



# Patient Help Sheet Acupuncture for Cleansing

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.

"Today is the right day to love, believe, do and mostly live." - His Holiness the Dalai Lama

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Spring has a natural feeling of change and rebirth about it. In traditional Chinese medicine, one of the organs connected with springtime is the liver. Both of these reasons make spring a great time to try cleansing. Cleansing can be thought of as taking a rest from certain foods in order to rid any excess waste or toxins from the body. In many ancient philosophies and religions, including traditional Chinese medicine, cleansing is thought to be a vital part of achieving optimum health.

Cleansing can take many forms. These days, people often approach cleansing by committing to drink only fruit and vegetable juices for a period of five or 10 days. But that's just one facet of cleansing and one way to look at it.

This is where Traditional Chinese Medicine (TCM) can help. TCM treats every individual holistically, taking into account their well-being, both physically and psychologically. TCM incorporates many different modalities to treat a patient, but the most common are acupuncture, Chinese herbs and nutrition.

## Acupuncture points for cleansing:

**Liver 3:** This point is located on the top of each foot, in the webbing between the big and second toes, where the tendons meet. Alternately pressing this point on each foot helps to regulate and refresh the liver, which is the most important organ involved in detoxification. Great point for headaches, dizziness, canker sores, dysmenorrhea, amenorrhea, PMS, breast tenderness. Also good for blurred vision, and red, swollen, painful eyes. Considered a calming point to alleviate anger, irritability, insomnia, and anxiety. When paired with LI4, it can move stuck energy throughout the body.

**Kidney 27:** This point is located roughly 2 inches from midline in the depression just below the tip of each collarbone. Alternately pressing this point on each side flushes toxins from the kidney, another important organ involved in detoxification. This point is also good for asthma, cough, adrenal exhaustion, fatigue, lowered immunity, and a local point for neck and jaw problems.

**Large Intestine 4:** This point is located on each hand in the webbing between the thumb and forefinger. Stimulating this point helps to flush toxins through the digestive tract and bowels. This point is good for problems related to the face and head - allergies, rhinitis, hay fever, acne, eye problems, headache, toothache and jaw pain. This point should be avoided during pregnancy.

## Acupuncture for Cleansing:

One of the major components of cleansing is making sure the body's detoxifying and elimination processes are working right, meaning both nutrients are able to be absorbed and toxins are able to be processed and removed. Cleansing your diet simply helps to facilitate this process by not adding any more toxins into the mix, giving your liver and kidneys time to catch up. Acupuncture is all about facilitating the movement of nutrients and toxins in the body. Acupuncture can improve liver and kidney Qi quality and flow, meaning more detoxifying can happen. It can also improve the quality of sleep, which is where our bodies do most of our natural healing.

## Dietary Recommendations for Cleansing:

In the spring, traditional Chinese medicine suggests eating cooling foods, such as raw fruits and vegetables. Foods packed with chlorophyll, the green pigment in plants, are also strongly connected with supporting liver health, according to TCM. These foods are especially good to eat to cleanse the liver:



Making A Point With Acupuncture...  
Liver 3 - TAI CHONG



Making A Point With Acupuncture...  
Kidney 27 - ELEGANT MOUNTAIN



Making A Point With Acupuncture...  
Large Intestine 4 - HE GU



The information contained within this Patient Helpsheet is only used to educate and inform. This helpsheet is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Contact me for more information.

