

HEALTHIER LIVING TIPS AND FOODS INSPIRED BY CHINESE MEDICINE



By
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ABOUT THE AUTHOR

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INTRODUCTION

Traditional Chinese medicine (TCM) developed over thousands of years of trial, explorations, and healthcare for the longest surviving civilization on our planet. TCM takes the concept of holism as its fundamental principle: everything is interconnected, the outside with the inside, man with nature, interrelatedness of bodily organs, food as medicine, emotion as influencing physical health, and other similar concepts. TCM also emphasizes balance: the need for rest, just as for work; the need for cool, just as for warmth.

Throughout the ages, traditional Chinese medicine made its way into the home, such that families used principles, concepts, and techniques at home to ensure optimal health, cure ailments, and prevent disease.

With this guide, you can bring some of the easiest and most effective uses of Chinese medicine into your home to benefit from millennia of healthcare experience.

First, foods that are popular in East Asia but less familiar in the West that you should be including in your diet, as well as eating and cooking tips.

Second, keys points on the body—commonly called acupressure or acupuncture points—that are very effective at relieving headaches, insomnia, nausea, and other common complaints.

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Third, massage techniques, many of which you can do on yourself, for nasal congestion, indigestion, and eye strain.

After reading this guide, the following are conditions you should be able to improve without taking pills, without going to the doctor, and without needles or injections:

- Indigestion
- Eye strain
- Insomnia
- Nausea/Vomiting
- Nasal congestion
- Headaches
- Appetite control

This guide is meant to be used for prevention or in the earlier stages of discomfort. It is not a cure for advanced conditions and should not replace the advice of your health practitioner.

FOODS AND EATING

GOUJI BERRIES

Gouji berries, also called Wolfberries, are one of those *superfoods* that are still largely secret in the West. Not any more!

They look like orange or red raisins, but a bit smaller, and are nutrient packed!

5 REASONS you should be eating Gouji Berries

- ① Prevent the onset of diabetes
- ② Relieve and prevent constipation
- ③ Boost the immune system
- ④ Increase quantity and quality of blood and other necessary bodily fluids
- ⑤ Protect the liver

5 WAYS to eat Gouji Berries

- ① Tossed in salads
- ② Rehydrated then blended into your favorite juice or smoothie
- ③ In cereal, yogurt, soups, stews, or stir-fry
- ④ Added to hot water to make tea
- ⑤ Chocolate or yogurt-covered snack (available in health food stores or on amazon.com)

*He who takes medicine
and neglects the diet
wastes the skill of his
doctors.
~Chinese Proverb*





COIX SEED

Coix Seed, also commonly called Job's Tears, may be harder to find than cereal or oatmeal, but are much better for you. Job's Tears have far less fast-acting carbohydrates and thus are good for the slow-carb diet; likewise they aid weight control.

They combat water retention that can lead to swollen joints, a poorly functioning digestive system, weight gain, mucous-filled cough and lack of urine.

They are also believed to contain **anti-cancer** properties.

Job's Tears should be soaked for about an hour, then boiled like other whole grains into porridge, soup, or a nutty milk drink. I personally prefer to cook them in less water so they stay a bit chewy and then sprinkle gouji berries on top for a healthier breakfast.

In Korea, tea made from powdered Job's Tears is drunk for beauty to smooth the skin and enhance **youthfulness**.





GINGER

Why is there ginger in nearly every Chinese dish? Because it's that good for you!

Fresh ginger root is particularly noted for its warming properties and ability to **boost the immune system**. Therefore, the first drink to take when you feel like you're getting the common cold is ginger and brown sugar boiled into tea. And it tastes great too! Likewise, ginger can help to reduce cough and phlegm.

Ginger also alleviates vomiting and **nausea**. Specifically, it can be taken for motion-sickness or by pregnant women for morning sickness. You can nibble on some ginger or place a slice over your bellybutton to reduce nausea.

Even if you do not like the taste of ginger, you can still benefit from it! It can be applied topically.

Rub a slice of fresh ginger on your receding or thinning hairline to prevent further hair loss.

