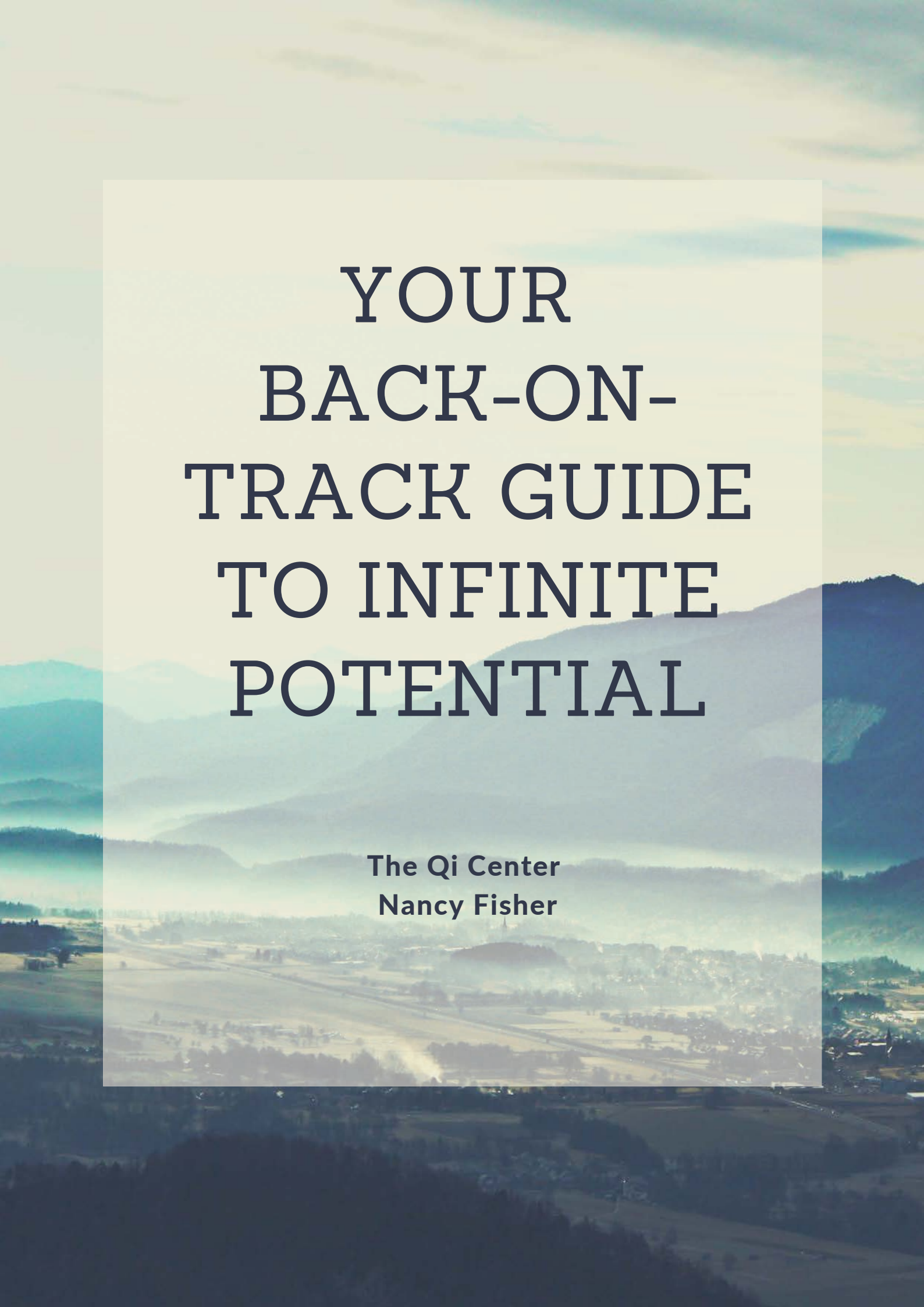

YOUR BACK-ON-TRACK GUIDE TO INFINITE POTENTIAL

The Qi Center
Nancy Fisher

Hello, there!
I'm so glad you're here...

...Because I know you've been going through a lot. We all have. What an unexpected, turbulent ride we've had this year, huh?

