# TO THE POINT

## IMMUNE ENHANCING AT-HOME SELF-CARE TECHNIQUES




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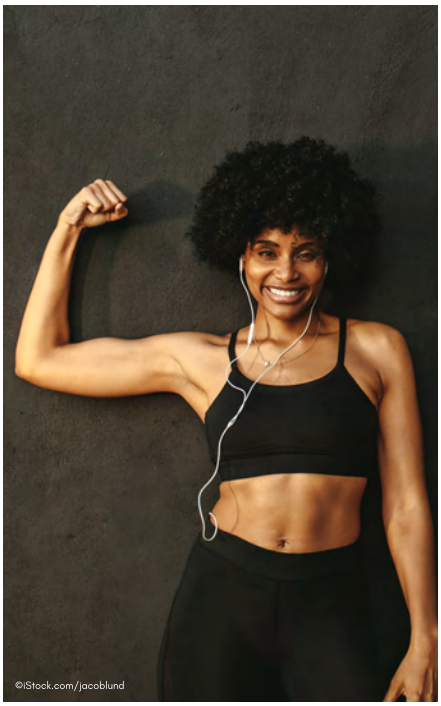
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**Your immune system is your body's security system.** It is the job of the immune system to deter foreign invaders like bacteria, parasites and other microbe causing infections. Disorders of the immune system range from common conditions such as mild seasonal allergies to more serious illnesses like leukemia. Stress, lack of sleep, and other common lifestyle and environmental conditions can contribute to a weakened immune system, which can make you vulnerable to infections.

**Good news!** Acupuncture therapy can treat a wide range of health conditions, including immune deficiency, by stimulating and balancing the immune system. Acupuncture can strengthen a weakened immune system by increasing red and white cell counts, T-cell count and enhancing humoral and cellular immunity. Acupuncture can regulate immune function and treat the underlying cause of the disease by reducing symptoms, speeding up the healing of infection and normalizing the body's immune response.

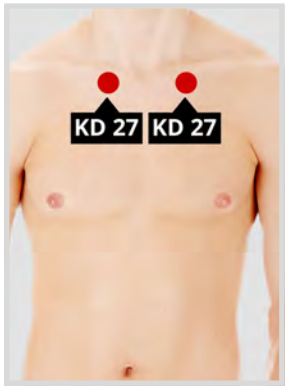



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# Immune Enhancing Acupressure Routine

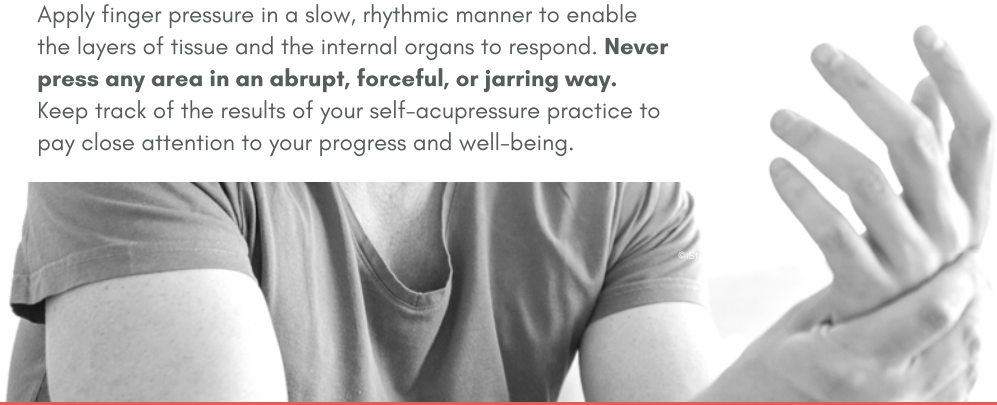
Get into a comfortable position so that you can easily access all points.

**Begin with Kidney 27 and work your way down the body**

**Kidney 27**
**Large Intestine 11**
**Lung 7**
**Stomach 36**

- Stimulate each of the points on both sides of the body at the same time
- Spend 30-60 seconds on each point and apply firm pressure while breathing steadily into your lower abdomen
- Strive to complete this routine at least once in the morning and once before bed

Apply finger pressure in a slow, rhythmic manner to enable the layers of tissue and the internal organs to respond. **Never press any area in an abrupt, forceful, or jarring way.** Keep track of the results of your self-acupressure practice to pay close attention to your progress and well-being.



# Acupressure To Support Immune Health

## • Stomach 36

ST 36 can be found on the anterior (front) aspect of the lower leg. To identify the acupressure massage point, measure roughly four fingers below the kneecap on the outside edge of your shinbone. You will know you're in the right place by flexing your foot back to feel the muscle below (the tibialis anterior muscle) begin to flex.

Performing acupressure on Stomach 36 is like a Vitamin C shot for your body. It is one of the most effective acupuncture points for strengthening the immune system, recovering from fatigue and boosting endurance.

## • Large Intestine 11

Large Intestine 11 is located on the tip of the elbow. The easiest way to find this point it is to bend your arm, look down the outer side of your forearm to the elbow, LI 11 lies there where the elbow crease meets the joint.

This point runs along the Large Intestine meridian, traveling up the index finger, through the arm, shoulder, and neck, into the face and nose. This point acts as a fever-reducing point, but it is also used to help prevent the flu and other immune-compromising conditions. It is known to be one of the strongest points in the body for clearing heat. Think of LI 11 as a great vent for the body to release a little steam whenever it's needed.

