

Patient Help Sheet

Pain & Arthritis

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

"Calm mind brings inner strength and self-confidence, so that's very important for good health." -Dalai Lama

VOL 1.0

Lifestyle and Dietary Instructions

Diet plays a crucial role in avoiding and controlling arthritis. Eating a balanced, varied diet provides you with the vitamins and minerals your body needs in order to function optimally. And getting enough of them through your diet helps ease the pain of arthritis and keep your joints healthy.

Another thing you can do is avoid "damp" foods. According to Chinese Medicine, foods that are considered "damp" are dairy products and greasy/spicy foods. All of these can exacerbate painful, arthritic conditions.

Below are a few pointers that can help you through this time:

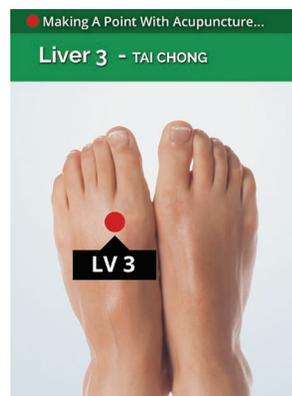
- Vitamin C and vitamin D can help prevent bone and cartilage destruction. It is especially useful with arthritic and knee/joint problems.
- If you don't think that you are getting all the vitamins you need, try taking a multi-vitamin.
- Herbs such as ginger and turmeric act as natural anti-inflammatories and may be helpful for you. Steep for 10 to 15 minutes, then strain and add honey to taste.
- Foods such as wild alaskan salmon, kelp, broccoli, brussel sprouts, blueberries and garlic, have all shown to help reduce inflammation.
- Acupuncture can certainly help with arthritis. Give me a call and I'll see if I may be able to help.

Acupressure Points:

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.

Liver 3 (LV 3): On the top of the foot, in the depression between where the first and second metatarsal bones meet. Functions: Used for headaches, painful and/or blurry eyes, depression, inflammation and pain of toes, ankle, and lower leg. **DO NOT USE DURING PREGNANCY.**

Large Intestine 4 (LI 4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand. Functions: Known as "The Master Pain Elimination" point, it can address pain in many parts of the body, inflammation and pain of hand, wrist, elbow and shoulder. **DO NOT USE DURING PREGNANCY.**



Meridian Exercise for Back & Hip Pain

Forward Bend Exercise - Part 1 & 2

- 1) Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
- 2) With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
- 3) As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch.
- 4) Hold this position for a few breaths.



1) Sit on the floor with your legs stretched out in front of you. Keep your heels together and knees straight.

2) Take a deep breath in, as you exhale, bend your upper body forward from the hips. Grab your feet if you can; if not, grab your knees or ankles.

3) Relax your neck, allowing your head to hang down.

4) Push your left hip and left heel forward, away from you, and pull your right hip and right heel closer to you.



5) As you push forward with your left foot, reach forward with your extended left arm.

6) Rhythmically alternate the synchronized leg and arm movements for each side.

Please Note: There are numerous acupuncture points to help alleviate painful and arthritic conditions. I would suggest you schedule a comprehensive exam so I can best determine which ones may best suit your specific condition.