

Patient Help Sheet

TCM for Fatigue

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.

"Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy." - Deepak Chopra

As the days get shorter, it is common to feel your overall energy level decrease. This is a natural response, but if it starts negatively affecting your days, there may be an energy imbalance contributing to your tiredness.

To treat fatigue, traditional Chinese medicine uses several modalities, including acupuncture, moxibustion, herbal formulas and nutrition. To determine the right treatment, a diagnosis must be made first. Diagnosing in TCM is quite different from conventional medicine. TCM looks at the patient holistically, considering all aspects, including the mind, the body and the environment of the person.

Acupuncture for Fatigue:

Acupuncture is used to balance the energy within the body. Specifically, acupuncture is used to remove blockages and to improve blood circulation and oxygenation to the cells, all of which can be contributing factors to fatigue. Studies show acupuncture also increases serotonin levels, which help with sleep. Acupuncture improves mood, lessens pain and boosts the immune system, all of which are factors that can affect a person's energy levels.

Acupuncture Points for Fatigue:

Yin Tang - Yin Tang is located directly between the inner edges of the eyebrows. It is a reflex point of the pituitary gland. Yin Tang calms the mind and relaxes the body by helping control hormone secretions, which can aid in more peaceful sleep.

Governor Vessel 20 - There's a tender spot on the top of your head, also called DU20, right at the vertex. To find it, bring your thumbs behind your ears with the palms facing out (making a "moose head" type shape) and bring your fingers together. Where your index fingers meet is near DU20. Feel around for a tender spot, and you've found it.

Stomach 36 - This point is located bilaterally on the outer side of the lower leg, about 4 finger-widths from the lower border of the patella or kneecap. This point is considered an overall energy and immune-boosting point.



Chinese Herbs for Fatigue:

Liu Wei Di Huang Wan is often prescribed for fatigue. This formula is particularly helpful at increasing energy within the kidney and liver energetic pathways. Another popular formula for fatigue is Si Jun Zi Tang. This formula helps increase energy by clearing out excess phlegm and dampness in the body.

Nutrition for Fatigue:

When it comes to fatigue, nutrition for the spleen, liver and kidneys is particularly crucial. The kidneys are the source of our vital essence. The liver and spleen help produce blood and vital energy that sustains the body. Foods like black beans, kidney beans, asparagus, plums, blueberries and blackberries are all beneficial for strengthening the kidneys. Dark leafy greens like spinach and kale are good for building blood and energy via the liver and spleen. Sweet potatoes, squash, pumpkin, quinoa and oats are all good for tonifying the spleen. Also, healthy oils and fats such as avocado, salmon and coconut oil can be very beneficial.

If you're experiencing fatigue this fall season, ask me how TCM can help.



TCMWORKS

87 Spadina Avenue
Ottawa, ON K1Y 2B9
613-729-6678
www.tcmworks.com