

Stress, Anxiety & Depression in Traditional Chinese Medicine, Part 2

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This 4 hour class Continues from part one with classical traditional Chinese medicine views on stress, anxiety and depression. It looks at the energies involved in each and, in outlines treatment of stress and anxiety with acupuncture and with lifestyle changes and provides basic acupuncture recommendations for stress and mild anxiety

Hour 1

Dampness

Dampness and the Spleen

Wind Damp

Wind Damp Bi Syndrome

Damp Poison

Internal Syndromes of Damp

Damp Heat

Internal Dampness arising in the body

Dryness

Lung damaging

Warm Dryness

Cool Dryness

Hour 2

7 Internal Causes or “Affects” of Emotional Imbalance

Joy

Anger

Thought

Sorrow

Fear

Fright

Anxiety

Causes that are Neither Internal or External

Bad Diet

(Discussion of Diet Obesity and Sugar as an important aside)

Foods that Damage the Spleen and the other energies

Lack of Balance between activity and stillness

Lack of Discipline in the Bedroom

Addiction to Drugs/Alcohol

(With an aside on addiction in the US)

Parasites (Gu Worms)

Hour 3

The Six Depressions

Introduce stats of Depression in the US

Qi Depression

Blood Depression
Dampness Depression
Phlegm Depression
Food Depression
Fire Depression

Constitution and Psychological Imbalance

Shao Yin - Ectomorph

Tai Yang and Shao Yang - Mesomorph

Tai Yin – Endomorph

Constitution Sex, Age and Lifestyle and Psychological Imbalance

Hour 4

Stress defined

Anxiety defined

Generalized Anxiety Disorder defined

Panic Disorder defined

Phobia Disorder defined

Depression defined

Home Therapies for every patient with stress, anxiety or depression

Diet

Spleen damaging foods

Kidney damaging foods

Qi and Wei Nourishing foods

Exercise

Duke smiles study

Aerobic and Strengthening emotional benefits of both

Periods of Relaxation

Common Acupuncture Points for Stress

Luo Point Cheat Sheet for Emotions

Basic acupuncture points for anxiety or worry