

LOTUS ACUPUNCTURE AND CHINESE MEDICINE

# Money & Emotions

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# Today's Session

## ANGER, FEAR, AND GRIEF

- What are they physiologically?
- What do they mean in Chinese Medicine (CM)?
- What acupuncture channels are involved?
- What essential oils and acupressure points help?
- What energetic, foods, and lifestyles can help according to CM?

# Anger

**FIGHT:  
PHYSIOLOGICALLY  
INCREASES  
TESTOSTERONE, HEART  
RATE, AND TENSION**

Chinese Medicine:

- Liver and Gall Bladder (wood) channels and functions
- Lavender, clary sage, and bergomot placed on between thumb & 2nd finger and same place on foot.
- Qi Gong liver cleanse, movement, making tough decisions, having courage
- Chrysanthemum or dandelion tea

# Fear

FIGHT OR FLIGHT:  
INCREASES STRESS  
HORMONES AND  
ADRENALINE  
(ADRENALS)

Chinese Medicine:

- Kidney & Bladder (water) channels and functions
- Patchouli and cedarwood on ankles and bottom of feet
- Staying hydrated
- Learning to separate the turbid from the clear
- Practicing good back health

# Grief

**BROKEN HEARTS:  
LIMBIC SYSTEM,  
PREFRONTAL CORTEX,  
ALTER HEART MUSCLE,  
INCREASE BP AND CLOTS**

Chinese Medicine:

- Lung and Large Intestine (metal) channels and functions
- Cajeput, eucalyptus radiata, and sweet orange inside wrist and outside elbow
- Deep breathing, daily healthy BM's, staying hydrated, mint tea
- Letting go, controlling, ADD