It's not easy juggling your own personal stuff while dealing with our current climate, and I know you're doing the best you can. That's why you deserve to slow down. To recharge. And to re-evaluate an aspect of life that unifies us all - **STRESS.**

Let's Talk About Stress, Baby

We often perceive stress as that shark in the ocean. But realistically, stress **IS** the ocean - it might *especially* feel that way for you during these times! And there's no escaping the fact that we're living in deeper waters!

So whether you're a young professional who's anxious about losing your job, or you're experiencing second-hand stress, or you're obsessing about worst-case-scenarios, **it's completely natural for you to be feeling uncertainty and fear.**

My Promise to You

You may be reading this, thinking, *"yeah, I know that stress is bad. But I've tried everything. And I don't feel any better off... so how's Asian medicine going to be different?"* I understand that you might be suspicious of trying *yet another thing*...and wind up disappointed. But as someone with over two decades of clinical experience and who's **personally** experienced the healing power of acupuncture and Asian medicine, I promise that together, we'll find solutions that can help your body. So if you're ready to **regain your emotional and physical balance**, **recover more easily from chronic stressors** and **dial down your sense of overwhelm**, keep on reading.

Stress Recovery 101: Roots & Branches

Are you *still* not convinced that Asian medicine is a reliable and evidence-based modality? I encourage you to lean into your curiosity a little more - I think you'll find yourself pleasantly surprised! This guide introduces you to the fundamentals of acupuncture and Asian medicine.

Roots and Branches: Digging Deeper... Down to the Root Cause

Asian medicine seeks to rectify imbalance and mitigate disease through a theory called 'Roots and Branches'. Let's break the word 'disease' apart into two syllables: **dis - ease**. It indicates that the body and mind are not at *ease*, not in *balance*, not in *harmony.*

This perspective amplifies the power and efficiency of Asian medicine because it focuses on finding *the root cause of the problem*. The 'branches' are the symptoms of the problem.

Our Western culture prizes a one-size-fits-all approach. That's great if you want to buy a hat. Not so great if we're talking about our health and quality of life! Headaches? Just take Tylenol. Have acne? Take antibiotics. When we're so preoccupied with treating the symptoms - or 'branches' - we lose sight of discovering the root cause.

Stress Recovery 102: When Stress Gets Stuck

I once met a young woman - let's call her Amy...

Amy suffered from severe adult acne. Like many others, she first went down the traditional route. She consulted dermatologists, popped antibiotics and slathered retinol-A night cream that stripped her skin of any natural moisture. Although her skin cleared while on medication, once she went off it, her skin became even more inflamed than before.

Amy felt unattractive, insecure and so disillusioned. Her doctor even told her that her skin would never heal without prescription medication. While she understood that her acne was attributed to a hormonal imbalance, deep down, **Amy intuitively knew that her skin condition was connected to something deeper**.

Finally, after years of seeking help and being disappointed, Amy tried acupuncture. *That* was the key that unlocked the mystery; within 6 months, Amy's skin was beautifully clear.

Unearthing the Root Cause

So what happened? Amy later revealed that she had struggled with an eating disorder for almost a decade. Although she now considered herself as a healthy woman and no longer identified with the eating disorder, *her body still harbored remnants of extreme stress and psychological anxiety*.

As within, so without

I wanted to share this story with you because it exemplifies how **extreme emotional stress can become trapped in our body.** You see, when you experience trauma or severe stress, your body remembers it - *down to the cellular level*.

Rather than seeking support, all too often we do the opposite: we brush it off, saying 'I'm over it', 'it's not a big deal' or 'I talk to my therapist, eat right and exercise, so it's probably out of my system by now'.

That's when we get into trouble

Even if your conscious mind is 'over it', your subconscious mind is usually ***not.*** Ultimately, unprocessed stress stashed away on the inside **will eventually manifest on the outside** - *as within so without*.

Think of Amy; in her case, her body communicated its distress through her skin.

Take a moment to reflect

Recall any significant experiences you've had and how these may tie in with your present health. Do you tend to ignore the issue, hoping that it resolves by itself, or do you actively seek resources that can help your body to process and release emotional blockages?

Acupuncture and Asian medicine always seeks to find the root cause before anything else. If you suspect that your body is communicating that something isn't quite right, **contact me.** We'll get to the bottom of your issue once and for all.

Stress Recovery 103: Neuropuncture

Is Acupuncture *really* scientific?

