationary or moving cupping.⁶ Speak with your practitioner if this would be helpful and also possible adverse effects.

Tuina

Tuina massage is an ancient form of massage that focuses on balancing a person's energy through the use of various massage and manipulation techniques, including kneading, pressing, rolling, and stretching.⁷

Moxibustion

Mugwort leaves are dried and ground into small sticks or cones called moxa (similar to incense), which are then lighted and used to warm points on your body and relieve a variety of conditions. Moxibustion is able to regulate qi and blood, dispel cold, warm yang and prevent diseases to maintain overall well-being.⁸ Speak with your practitioner if this would be helpful and also possible adverse effects.

Qi Gong

Qi Gong is the grandfather of all the martial arts. It involves using exercises to optimize the energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong involves the regulation of the mind, breath, and body's movement and posture.⁹

⁶ <https://www.nccih.nih.gov/health/cupping>

⁷ <https://www.medicalnewstoday.com/articles/tuina-massage#uses>

⁸ <https://health.clevelandclinic.org/moxibustion>

⁹ <https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>

Plant Based Recipes

Organic Tofu Scramble

Ingredients:

1 14 oz organic firm tofu
1/2 small onion chopped
3-4 cloves of garlic chopped
1 tsp tumeric
1 tsp cumin
1/2 tsp garam masala
Sprinkles of chili pepper
Dash of salt
Dash of black pepper
Small bunch of fresh cilantro
Optional veggies (chopped broccoli, chopped bell pepper, chopped tomato)

Heat a skillet on medium with 1 tbsp oil (olive, avocado, grape seed)
Add chopped onions, garlic and sprinkles of chili pepper. Stir for 5 min until the onions get glassy.
Add the tofu in broken pieces. I generally mash it and add it into the skillet. Mix it with the onions, garlic and chili.
Add the seasonings. And mix. Cook on low/med for 3-5 min
At this time, you can add the additional veggies if you like. Cook another 3-5 minutes.
Taste test and make sure the tofu is cooked and the seasonings are to your preference
Add cilantro on top.
Enjoy! Refrigerate any leftovers. This generally makes 2-3 servings.

Pickled Carrots - This is my mom's secret recipe

Ingredients:

1 bag of baby carrots (sliced lengthwise)
1 tsp salt
1/2 tsp turmeric
4 garlic cloves diced
2 tsp mustard seeds - coarsely ground (not to a powder)
2-3 scallions sliced
1 tbsp olive oil
1 tbsp white wine vinegar
Pinch of red chilli powder

Mix carrots and salt in a jar and keep aside for an hour. Take all the ingredients and mix it into the jar. Mix it daily. Should be ready for consumption in 2-3 days. After 2-3 days once it has the flavour you like (the sourness from fermentation), refrigerate the jar to prevent the carrots from becoming more sour. Eat them as a snack or with a meal.

