

TCM and NATURAL HOME-CARE for covid-19

The following information is not supposed to be curative, or substitute other forms of medical intervention. It is meant to support in-home care and comfort for mild to moderate upper-respiratory infections and flu-like illnesses <3

LINEAGE

Acupressure is part of the lineage of [Traditional Chinese Medicine](#) or TCM (more resources on TCM at the end of this doc). This medicine in the United States has developed and has been used as [mutual aid](#), as [poor people's medicine](#), as [movement medicine](#), and as a [form of resistance and harm reduction](#) for generations - It is in this spirit that the following information is shared.

NOTES on DIY medicine

This is a flexible medicine. I have attempted to make this document as accessible as possible for folks with what you likely have at home. At the same time, things can be flexible. For example, use [Acupressure](#) if you don't have access to [Acupuncture Tacks](#), a [Hairdryer](#) if you don't have access to [Moxa](#), or a [lid](#) for [Gua-Sha](#) if you don't have access to [Cups](#) or a [Gua-Sha spoon](#).

If you are a TCM practitioner and have feedback or suggestions, please [get in touch](#) :)

CONSENT and TRAUMA-INFORMED CARE

Please listen to your body as you move through the information below, and make sure to have consent if you are administering care to anyone besides yourself <3

[Here](#) is a beautiful essay by Prentis Hemphill on Consent during these times

CONSIDERATIONS FOR SET-UP

As you set up to do care on yourself or others, consider how the room is set up. Can you adjust the lighting so it is more pleasant to you? Are there smells you like you could bring into the room? Is there music you wanna turn on (or off)? Are you comfortable?

PREGNANCY NOTES

Some of the points are contraindicated for pregnancy. Please do not do acupressure on [SP6](#), [LI4](#), [GB21](#)

NOTES on white supremacy and ableism within TCM in the US

I want to acknowledge that a lot of TCM videos and resources show white able-bodied folks, in a way that reflects medical bias and who has historically been able to access this medicine, both as a practitioner and a patient. It is my hope that this medical knowledge being shared can be a way to begin divesting from acupuncture and TCM being mostly used by and for people with racial, class and ableist privilege in the United States. I am currently putting together an ACUPRESSURE FOR ALL free guide for common ailments that puts BIPOC/disabled/queer folk to the front. If you are interested in participating or receiving the guide, feel free to email me at ChiaraAcupuncture@gmail.com
A list of BIPOC practitioners is found at the end of this doc.

If you are a BIPOC TCM practitioner and would like to be listed, please let me know <3

SOME CONSIDERATIONS on COVID and how it affects the body

- ★ COVID-19 is a damp pathogen that creates lots of mucus, so avoid mucus-producing foods like dairy. Sugar, coffee, and alcohol are also damp-forming, so be mindful with those ;)
- ★ Do eat warm cooked food like miso soup, chicken soup or chili, lots of vegetables, stay hydrated.
- ★ Increase lung circulation, especially if you are prone to respiratory illnesses, asthma, phlegm, or cough. Breathing exercises, massage, cupping, guasha, and stretching can all be helpful in improving circulation and preventing build-up of phlegm and fluid

STRESS/ANXIETY

- General Stress: You can use an [Ear seed](#) on [shenmen](#). Press the seed for a few seconds when you feel stressed to calm down your nervous system and flight/fight response, or press with a pen on the point for a few seconds if you don't have access to seeds. ([how to locate](#) the point video, and [how to place ear seed](#) video).
- General Anxiety: [Tacks](#) or [acupressure](#) on [HT7](#) or ear massage (videos on using the ear for general anxiety in [English](#) and [Spanish](#))
- Chest Tightness: Tap/[acupressure](#) on [Ren17](#) or [KD27](#). Press the point for a few seconds, or

- massage in circles to feel your chest open up. [Tacks](#) or [acupressure](#) on [PC6](#)
- Palpitations/Agitation: [Acupressure](#) on [HT8](#), [Tacks](#) or [Acupressure](#) on [ST44](#).
- Body-wide tension: [Acupressure](#) on [LV3](#)
- Grounding: [Acupressure](#) on [KD1](#), and [hot water foot soaking](#) in the evening
- Stress Headache: [Acupressure](#) on [Yintang](#)
- [Video](#) with several acupressure points for insomnia and anxiety <3