Something that I hear time and time again is this: *"But Nancy, how does acupuncture **really** work? I mean, the whole thing seems kinda woo-woo."*

If that sounds like you, I totally get it. But If you have your reservations about acupuncture, it might surprise you to learn that it **actually works on a very tangible, physical level in the body.** That's where neuropuncture comes in.

The Missing Link

Established by Dr. Michael Corradino, neuropuncture is a groundbreaking field that links two seemingly different subjects together: **neuroscience and acupuncture**. Neuropuncture offers a much clearer, comprehensive explanation of *how and why* acupuncture can generate such powerful, therapeutic results.

'May the force be with you' - Qi and Neuropuncture

Think of Qi as 'life energy', or better yet, as an electrical force running throughout your body; when Qi is *not* functioning optimally, it negatively impacts the body.

Asian medicine practitioners often describe acupuncture as a system that modulates, regulates and rehabilitates *the body* back to health. But **neuropuncture takes it a step further:** acupuncture modulates, regulates and rehabilitates *the central nervous system back to health.* **So how does Qi factor in?** According to neuropuncture, Qi isn't some mystical force floating within our system; it's more accurately an electrical current that influences the integrity of the whole body.

How Neuropuncture Works

Let's say an acupuncturist needles an area on your forearm. Here, the needle triggers neurological tissue located in the dermal and epidermal layers beneath your skin.

These nerve fibers send electrical signals to the corresponding spinal segment of the spinal cord. These signals then relay information to relevant neuroreceptors in the brain.

The **neuroreceptors then stimulate the release of neuropeptides** - found in the brain and body - that in turn modulate the central nervous system... in a good way!

Can neuropuncture help to regulate psychological and emotional burnout, anxiety, depression or other issues?

Absolutely. In fact, neuropuncture has been clinically shown to help the central nervous system regulate the neurotransmitters associated with feeling balanced, calm and good overall.

It's also highly relevant to the treatment of pain, internal medicine, diabetes, carpal tunnel syndrome, and sciatica.

Pretty interesting stuff, right? **If you want to learn more, get in touch here.**

Stress Recovery 104: Aroma Acu-Point Therapy

Are you kinda on the 'needle-shy' side?

Aroma Acu-Point Therapy is a great alternative if you're not a huge fan of needles! Rather than poking you, this therapeutic method draws upon the healing power of **essential oils**.

How does Aroma Acu-Point Therapy work?

Let's first consider that each acupuncture point is associated with several functions.

When *needles* make contact with an acupuncture point, they initiate a very subtle, but measurable, vibratory frequency on the skin.

Essential oils operate in a similar way. They're highly concentrated compounds extracted from medicinal plants, and **they *also* initiate a vibratory frequency when they make contact with an acupuncture point**.

This frequency stimulates neural fibers and pathways that are transmitted to targeted tissues and organs.

They don't work on *any* acupuncture point though! Because each essential oil has a highly specific composition, **it elicits one - or several - unique effects on the body.**

(Continued on the next page)

The lock and key

Each acupuncture point is associated with several functions of the body. Think of a lock and key: if the essential oil is compatible with the acupuncture point, placing a few drops on it can **'unlock' the chain reaction** that's needed to communicate with the nervous system.

If the oil and the acupuncture point ***aren't*** a good fit, then you most likely *will not* experience a powerful effect, or even the outcome you'd like.

That's why each essential oil is very carefully selected because its effectiveness depends on whether it's compatible with the acupuncture point.

Lower stress levels, calm your mind

Aroma Acu-Point Therapy is a gentle, calming treatment method suitable for all walks of life. **It's especially ideal for children and the elderly**.

If you're interested in incorporating essential oils into your health regime or are curious about trying Aroma Acu-Point Therapy, you do want to make sure that you receive treatment from a **trained professional.**

You can contact me or a practitioner who is specifically trained in this modality.

Stress Recovery 105: Botanical Medicine

We're all accustomed to using prescription medication to treat complex illnesses....

...And while they *can* be an effective solution, your body eventually develops an adaptive resistance to them. Eastern and western herbal medicine, however, have been clinically proven to show less adaptive resistance by the body.

Botanicals also have fewer - and safer - side effects, while also specifically targeting the **root cause of disease.**

The beauty of herbs is that they **switch off your fight-and-flight response** and bring your body back to a **balanced resting state**.