If you are feeling cold, make a footbath by crushing ginger into a tub of warm water, soak your feet and feel the warmth rise over you.



VINEGAR

Vinegar is a wonderful, multi-purpose, absolutely essential household item. In its stronger form it is a mild disinfectant and good for cleaning.

In its tastier forms, including aromatic vinegar (dark vinegar used in Chinese cooking), apple cider vinegar and balsamic vinegar, it is a definite *superfood*. Use vinegar for:

- Stopping diarrhea
- Reducing sweating
- Preventing loss of fluids, electrolytes, and Qi (energy)
- Clearing up and preventing acne
- Lowering cholesterol
- Reducing blood fats
- Aiding digestion

*I see rejection in my skin,
worry in my cancers,
bitterness and hate in my
aching joints. I failed
to take care of my mind,
and so my body now goes
to the hospital.
~Astrid Alauda*

TIPS

For a natural way to consume more iron, cook with an iron skillet (instead of stainless-steel), which contributes micro amounts of iron to your food. This can improve borderline anemic conditions.

For those with a sensitive stomach, in the winter do not eat too many fruits, raw foods, ice cream, cold drinks, or other cold and cooling foods. In the summer, avoid eating too many warming and hot foods such as cinnamon, chili, red meat, coffee, and wine.

When eating, you should not have any distractions, particularly any stressful distractions, because then you cannot focus on your food which can lead to over-eating, and it inhibits digestion or causes upset stomach. Furthermore, avoid stressful or anxious thoughts or thinking too much when eating as this prevents the stomach, spleen, and pancreas from doing their job properly.

*Sometimes I get the feeling the aspirin companies are sponsoring my headaches.
~Terri Guillemets*

USEFUL ACUPRESSURE POINTS

Acupuncture, and acupressure—which you will be doing with these points—is based on the theory of meridians—pathways of energy that run throughout the body. That is why we can use points on our extremities to address problems on our head or in our abdomen. In fact, Chinese medicine believes the energy transmitted from remote points on the limbs is actually stronger than energy at closer points. Plus, these points are more convenient and easier to find.

BACK SIDE OF YOUR HAND (LARGE INTESTINE 4)

Uses: **Headache** or when you feel like you are getting the **common cold**, press this point on both hands. Rubbing it can be helpful for **constipation**.

Locate: Spread your index finger and thumb, then place the joint of your opposite thumb along the webbing, and bend the thumb over. Just in front of the tip of your thumb toward the bone is the point.

Caution: Do not use on pregnant women.



WRIST (LUNG 7)



Uses: Press this point on both wrists for **cough**, headache, stiff neck, sore throat, or **lightheadedness**. Rub or press here.

Locate: Loosely interlock your thumbs at the webbing—both palms facing down, keeping your wrists straight, extend your index finger to the skinny edge of your wrist. Under the pad of your index finger in the prominent bone you'll find a small depression—that's the point. Reverse which hand is on top to find the point on the other side.

BACK OF THE HEAD (ANMIAN-PEACEFUL SLEEP)



Uses: For **insomnia**, disturbed sleep, and excessive dreaming, press or massage this point. It can work within 20 minutes.

Locate: Look at the picture for guidance. Feeling behind your ear near the lower border of the skull, you should feel a small v-like depression where the skull plates have joined together; it may be on the hairline or inside it.



LOWER LEG (STOMACH 36)

Uses: For **weight loss** and any **digestive issues** such as pain, vomiting, distension, diarrhea, or constipation, press or massage this point. You should feel soreness or pain when you have found the right point.

Locate: It is on the outer shin just below the knee. Place your 4 fingers on your knee, placing the top finger near the big depression on the outer side of the knee; below the bottom finger is the horizontal level of the point. Remember that. Then using the middle section of your middle finger, line that up with the front shin bone, going towards the outside of your leg. The middle knuckle goes on the shin bone and the second knuckle should land on the vertical line. At the intersection of the horizontal and vertical line is the point.



