

Traditional Chinese Medicine for Liver Health

Spring is the ideal time to balance the flow of qi (energy). Many people know that qi stagnation can cause pain and illness, but they may not know that it can create negative impacts on our emotional well-being. For example, liver qi stagnation causes people to become more irritable, unable to relax or let things go. Similarly, unhealthy emotions will cause qi stagnation, especially qi in the liver. These two factors will hence create a vicious cycle.

Liver 3 (Tai Chong/Great Surge)

This acupuncture point can help liver qi flow smoothly, and it is in the depression distal to the junction of the first and second toes. You can lightly massage this point with your fingers for 5 seconds or until slightly tender.

This information is provided by Emily Yuen, ., our licensed acupuncturist.

**This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist.*