Regulating Stress with Adaptogens

If you're feeling overly tired or too wired, **adaptogens are specific types of herbs that help your body to adjust your energy levels.**

They're safe, non-toxic and have a modulating effect, meaning they regulate hormonal levels depending on whether they're too low or too high.

On the next page I'll introduce you to several highly used adaptogens that are easily accessible and that you can incorporate into your lifestyle.

Ginseng

Ginseng is a highly popular herb used in Traditional Chinese Medicine for over 2000 years. What's interesting is that when dug up, it looks like the human body - indeed, **it certainly benefits the *entire* body!** It detoxifies the liver, may help with depression, improves libido and may balance blood sugar.

You may want to give Ginseng a try if you're feeling sluggish, experiencing libido or fertility issues, or when your immune system feels down. Consider Asian Ginseng for a more stimulating effect or American Ginseng for a milder effect.

Ginseng can be taken as a tea, tincture or pill.

Jiaogulan

Jiaogulan is often called the **'immortality herb'**. It has an energizing effect, supporting the immune system, reducing blood pressure, cholesterol, triglycerides and benefits overall heart health.

It also helps your body produce its own antioxidants - no wonder it's believed to improve longevity! You can find this herb in most natural food stores. You can also grow it as a houseplant, especially if you live in a warmer climate.

Schizandra

If you've been feeling anxious and jittery, Schizandra can really benefit you; it has a **balancing**, toning effect on the body. It's lovely for **sleep** but can also adapt to give a boost in **energy, cognition or mood**.

Schizandra is especially detoxifying for the liver, and it also stimulates digestion. It can be taken as a pill, tincture or consumed as a nice, sweeter tea.

Bupleurum

Do you have a tendency to get easily angry, tense and wound up - even over minor things? If that's you, you might benefit from an herbal formula that includes Bupleurum.

Bupleurum has a cooling effect, **facilitating the release of toxic anger that typically stangates in the body**, particularly in the liver. (In Asian medicine, the liver is associated with anger, irritability and impatience.)

This herb is highly therapeutic for individuals who have a tendency towards feeling anger and depression. **It increases blood circulation and enhances energy levels.**

Please **don't** consume Bupleurum on its own; it should always be taken as part of a herbal formula. Be sure to consult your practitioner before consuming it.

Zizyphus (Jujube)

This is a wonderful soothing, sedative herb - **ideal for sleep and relaxation**. Zizyphus - or jujube - is the fruit of a shrub-like plant that's found in certain parts of the U.S., Australia, Asia and Southern Europe.

It's highly nutritious too - **plenty of Vitamin A, B vitamins, Vitamin C, Iron, phosphorus, calcium and fatty acids**. It also protects the heart and brain, and it may mitigate the development of cancer.

How To Use Botanicals Safely

Can I self-prescribe?

Generally, **no**. While herbs are definitely a safer alternative to mainstream medicine, you should always consult your health practitioner before using Chinese herbs as a form of medicine.

Botanical medicine doesn't work through a one-size-fits-all approach; **it functions in a dynamic and synergistic way with the human body.** Because *everybody* is different, botanicals can have a unique effect on *every body*.

A note about herbal supplements...

Keep in mind that botanicals are at their most powerful when blended in a formula. if you regularly consume herbs as teas, tinctures or supplements *individually*, you may not experience the desired effect.

I stock patent classical herbal formulations that are high-quality and safe. They're also **harvested, grown and produced right here in the U.S..** While these supplements are based on an ancient classical formula, they're adapted to be appropriate for our modern-day lifestyle.

If you're interested in taking any of these Chinese herbs I've introduced, or you're curious about learning more about botanical medicine, **let me know right here.** I'd love to help you find the perfect herbal formula that can best support your overall health!

Stress Recovery 106: Cupping

What's cupping?

Did you notice those dark, round rings on the swimmers' backs during the 2016 Olympics? Those are cupping marks.

Cupping uses small glass 'cups' that slide on the body while creating a suction effect. **It soothes and smooths the fascia** - the muscular connective tissue.

So what's with the bruising?

Granted, it's not exactly the *sexiest* look, but bruising is actually a good thing, believe it or not. In fact, they're not bruises (and they're not painful), but they're a **physical indication that toxins and waste products have been drawn out of the body**.

Cupping produces a sense of heat when applied to the skin, stimulating blood flow. It enhances blood circulation because **it sucks out all that icky "old blood"** that's been left to stagnate in muscle tissue, relieving pain, tension and discomfort.

