

Chinese Medicine Healing Bundle

5-step method to find the root cause of your symptoms
and start healing naturally





HI THERE, I'M QIANLEI

[LINKTR.EE/OLDTOWN ACUPUNCTURIST](https://linktr.ee/OLDTOWN_ACUPUNCTURIST)

Im your go-to Traditional Chinese Medicine (TCM) acupuncturist.
I help you understand your own body and live free from nagging
health issues with the help of TCM.



Follow me @Oldtown_acupuncturist

Chinese Medicine Healing Bundle

START HERE

Welcome to Chinese Medicine Healing Bundle, designed to empower you on your journey to holistic health through Traditional Chinese Medicine (TCM). This comprehensive bundle will guide you through a step-by-step understanding of your body's internal systems, imbalances, and natural remedies.

Begin your exploration with "TCM foundation". You'll understand how Chinese Medicine works, its difference from western medicine, and its 4 core concepts: Qi, Xue, Yin, Yang. You'll also know the symptoms of deficiency in each of these 4 aspects, and the dietary and lifestyle changes to reverse the deficiency.

Then move on to "Organs and Symptoms". Here, you'll learn about the intricate network of organ systems according to TCM principles. You'll gain insight into what each organ system encompasses and learn to recognize the signs of imbalance or disharmony within them. Understanding these symptoms will provide a foundational understanding of where potential issues may lie within your body.



Follow me @Oldtown_acupuncturist

Chinese Medicine Healing Bundle

START HERE

Next, dive into "TCM Tongue Diagnosis" to uncover the ancient art of reading your tongue for clues about your overall health. Your tongue serves as a mirror reflecting the internal landscape of your body, revealing imbalances and deficiencies that may otherwise go unnoticed. By interpreting the subtle nuances of your tongue's appearance, you'll gain a deeper understanding of the root causes of your health concerns.

With the new awareness of your body's needs, turn to "Food Temperature" to discover the power of food as medicine in restoring balance and vitality. Learn how to select everyday foods that align with your body's specific imbalances and deficiencies, using the energetic properties of each ingredient to promote healing from within.

Finally, explore "Acupressure" as a practical tool for addressing common symptoms and discomforts naturally and rapidly. From headaches to period cramps to stuffy noses, acupressure techniques offer instant relief.



Follow me @Oldtown_acupuncturist

part I



TCM FOUNDATION

How Chinese Medicine works, its difference from western medicine, and its 4 core concepts: Qi, Xue, Yin, Yang. You'll learn the symptoms of deficiency in each of these 4 aspects, the dietary and lifestyle changes to reverse the deficiency.

Introduction to Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine (TCM) is a holistic healing system that has been practiced for thousands of years. It views the body as a complex network of interconnected systems, where health is achieved through balance and harmony.



TCM VS. Western Medicine

In Western Medicine, disease names are given based on a group of symptoms. Medications are then given based on the disease names, blood work, CT scan, and ultrasound.

In Chinese Medicine, we find out the imbalances in your body that are the root cause to these symptoms you're experiencing. Then we treat treat the imbalances. By targeting the root cause to your problems, all of your symptoms will get better at once.

No matter what health issues you have, there are 2-3 imbalances in your body. You can find them by analyzing your symptoms and your tongue. From there, you can use simple diet and lifestyle shifts to reverse the imbalances.

Core of TCM

At the core of TCM is these four concept: Qi (vital energy), Xue (blood), yin, and yang.

Qi

Think of Qi as the energy that powers your body and keeps everything running smoothly.

Qi flows through channels called meridians, nourishing and regulating the body's functions.

When Qi is flowing freely, you feel healthy and vibrant. However, blockages or imbalances in Qi flow can lead to health issues.



Qi deficiency symptoms

- **Fatigue:** Persistent fatigue and lack of energy, especially in the mornings.
- **Weakness:** Generalized weakness and lethargy, with a tendency to tire easily.
- **Shortness of Breath:** Easily becoming short of breath, especially with exertion.
- **Poor Appetite:** Loss of appetite or a tendency to feel full quickly.
- **Weak Voice:** A weak or low voice, often accompanied by a lack of strength in speech.
- **Pale Complexion:** Pale or sallow complexion, indicating poor circulation and qi deficiency.
- **Loose Stools:** Chronic loose stools or diarrhea, often accompanied by abdominal bloating or discomfort.
- **Weak Immune System:** Frequent colds, infections, or allergies due to a weakened immune system.
- **Dizziness:** Episodes of dizziness or lightheadedness, especially upon standing up quickly.
- **Cold Limbs:** Cold hands and feet, indicating poor circulation and deficient qi.

Xue

In Traditional Chinese Medicine (TCM), "Xue" (血), commonly translated as "Blood," is a vital substance that plays a crucial role in maintaining health and balance in the body.

