

## FATIGUE - Qi and Yang Deficiency

You can support your healing between Acupuncture and Bioresonance sessions by stimulating the following acupressure points at home. Apply light to medium pressure in small circular motions for 1–3 minutes on each point, once or twice daily.

In Traditional Chinese Medicine (TCM), **Qi** refers to the vital energy that sustains life and keeps the body functioning smoothly. Strong, balanced Qi is essential for maintaining energy, vitality, and overall wellbeing. A deficiency in Qi or Yang can lead to symptoms such as tiredness, cold extremities, low motivation, and a general feeling of weakness.

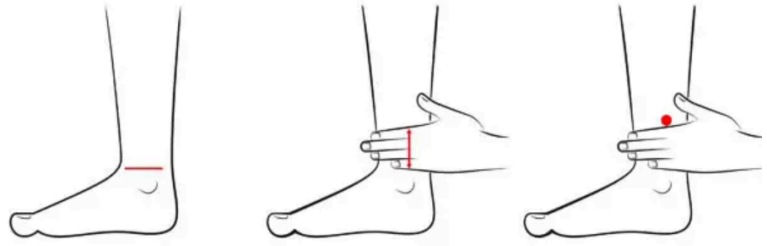
**Yin and Yang** represent two complementary forces that maintain balance within the body. **Yin** is cooling, nourishing, and stabilising, while **Yang** is warming, activating, and dynamic. When Yang energy is weakened, the body may feel cold, sluggish, and fatigued. Strengthening Qi and Yang helps to restore warmth, vitality, and resilience.

For most acupressure points that appear on both sides of the body (like SP6), you can stimulate either one side or both—depending on what feels most comfortable for you. Working on both sides may provide a more balanced effect, but treating just one side is still highly beneficial, especially if you are short on time or have limited mobility. For midline points (like DU4), there is only one location to treat.

**Disclaimer:** This self-help guide is intended for informational purposes only and does not constitute medical advice. It is not a substitute for professional diagnosis, treatment or care. Always consult your doctor before starting any new health practice, especially if you have an existing medical condition or are experiencing persistent symptoms.

## FATIGUE

### SP6 – Sanyinjiao



Location: Three finger-widths above the inner ankle, just behind the tibia.

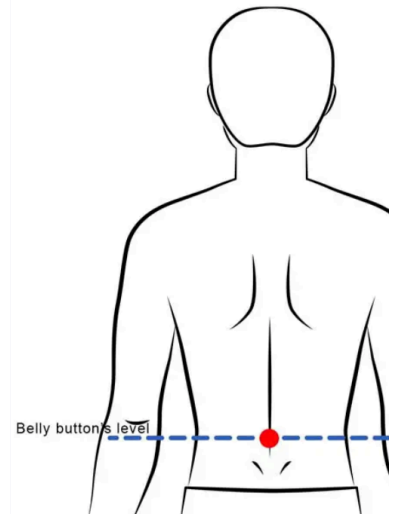
Function: Nourishes blood, harmonises the Liver, Spleen and Kidney, boosts vitality.

Stimulating SP6 can help restore overall energy by supporting the organs most responsible for maintaining Qi and blood. It is a versatile and gentle point, safe for daily use, especially for those struggling with fatigue due to Qi or Yang deficiency. Gentle pressure here can also aid hormonal balance, improve circulation, and foster a feeling of being more grounded and centred. Using your thumb or fingertip, press firmly but comfortably while breathing deeply, allowing the body's energy to realign and strengthen from within.

### DU4 – Mingmen

Location: Below the second lumbar vertebra on the lower back.

Function: Tonifies Kidney Yang, strengthens core vitality, rekindles the body's internal warmth.



DU4, known as the "Life Gate", plays a central role in energising the body's core reserves. It is particularly useful for addressing deep fatigue and feelings of coldness or low energy associated with Yang deficiency. This point responds best to warmth - using a heat pack or massaging gently with the palm can awaken its revitalising effects. Regular stimulation of Mingmen helps to rekindle your internal spark, promoting lasting vitality and resilience against exhaustion.

Several herbs and medical mushrooms like cordyceps can help strengthen Qi, boost Yang energy and restore vitality when managing fatigue.

### **Ginseng**

Boosts Qi and Yang, improves stamina, and helps combat tiredness. Commonly taken as tea, tincture or capsules.

### **Astragalus**

Strengthens Qi, supports immune function, and increases resilience to fatigue. Often used as tea or in supplements.

### **Liquorice Root**

Gently supports Qi and adrenal health, harmonising other herbs. Can be consumed in teas or herbal blends.

### **Cordyceps**

Strengthens Kidney Yang and improves stamina and recovery. Usually taken as a supplement or extract.

### **Dang Shen**

A gentle Qi tonic, ideal for rebuilding strength after illness or prolonged fatigue. Used in teas or powdered form.

### **Goji Berries**

Nourish blood, Yin and Yang, and promote steady energy. Easily added to teas, soups or eaten as a snack.

### **Schisandra**

Balances Qi, supports energy, and enhances resilience to stress. Available as powder, extract or tea.

### **Red Dates**

Tonify Qi and blood, supporting energy and digestion. Commonly used in soups and teas.

### **Ginger**

Warms the body, aids digestion, and strengthens the Spleen to boost Qi. Best enjoyed fresh as tea or in meals.

These can be incorporated into teas, tinctures, or cooking to support energy and resilience.

**As always, consult with a healthcare provider before using these herbs, especially if you have existing health conditions or are taking medication.**