PREVENTION

- [Moxa ST 36](#), [REN12](#), [REN6](#) (Twice a day, once in the afternoon and once at night)
How to [Moxa video](#)
- Make your favorite tea to sip on throughout the day :) Ginger and Licorice root are both indicated.
- Add [Propolis](#) to your daily routine (not if you are pregnant)
- [Daily Acupressure for daily health](#) video: LI4 (not if pregnant) ST36, Shenmen, DU20 and Yintang.
- Foods high in Zinc such as lentils, pumpkin seeds, chickpeas, chia seeds, almonds, cashews, oatmeal
- Foods high in Vit C such as chili peppers, citrus, leafy greens, broccoli, and red cabbage (fermented even higher). Be careful with Vit C supplements as it can cause digestive distress. If you start having looser stools, ease off for a few days :)

LUNG-SPECIFIC SUPPORT

- [Lung Channel massage Video](#)
- [Acupressure on 3 Scholars points](#) to help you breathe better and open the chest :)
- Also see “Shortness of Breath”

FIRST SIGNS OF SICKNESS

- [Gua sha neck](#) ([also use gua sha for neck tension or headaches](#)). You can use a [soup spoon](#) or a [lid](#) (clean before use, with alcohol or soap and water) for gua sha.
- [Moxa ST36](#) (Twice a day, once in the afternoon and once at night). How to [Moxa ST36 video](#)
- [Acupressure](#) on [GB20](#) and [GB21](#) (skip GB21 if you are pregnant)
- Sleep lots!
- Take a hot bath or hot shower
- Cover up to induce light sweating
- Make [fire cider](#) to have at the first signs of a sore throat/illness

FOODS

- Brothy foods with coriander seed, fennel seed, clove, cinnamon bark, nutmeg and star anise
<http://foodfromeast.com/category/tcm-categories/exterior-invasion/wind-invasion-external/>
https://blog.mountainroseherbs.com/fire-cider?hs_amp=true&fbclid=IwAR1L8iWoa1aF64mDE5mOIXHP08FIKhSYI9UUUnKnkMpJLhBFXiVC2VurEfBl

SORE THROAT

- Mint tea (you can also gargle with Mint tea, or with warm salt water)
- [Acupressure](#) on [LU10](#) and [LI4](#) (don't do LI4 if you are pregnant)

FEVER

LOW FEVER

- [Gua sha neck](#)
- [Acupressure](#) on [LI11](#) (pinch up skin a few times a day, 3 times for 10 seconds [video here](#))
- [Acupressure](#) on [LI4](#) (not if you are pregnant)
- [Tea to reduce fever video](#)
- Mint tea

HIGH FEVER

- [Prick/bleed Ear Apex](#) or [LU11](#). You can use a [diabetic lancet](#).

FATIGUE

- [Moxa ST36](#), [REN12](#), [REN8](#) (Twice a day, once in the afternoon and once at night)
How to [Moxa video](#)
- Body-wide pain: Acupressure at [GB34](#)
- Chills + feeling cold: [Cinnamon tea](#)

HEADACHE

- [Gua sha neck](#)
- Back of the head headache with stiff neck: [Acupressure](#) on [SI3](#) and [UB60](#), [GB20](#) and [GB21](#) (skip GB21 if you are pregnant)
- Stress Headache: [Acupressure](#) on [Yintang](#), [LV3](#), [DU20](#)

- Band-around-the-head pressure Headache: Drink a cupful of water with lemon juice + [Acupressure](#) on [ST40](#) and [SP9](#)
- One-Sided Headache: [Acupressure](#) on [GB41](#), check if [GB14](#) is tender also
- Any headache: [Acupressure](#) on LI4, [Ling Gu and Da Bai](#)

INCREASE IN PHLEGM/MUCUS

- [Ginger compresses](#) or [Mustard Plasters](#) on the upper back, behind the lungs to move the phlegm.
- Gargle to flush out the phlegm in your throat
- Increase your water intake
- [Moxa](#) or [Acupressure](#) on [ST36](#) + [ST40 \(video\)](#) and [SP9](#)
- Reduce phlegm-producing foods like sugar and dairy

FOODS

<http://foodfromeast.com/category/tcm-categories/phlegm/>

GENERAL DIGESTIVE ISSUES

- [Moxa ST36](#), [REN12](#), [REN6](#) (Twice a day, once in the afternoon and once at night)
- [3 Emperors](#) acupressure video
- [Stomach and Spleen Channel Acupressure](#)

LOOSE STOOL

- [Moxa SP3](#), [ST36](#), [REN6](#), [REN8/belly button](#)
How to [Moxa video](#)
- Be mindful of your intake of Vit C, as it can induce loose stools
- Try adding more cooked foods and less raw foods in your diet, especially if you notice food-pieces in the stool (and if that's the case you can add warming teas like cinnamon and ginger to your daily routine)
- Increase your water intake to offset loss of fluids through loose stools
- Warm broths like Miso, chicken and bone broth and warming foods like these:

