

HEALTH REPORT

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REDUCE FATIGUE WITH ACUPUNCTURE/ACUPRESSURE

Blockages of energy flows in the body have long been recognized by practitioners of Chinese medicine as the cause of reduced health and disease. This “life energy” that flows through the body, known as Qi (pronounced chee) is responsible for illness when it is not flowing properly. Restoring the natural flow of Qi returns the body to harmony and positive results occur. Acupressure can help to return the flow as well.

Chronic Fatigue Syndrome (CFS) is one such blockage problem that can be successfully treated with Acupuncture. Whether a person subscribes to a Western definition of Acupuncture helping due to a release of endorphins in the brain, or the Eastern thinking that has Qi now flowing freely through the body’s meridians — what’s most important is that Acupuncture helps the condition.

CFS is characterized by debilitating fatigue, plus flu-like symptoms such as sore throat, swollen lymph glands, fever, headaches and muscle pain. While a Western medicine approach would likely include medications for the problem, a Chinese medicine and Acupuncture approach would be quite different.

“A typical diagnosis for CFS would involve kidney-adrenal exhaustion, spleen-stomach digestion deficiency, liver stagnation and blockage,” says Dr. Maoshing Ni, a Doctor of Oriental Medicine who’s used Acupuncture in his treatments since 1985. Mainly, I think we’re looking at the over-taxation of one’s vital energy resources. Treatment with Chinese medicine would involve trying to resolve those issues.” Diet changes and Acupuncture would both be uses.

Now, for those who don’t have access to an acupuncturist, Dr. Ni has several self-help suggestions for persons suffering from fatigue. He suggests 3 separate Acupressure points where a person can do some “self-administered” treatment applying a little bit of pressure for several minutes a day.

Stomach point #36 improves immune function. It is located in the outside of the leg about 3 inches below the bottom of the knee cap. Feel for the outside head of the shin bone and apply steady pressure for about 1 minute, just hard enough to feel a bit of tenderness.

Kidney point #3 fortifies the kidney-adrenal system. This is very important says Dr. Ni as people with CFS have kidney and adrenal systems that are virtually exhausted. The point is located in the inside back of the ankle between the Achilles tendon and the ankle bone. Again, apply pressure for 1 minute.

Large Intestine #4 relieves pain, plus fights bacterial, fungal and microbial problems, too. It’s located in the web of the hand between the thumb and the index finger. To find it, make an “OK” sign and feel for a back of the hand muscle bump. Press there for 1 minute.

“Not everyone has access to Acupuncture, but certainly they have a finger they can use,” Dr. Ni says. “It will stimulate in much the same way as an Acupuncture needle.”