

Asthma & Allergy Patient Help Sheet

Here are some health tips that you can use to help balance and support your lung health during this time of year. Please feel free to call me if you have further questions or concerns.

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Lung 7 (LU7) - Roughly 2 inches above the base of the thumb.

Lung 5 (LU5) - On the thumb side, at the elbow crease, just off the biceps brachii tendon.

Lung 1 (LU1) - On the lateral aspect of the chest, in the first intercostal space, approximately 6 inches from the center of the chest.

Lung 9 (LU9) - On the wrist crease, just below your thumb.

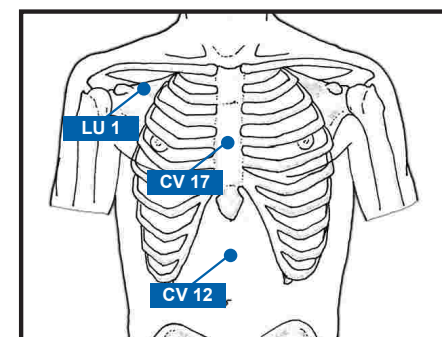
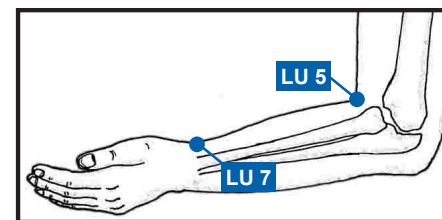
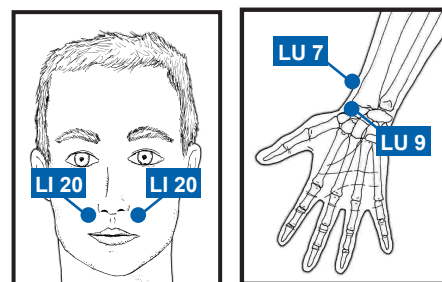
Large Intestine 20 (LI20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile.

Conception Vessel 17 (CV17) - On the breastbone, in the center of the chest between the nipples.

Conception Vessel 12 (CV12) - On the centerline of the body, halfway between the navel and the place where the ribs come together.

Ding Chuan - On the back, approximately 0.5 inches lateral to the spinal process of C7. (Not Shown)

Stomach 36 (ST36) - On the outside of the leg, approximately one handwidth below the kneecap, just off the bone. (Not Shown)



Helpful aromatherapy for asthma and allergies.

Chamomile, Roman	Lemon
Eucalyptus	Lavender
Frankincense	Spikenard

Combine essential oils and vegetable oil into small glass jar. Rub on your chest throughout the day and night as needed, especially before bedtime.

You can also place a few drops of each scent on a cloth and inhale it throughout your day.

Cleanse your nose.

Nasal cleansing is an ancient practice that has been used throughout India for thousands of years.

There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.

Check out the links below for more information:

http://en.wikipedia.org/wiki/Nasal_irrigation

http://www2.oprah.com/health/oz/oz_20070426_350_106.jhtml

<http://www.himalayaninstitute.org/Netipot/NetiPotGateway.aspx>

Meridian exercise for lung and sinus health.

DON'T ATTEMPT IF YOU HAVE SHOULDER PROBLEMS

1) Stand with feet shoulder width apart.

2) Place your hands behind your back, hook your thumbs together and spread your fingers apart.

3) As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down, raise your hands up over your back and keep your elbows straight.

4) When you have come to a comfortable forward bend, take a deep inhalation. Relax into the pose and gradually sink deeper with each exhalation.

5) Exhale and gently push your arms up, and away from your body, toward your front. Spread and stretch your fingers toward the sky.

6) Hold this position for a few breaths.

7) Gradually return to a standing position

WARNING: If you become light headed or dizzy. Stop, bend your knees and slowly return to a standing position.