So if you're feeling in the mood for a little pick-me-up, cupping can be a **soothing, warming and painless therapy** that quite literally loosens you up.

Stress Recovery 107: Phyto-Nutrition

What are Phyto-Nutrients?

Phyto-nutrients are natural chemicals found in whole, plant-based foods. While they're not the same as vitamins and minerals, these chemicals can really 'super-boost' your immune system.

Taking phyto-nutrient supplements is great to fortify and nourish your body.Unlike synthetically made supplements, they're prepared in a way that **preserve plant and animal extracts.**

Are phyto-nutrients appropriate for me?

Phyto-nutrients are suitable for everyone. While I'm a big fan of eating a nutritionally dense, whole-foods diet, I understand that not everyone has access to clean, whole, organic foods. Buying them is heavier on the wallet, and they aren't always accessible depending on where you live.

Fortifying your diet with phyto-nutritional supplements can be an optimal way to go; **they're convenient to take, aren't synthetically made and are affordable!**

I'd love to discuss how you can incorporate higher amounts of phyto nutrients into your lifestyle. I'll share tips on how to shop and choose the best foods, provide recipe ideas and advise how you can eat in a way that's realistic for *your* lifestyle.

Ready to weave Phyto-nutrition into your life? **Go ahead and contact me here**.

Stress Recovery 108: The 5 Phases

The 5 phases - also referred to as the 5-elements - is **a beautiful philosophy that observes the ebbs and flows of life.**

The ancient Chinese believed that we don't simply live within nature; we are a **human embodiment *of* nature**.

These wise guys cultivated the 5-phase system from observing patterns in the natural world. And according to them, the **natural patterns we can observe in nature reflect the patterns of our own life.**

Take a moment and review some of your own major behavior patterns...

Are you easily irritated? Do you act in ways that reflect a lack of confidence in yourself? Have you experienced difficulty accepting change and letting go? Perhaps you've often struggled with staying grounded?

It's very likely that these emotional and psychological patterns are strongly connected with nature's seasons and 5 major elements, as well as with certain organs of the body.

This means that when out of balance, not only can we feel disharmony on a mental and emotional level, but we can also experience it through our physical health.

The 5 phases and elements of the natural world

The 5-phases relate to the seasons and the natural elements we find everywhere: **water, wood, fire, earth and metal.** Although 5-phase acupuncture practitioners believe that each person embodies all 5 elements, we each have one or two 'dominant' elements. These elements form our overall constitution and subtly influence how we interact with ourselves and the world around us.

An acupuncturist trained in 5-phase theory can determine your constitutional elements and plan treatment according to the elements that aren't working optimally. **Treating the dominant element benefits the entire mind, body and spirit overall.** Have a look at the table - is there an element that resonates with you?

Season & Element	Winter Water	Spring Wood	Summer Fire	Late Summer Earth	Fall Metal
Emotion	Fear	Anger	Joy	Worry	Grief
Organ	Kidneys & Bladder	Liver & Gallbladder	Heart & Small Intestine	Spleen & Stomach	Lung & Small Intestine
Patterns When In Balance	Willpower Courage Resourceful Trusting	Solid decision - making Adaptability Thoughtful - planning	Ability to connect and communicate Harmonious relationships In the present moment	Healthy digestion Clear thinking Grounded Empathetic Generous towards others and self	Ability to let go / respond to loss Acceptance Self-worth Ability to embrace change and go with the flow
Patterns When Out of Balance	Fatigue Bone & Teeth Issues Fertility Urination - issues	Impulsive Irritable Indecision Headaches Joint pain	Relationship issues Confusion Acne Insomnia Heart palpitations	Gastrointestinal issues Foggy thinking Stress eating Sinus issues Gas & bloating Emotional depletion & resentment	Allergies Asthma Low immunity Depression Grief Constipation
What to Keep in Mind	Approach obstacles calmly and with courage Have faith in yourself	Stay adaptive Be confident in your decisions Stay structured and organized	Stay present with yourself and with loved ones Set healthy boundaries Don't be afraid to form connections	Stay grounded and set boundaries. Be generous but remember to replenish your own reserves. Be mindful of your diet and eating habits	Respond to loss with acceptance. Find inspiration to embrace change and start new beginnings. Explore your spirituality if that appeals

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