## • Kidney 27

To locate this point, place your hands on either side of the depression on the lower clavicle bone. From here (with your fingers below the clavicle) separate hands approximately 1-2in horizontally (outward toward shoulders).

An excellent immune-boosting point used for common colds, influenza and for people that have compromised immune systems. Kidney 27 is known to open the chest, descend lung and stomach Qi, and stop coughing.

## • Lung 7

Lung 7 (LU 7) is located on the inside arm above the wrist. To find this point interlock your fingers (palms snuggly together) and direct your attention to your lowest thumb. On the outer edge of your thumb, you will find the crease of your wrist. The point lies roughly one inch down toward the elbow, in a depression between the sinew and the bone.

This is a very common point to use for systematic relief of cough, headache and/or stiff neck. As the Luo point of the Lung channel, this point is used to treat anything related to the lungs (asthma, wheezing, bronchitis, cough, congestion etc.) and can help symptoms associated with a weakened immune system.

> Please feel free to contact us if you have further questions or concerns.


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# Astragalus

This herb supports your immune system while assisting the body in adapting to daily stress. Astragalus is a foundational herb used in Traditional Chinese Medicine. It promotes healthy resistance from the occasional physical and emotional stressors, and it also supports healthy immune functions.

### Immunity Enhancing Soup
Ingredients

1 1/2 teaspoons **extra virgin olive oil**
2 large **onions**, thinly sliced
3-6 **garlic** cloves, crushed
1-2 tablespoons **fresh ginger**, minced
4-6 ounces **shiitake mushrooms**, stemmed and thinly sliced
2 large **carrots**, thinly sliced
3-4 pieces **astragalus root**
10 cups **vegetable stock**
2 tablespoons **tamari** or low sodium soy sauce
**Salt & Black pepper** (to taste)
2 cups **broccoli** florets
1/2 cup chopped **scallions**

# How to prepare:

- In a large pot, heat the olive oil over medium heat, add the onions, garlic, and ginger
- Saute until soft and translucent
- Add shiitake mushrooms, carrots, astragalus root and vegetable stock
- Bring to a low boil, reduce heat and simmer for 45-60 minutes
- Add tamari and adjust the seasoning with salt as needed
- Add the broccoli florets and cook until tender, about 2 minutes
- Remove the astragalus root pieces
- Serve soup in bowls and garnish with scallions




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# Garlic

Garlic is a powerful antioxidant with antimicrobial, antiviral, and antibiotic properties. It's also a natural decongestant.

### Garlic Lemon Honey Tea
Ingredients

3 cups of **water**
3-6 cloves of **garlic**, halved
**Honey** to taste
**Lemon** to taste




# How to prepare:

- Put water in a medium saucepan and add garlic
- Bring to a boil and simmer for 3-5 minutes (the longer you simmer, the stronger the tea will be)
- Remove from heat, add honey and lemon juice
- Sip 1/2 cup, three times per day
- Refrigerate for 3-5 days





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# Elderberry

Elderberry is a commonly used medicinal plant that is known all around the world. Elderberry is most often taken as a supplement to treat cold and flu symptoms.

**Whole-body Support Tea**
Ingredients

4 oz. **Astragalus**
4 oz. **Elderberry**
4 oz. **Eleuthero**
4 oz. **Rose Hips**
4 oz. **Cinnamon** Chips

# How to prepare:

- Mix all herbs together and store in a clean, dry jar
- Simmer 1 tablespoon in 1 cup of water for 15 minutes
- Add honey to taste
- Drink 1-3 cups per day

> Elderberry is excellent for flu prevention, but it is contraindicated if you have an illness that manifests with a cytokine storm. Ask a **qualified practitioner** for more details.




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# Personal Protection Steps:

**Everyone can take simple steps** to not only prevent the spread of COVID-19, but seasonal Influenza and other respiratory illnesses:

- Wash your hands frequently with warm water and soap
- Avoid touching your face
- Cough and sneeze into a bent elbow or tissue, then throw away the tissue
- Avoid close contact with people who are sick
- Stay home when you or a family member is sick
- Clean and disinfect frequently used objects and surfaces
- Clean your produce thoroughly



**Homemade disinfectant:**

Fill a 16 oz spray bottle most of the way full with 99% isopropyl rubbing alcohol.

**Add the following essential oils:**

- 30 drops tea tree essential oil
- 15 drops lemon essential oil
- 15 drops lavender essential oil
- 15 drops eucalyptus essential oil



As always, get plenty of rest, drink water and find ways to reduce stress.

**Schedule a call to come on in for an acupuncture tune up today!**


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# Immune Supportive Vitamins

## Vitamin E

Vitamin E is a powerful antioxidant that could **help your body fight off infection.** Some foods rich in vitamin E include nuts, seeds and spinach.



## Vitamin C

Vitamin C is one of **the biggest immune system supporters.** Daily intake of vitamin C is essential for good health. Foods rich in vitamin C include - oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli.



## Further Research

If this information has spiked your interest we encourage you do to more research, try starting with some of our favorites:

- How to make Fire Cider
- Probiotics for immune health
- Medicinal mushroom tinctures
- Wellness Formula
- Source Naturals
- Qi Gong for immune health
- Wim Hoff and other breathing exercises
- Natural produce wash


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