

East Village
ACUPUNCTURE
& MASSAGE

Qi deficiency

Foods to Incorporate

- Fermented foods like kimchi, sauerkraut, and kombucha
- Quinoa, red rice, oats, red lentils
- Chicken, salmon, lean beef
- Plums, berries, oranges

Foods to Avoid

- Refined carbohydrates with white flour, sugar
- Fried and salty foods
- Dairy products

Exercise

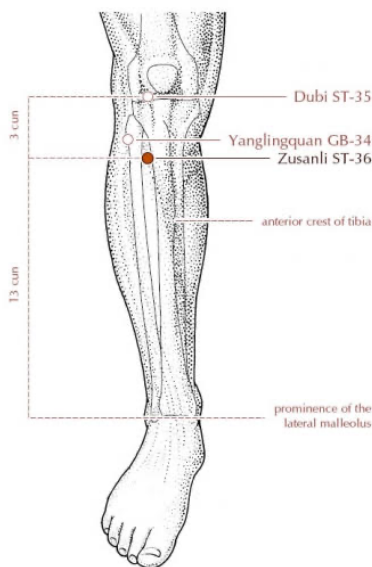
Tai chi, qi gong (find this on our YouTube channel *East Village Acupuncture and Massage*), long walks in the woods, start a meditation practice.

Moxa

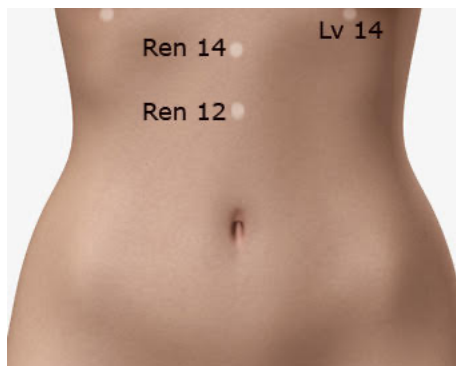
on ST 36 and Ren 12

Acu Points

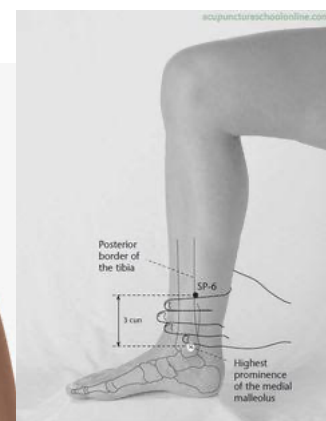
for acupressure on SP6, ST36



ST36



REN 12



SP6