

Cold and Flu Patient Help Sheet

Here are some health tips that you can use to help balance and support your lung health during a cold or flu. 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 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.

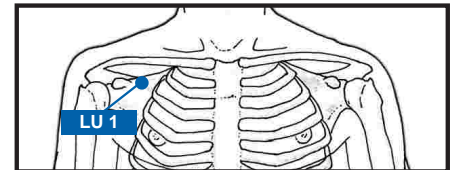
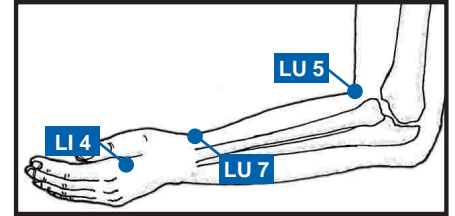
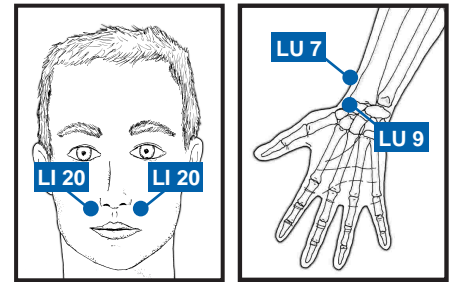
Lung 1 (LU1) - On the chest, below the collar bone, approximately 6 inches from the center of the chest.

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

Large Intestine 4 (LI4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand.

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

Ding Chuan - On the back, approximately 0.5 inches lateral to the spinal process of C7.



Aromatherapy for a cold or flu

Eucalyptus - opens up nasal passages.

Cedar - clears head and opens up nasal passages.

Dry Cough Pear & Almond Soup

5 ripe pears	honey
2 cups	fresh mint leaves
2 quarts of water	

Cut pears in half and remove stem and seeds. Chop into small pieces. Place 2 cups of almonds and fruit in water. Bring to boil, cover, and simmer for 15 minutes. Remove from heat. Add honey and mint to taste. Drink one to two cups daily to enhance the Lung function and prevent dry coughs of autumn.

Wei Qi Boost Soup

1 whole chicken	10 oz. shiitake mushrooms
2 pints of water	1 tsp. chopped ginger
3 slices of Huang Qi	4 chopped garlic cloves
1 tsp. olive oil	

- Place chicken and Huang Qi in water. Bring to boil, simmer 1 hour.
- Add shiitake, ginger, garlic, and oil.
- Simmer 45 minutes longer.

Wind-Cold Cure

2 cloves of garlic	4 cups water
1 chopped scallion	1 inch piece of fresh ginger
1 Tbsp. miso	

- Add all ingredients, bring to boil, simmer for 15 minutes.
- Drink 1 cup every hour. You will begin to sweat.

Meridian exercise for lung health

- 1) Stand with feet shoulder width apart.
- 2) Place your hands behind your back, hook your thumbs together and spread your fingers apart. Roll shoulders back.
- 3) As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down and raise your hands up over your back. Keep your elbows straight.
- 4) Take a deep inhalation when you have come to a comfortable forward bend. 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. **WARNING:** If you become light headed or dizzy. Stop, bend your knees and slowly return to a standing position.

- 6) Hold this position for a few breaths. Slowly return to a standing position. Relax your arms and breathe. **DO NOT ATTEMPT IF YOU HAVE SHOULDER PROBLEMS.**

