

East Village
ACUPUNCTURE
& MASSAGE

Qi stagnation – Holistic Remedies

Foods to Incorporate

- Chicken, tofu, coconut meat, mussels, red bean
- Cherry, beets, peaches, plums, dates
- Celery, eggplant, mushrooms, kelp, baby broccoli, squash
- Oregano, basil, bay leaves, rosemary, black pepper, mustard seed, saffron

Foods to Avoid

- Turkey, red meat, fatty and fried foods
- Processed sugar, coffee
- Spicy foods

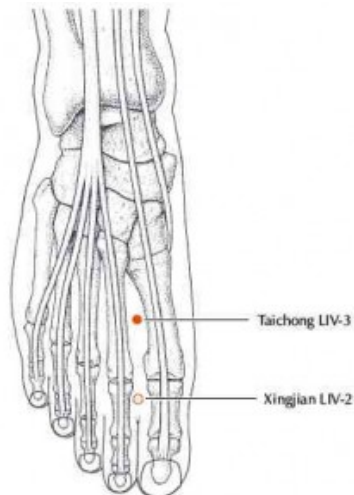
Exercise

- Walk at least 20 minutes per day

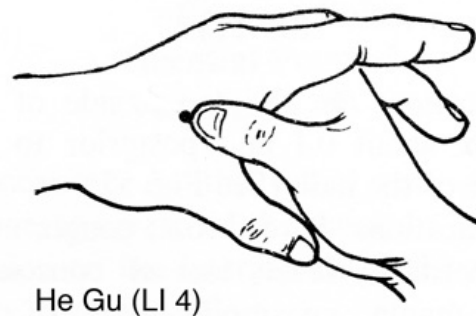
Acu Points

Directions:

- 1-minute massage on each point, 2x per day, AM and PM.
- At least 3 hours before bed.



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