EAR

Uses: **Appetite control.** Pinch this point on both ears for 30-90 seconds about 10-20 minutes before a meal or when you feel uncharacteristically hungry to reduce appetite and manage portion size when eating.

Locate: The tiny flap just in front of the ear, both the front and back of the flap, on both ears.

So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.

*~A.J. Reb Materi,
Our Family*

EASY MASSAGE

For common ailments and discomfort, use these massage techniques from Chinese medical massage at home, at the office, in your car, on an airplane, or anywhere!

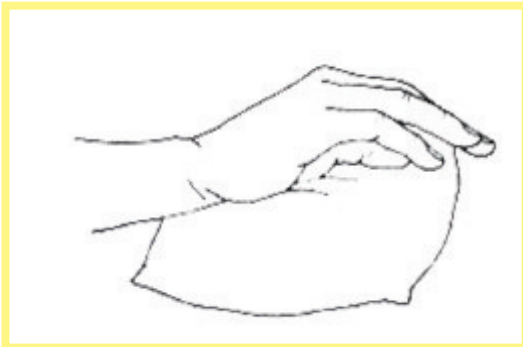
DIGESTION (CONSTIPATION / DIARRHEA)

Whether you are suffering from diarrhea, constipation, or abdominal pain, use these massage techniques to help your digestive system.

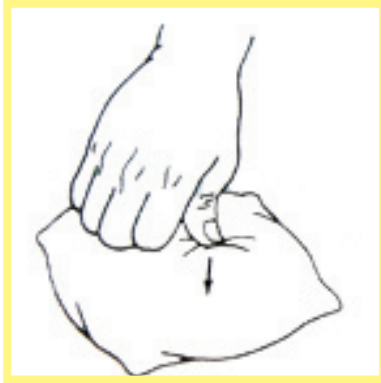
- 1 Movement: Lie down on your back. Then using the soft fleshy part of your thumb where it becomes the palm, press on a certain point and make small circles on that point keeping the wrist relaxed and flexible. In this technique, the skin moves but the contact point does not. Knead along the outer edges of the epigastric area, around the rib area, continuing as low as the middle abdomen. The actual movement from one fixed point to the next is very slow. In total, one circle around the area should take about 90 seconds. Repeat 2-3 times.

Another type of kneading using the palm can also be used. Putting the base of the palm on a fixed point, knead that area. Again the skin moves, but the contact point does not.

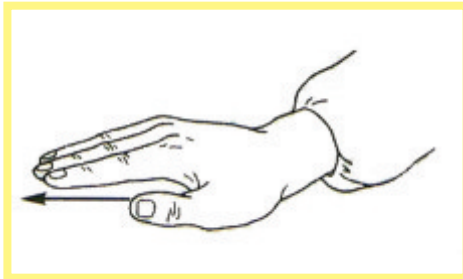
Application: This can be used for abdominal pain, distension, diarrhea, and constipation. For diarrhea move counter clockwise, and for constipation go in a clockwise motion; consider the flow of the intestinal tract to produce desired effect.



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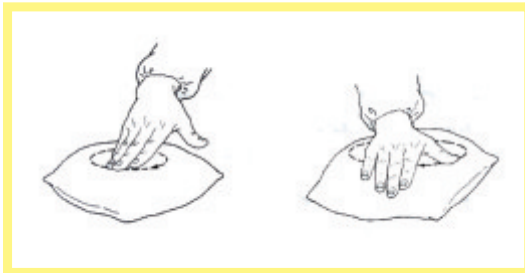


- ② A common technique for stopping pain is to press on the pain point (assuming this eases the pain, rather than making it worse). Using the thumb, middle finger, or three middle fingers, start pressing gently then slowly press deeper/harder, hold for several seconds and then gradually get lighter. This can be used on the upper gastric region to stop pain.



- ③ Many people may already be familiar with and use these techniques: sliding and rubbing. Using the base of the palm, push with pressure, sliding the palm over abdomen.

Using three middle fingers or the palm, rub in a circle on the surface of the abdomen. In both cases follow these guidelines: for diarrhea move counter-clockwise, and for constipation go in a clockwise motion.