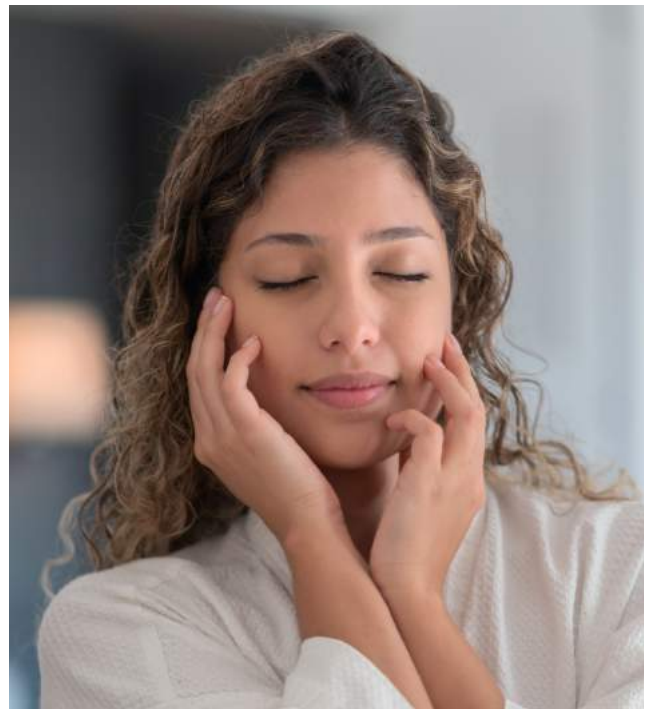
Xue in TCM is not exactly the same as blood in Western medicine; it encompasses broader functions and symbolic meanings.

Functions of Xue

Nourishment: Xue provides essential nutrients to the organs, tissues, and cells of the body, ensuring their proper functioning.

Moistening: Xue helps to keep tissues and organs moist and supple, preventing dryness.

Foundation for Shen (Spirit): Xue is closely linked with Shen (the mind and spirit). It nourishes and anchors Shen, contributing to mental and emotional stability.



Circulation: Xue circulates throughout the body, driven by the heart and regulated by the liver, ensuring a constant supply of nutrients and oxygen.

Menstruation: In women, Xue is especially important for the menstrual cycle, supporting regular periods and reproductive health.



Blood deficiency symptoms



- A pale or washed-out complexion, often accompanied by paleness of the lips, nails, and tongue.
- Fatigue: Persistent fatigue and weakness, despite adequate rest and sleep.
- Dizziness: Dizziness or vertigo, especially when standing up quickly or after prolonged periods of sitting.
- Dry Skin and Hair: Dry, dull skin and brittle hair due to inadequate nourishment from blood.
- Insomnia: Difficulty falling asleep or staying asleep, often accompanied by vivid dreams.
- Heart Palpitations: Fluttering or irregular heartbeats, especially when at rest or during periods of stress.
- Numbness or Tingling: Numbness or tingling sensations in the extremities, indicating poor circulation and blood deficiency.
- Menstrual Irregularities: Irregular or scanty menstrual periods in women, often accompanied by symptoms such as fatigue and dizziness.
- Poor Memory: Forgetfulness or difficulty concentrating due to insufficient nourishment of the brain.
- Brittle Nails: Brittle or ridged nails that break easily, indicating poor blood quality.

Qi and Xue

In TCM, Qi and Xue are almost always interconnected. Xue gives rises to Qi, and Qi guides Xue to move forward.

People who have deficiency in Qi are most likely short on Xue as well.

Diet tips for Qi and Xue deficiency

- **Warm and Nourishing Foods:** Incorporate warm and nourishing foods into your diet, such as soups, stews, and congee (rice porridge).
- **Protein-Rich Foods:** Include high-quality protein sources like lean meats, poultry, fish, eggs, tofu, and legumes to support qi and blood production.
- **Whole Grains:** Consume whole grains such as brown rice, quinoa, oats, and barley for sustained energy and nourishment.
- **Dark Leafy Greens:** Eat plenty of dark leafy greens like spinach, kale, and Swiss chard, which are rich in vitamins and minerals necessary for blood production.
- **Root Vegetables:** Incorporate root vegetables like sweet potatoes, carrots, and beets, which help tonify qi and blood.
- **Iron-Rich Foods:** Consume iron-rich foods such as dark leafy greens, lentils, beans, red meat, and dried fruits to support blood production.

- **Avoid Cold and Raw Foods:** Minimize consumption of cold and raw foods, as they can weaken digestion and further deplete qi and blood.
- **Moderate Sweetness:** Enjoy moderate amounts of sweet foods such as honey, dates, and molasses, which can tonify qi and blood.

