

Using Traditional Chinese Medicine for Stress Management

Nowadays, we constantly hear that people are under a lot of stress. Stress not only affects our health, but also our life and career. More people are looking to acupuncture and herbs to help with or reduce stress symptoms.

As the old Chinese saying goes, “where water flows there’s no stagnation.” Good health relies on the free flow of “Qi” and body fluids. An unhealthy lifestyle, physical, or emotional traumas can interrupt the flow. Acupuncture treatments can smooth body energy.

There is an exercise that we can use daily to help manage our stress symptoms:

Place your palms on your ribcage area. Move both hands back and forth in a rubbing motion for 10 seconds, 2-3 times per day. This exercise is suitable for everyone who is suffering from stress.

This is a general guideline. Please see a TCM practitioner to find one tailored to your individual health.

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