<http://foodfromeast.com/category/tcm-categories/cold/cold-in-the-lower-jiao/>

<http://foodfromeast.com/category/tcm-categories/cold/>

CONSTIPATION

- [Acupressure](#) on [ST36](#), [SJ6](#) and [LI10](#)
- You can massage the section of the Large Intestine and Stomach channel to move the stool, from [from LI11 to LI8](#) and from [ST36 to ST38](#).
- [Abdominal massage](#)

NAUSEA

- [Tacks](#) or press on [PC6](#), massage downwards from [REN12](#) to [belly button/REN8](#)
- Ginger tea to sip on throughout the day
- Massage downward toward the foot from [ST36 to ST38](#).

COUGH

- [Cup behind the lungs](#), cupping for [children](#)
- [Differentiating between “hot” and “cold” coughs](#)
- Dry Cough points: [Tacks](#) or [Acupressure](#) on [LU1](#), [LU7](#), [LU9](#), [LI11](#), [SJ5](#), [KD3](#), [KD27](#), [Ren17](#)
- If you are feeling very thirsty/dehydrated, or if your mouth is dry add [KD6](#)
- Increase circulation in the chest with deep belly breaths, and [hot water steams](#) with expectorating herbs like eucalyptus or peppermint.
- If there is dry or wet phlegm in your throat or chest add [ST40](#), [SP9](#)
- FOODS for dry cough
Dry cough is often dry because of dried phlegm that is not moving. Foods for dry-phlegm cough include lemon, grape, onion, and cauliflower. Avoid cold raw foods, dairy products, greasy foods, and sugar for cough due to dry phlegm retention.
<http://foodfromeast.com/category/tcm-categories/phlegm/>
<http://foodfromeast.com/category/tcm-categories/phlegm/cold-phlegm-accumulating-in-lung/>
<http://foodfromeast.com/category/tcm-categories/phlegm/lung-phlegm-heat/>
- For burning sensation in the Lungs/chest
<http://foodfromeast.com/category/tcm-categories/exterior-invasion/wind-heat-invading-lungs/>

SHORTNESS OF BREATH

- [Cup behind the lungs](#) or [gua sha](#) (do gua sha very gently if you are feeling tired or wiped out)
- Tap/[acupressure](#) on [Ren17](#). Press the point for a few seconds, or massage in circles to feel your chest open up
- Increase circulation in the chest with deep belly breaths, and [hot water steams](#) with expectorating herbs like eucalyptus or peppermint.
- [Acupressure](#) or tacks on [PC6](#), [LU10](#), [LU1](#), add [ST40](#) if there is phlegm/mucus
- [Acupressure on 3 Scholars points](#) to help you breathe better and open the chest :)

RECOVERY PHASE

- [Moxa DU14, ST36](#), (Twice a day, once in the afternoon and once at night)

How to [Moxa video](#)

- Add [Acupressure](#) on [LU6](#) for post-respiratory illnesses
- [Stomach and Spleen Channel Acupressure](#)
- Drink Bone Broth, Chicken Broth or Miso
- Moxa on low back/sacrum [video](#)

RESOURCES:

MOXA

- Get MOXA [HERE](#)
- How to [Moxa video](#)
- If you don't have Moxa, you can use a hairdryer ([video here](#))

GUA SHA

- How to [Gua sha](#) video. You can use a [soup spoon](#) or a [lid](#) (clean before use, with alcohol or soap and water) for gua sha.

EAR SEEDS

- Get EAR SEEDS [HERE](#)

TACKS

- Get TACKS [HERE](#)

CUPS

- Get CUPS [HERE](#)

Other Mutual Aid and Medical Resources

https://docs.google.com/document/d/1hbiIY8NCEpsr8XLqa8urgKm_OA6P2FGvmYbiqYo2nqU/edit?usp=sharing

Where to read more about Acupuncture and Traditional Chinese Medicine

[Chinese Medicine and Cultural Appropriation](#)

“The Web That Has No Weaver” by Ted Kaptchuk

“A Barefoot Doctor’s Manual” by John E. Fogarty

BIPOC Acupuncturists

- Khadijah Kysia of [Rayjinq Heart](#), Chicago IL
- Adrienne Mak of [Earthsea Acupuncture](#), Toronto ON
- Gunjan Chopra of [Gunjan Acupuncture](#), Toronto ON

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