Lifestyle tips for Qi and Xue deficiency

- **Adequate Rest:** Prioritize sufficient rest and sleep to conserve energy and support the replenishment of qi and blood.
- **Stress Management.**



- Gentle Exercise: Engage in gentle exercises like walking, qigong, or tai chi to improve circulation and energy flow without overexertion.
- Regular Meal Times: Eat regular, balanced meals at consistent times to support digestion and energy levels.
- Stay Warm: Keep yourself warm, especially in colder weather, to promote circulation and prevent qi and blood stagnation.
- Hydration: Drink plenty of fluids, such as warm water and herbal teas.
- Avoid over work.



Yin and Yang

In Traditional Chinese Medicine (TCM), the concepts of Yin and Yang are fundamental principles used to understand the nature of the body, its functions, and the interactions between different aspects of life.

Yin

Yin is associated with qualities such as darkness, cold, passivity, rest, and femininity.

Yin energy nourishes and moisturizes the body's tissues, keeping them supple and lubricated.

Yin energy has a cooling and calming effect, helping to counterbalance the heat and activity associated with Yang.

It soothes inflammation, reduces excess heat, and promotes relaxation.

Yin energy helps to ground and anchor the body and mind, promoting stability, rootedness, and a sense of security.

Yin Deficiency Symptoms:

- Dry mouth and throat
- Night sweats
- Hot flashes or sensation of heat, especially in the palms, soles, and chest
- Restlessness or irritability
- Insomnia or difficulty sleeping
- Thirst with a desire for small sips
- Red tongue with little or no coating
- Dizziness or vertigo
- Tinnitus (ringing in the ears)
- Low-grade fever or sensation of heat in the afternoon or evening
- Scanty dark urine
- Dry skin and hair
- Constipation or dry stools
- Emaciation or weight loss



Diet and lifestyle tips:

- Hydrating Foods: Include foods with high water content like cucumbers, watermelon, and soups.
- Cooling Foods: Emphasize cooling and moistening foods such as pears, apples, melons, and leafy greens. (more in part 3: food temperature).
- Nourishing Foods: Incorporate foods known to nourish yin, such as black sesame seeds, almonds, and tofu.
- Whole Grains: Opt for whole grains like barley, oats, and brown rice, which help support digestion and overall health.
- Herbal Teas: Drink herbal teas like chrysanthemum, mint, and honeysuckle, which have cooling properties.
- Avoid Overly Spicy or Hot Foods: Reduce consumption of spicy, fried, and greasy foods that can exacerbate heat.
- Adequate Sleep: Ensure sufficient sleep to help restore and maintain yin energy.
- Hydration: Drink plenty of water throughout the day to maintain hydration.

Yang

Yang is associated with qualities such as light, heat, activity, movement, and masculinity.

Yang energy fuels the digestive process, helping to break down food, absorb nutrients, and eliminate waste.

Functions of Yang

- **Circulation of Qi and Blood:** It promotes the smooth flow of qi (vital energy) and blood throughout the body, ensuring adequate nourishment to all tissues and organs.
- **Muscle Contraction and Movement:** Yang energy activates muscle contraction and facilitates physical movement and coordination.
- **Regulation of Body Temperature:** Yang maintains body temperature within a narrow range, preventing excessive heat loss or overheating.



Yang Deficiency Symptoms:

- **Cold Sensation:** Persistent feeling of cold, especially in the hands, feet, and lower back.
- **Generalized fatigue.**
- **Low Libido.**
- **Weakness:** Muscle weakness or a general sense of physical weakness.
- **Fluid retention and swelling,** particularly in lower extremities.
- **Pale Complexion.**
- **Chronic loose stools or diarrhea.**
- **Frequent Urination:** Frequent and clear urination, possibly at night.
- **Low Back Pain:** Chronic lower back pain and soreness.
- **Depression:** Mild depression or a tendency towards low spirits.
- **Possible impotence or infertility.**

Diet and lifestyle tips:

- **Warming Foods:** Include warming foods and spices like ginger, cinnamon, cloves, garlic, onions, and black pepper. (more in part 3: food temperature).
- **Nourishing Proteins:** Consume easily digestible proteins such as lamb, chicken, and beef.
- **Drink bone broths** which are nutrient-dense and warming.
- **Legumes:** Add legumes like black beans, kidney beans, and lentils.
- **Warm Beverages:** Drink warm teas and beverages, such as ginger tea, cinnamon tea, and chai, and avoid cold drinks.
- **Limit Raw Foods:** Reduce the intake of raw and cold foods, such as salads and smoothies, especially in colder weather.
- **Avoid Excessive Dairy and Sugar:** Limit excessive consumption of dairy products and sugary foods which can further weaken yang.
- **Dress warmly** and avoid exposure to cold environments.
- **Adequate Rest:** Ensure sufficient sleep and rest to help rebuild yang energy.
- **Warm Baths or foot soaks** to improve circulation and warmth.
- **Sun Exposure:** Spend time in the sun to boost natural warmth and energy levels.
- **Avoid excessive physical and mental strain**, which can deplete yang energy.
- **Eat Regular Meals:** Have regular, warm, and nourishing meals to maintain energy levels.