- ④ For poor digestion or constipation in young children, please refer to my blog describing a massage technique applied on the back. [READ.](#)

*Half the modern drugs
could well be thrown out
the window, except that
the birds might eat them.
~Martin H. Fischer*

Eye Strain

Most people are tied to their computers or mobile devices these days, spending hours straining their eyes to look at screens. The result: eye strain, reduced eye function, long-term worsening of eye sight, headaches, and lowered productivity. Take a short break every few hours and follow along imitating this video to reduce eye strain.

[WATCH THE VIDEO.](#)

There are 3 points to rub, followed by 1 wiping technique; spend ~20seconds on each one.

- ① Inner corner of the eyebrow
- ② Inner corner of the eye
- ③ Directly below the pupil on the bone
- ④ Wiping around the eyes.

Nasal Congestion

Use this massage technique to get the nose running and alleviate congestion. It can be beneficial for nasal infections, sinusitis, allergies, or any other situation where the nose does not feel clear but the blockage is not the result of a foreign object.

The Movement: Use the thumb, index, or middle finger of each hand at the same time, press and massage in small circles for about 60 seconds per point (4 points total).

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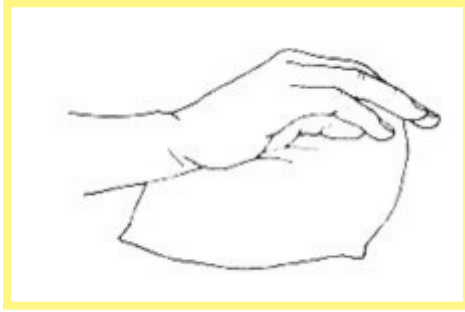
The Process: The first 2 points are the same as in the video for eye strain.

- ① Inner corner of each eyebrow
- ② Inner corner of each eye
- ③ Top of the nostrils, just at the edge the bone
- ④ Bottom corner of the nostrils.

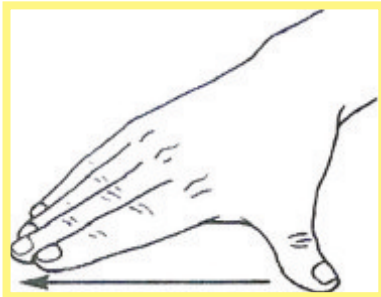
Repeat: If the first time does not get the nose flowing, repeat 3-5 times.

HEADACHE

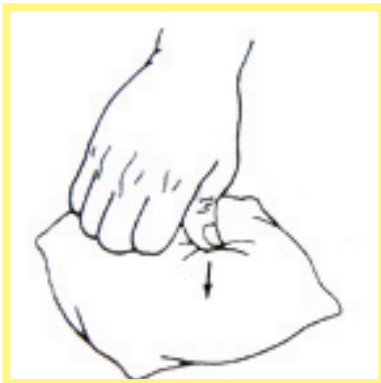
These massage techniques when used on the face, forehead, or around the head, ease headaches and dizziness, as well as relieve insomnia.



- ① Movement: Using the soft fleshy part at the base of thumb where it becomes the palm, press on a certain point and make small circles on that point keeping the wrist relaxed and flexible. In this technique, the skin moves but the contact point does not. This can be gentler on the temples than using the fingertips.



- ② Use the thumb pad pressed flat on the skin, apply pressure while moving in a singular direction, i.e. pushing in 1 direction.



- ③ Using the thumb, middle finger, or 3 middle fingers, start pressing gently then slowly press deeper/harder, hold for several seconds and then gradually get lighter. This is used to stop pain, such as headaches or toothache.

WHAT'S NEXT?

ENGAGE AND TRY!

Go try these techniques. Eat these foods. See how you feel. Report back to me. Any questions, ask me:

Email: WorldVitae@gmail.com

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These are simple techniques and yummy foods that can help you live better and make fewer trips to the medicine cabinet.

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The greatest wealth is health. ~Virgil



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Living Healthier, Happier, More Energetic Lives*

SPECIAL THANKS

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