

# OUTLINE

## 1: Welcome to Chinese Medicine 101

- What is Chinese Medicine?
  - What you'll learn today
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## 2: Foundations of Chinese Medicine

- Yin & Yang
  - Qi (Vital Energy)
  - Five Elements
  - Zang-Fu Organ Theory
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## 3: Yin & Yang in Daily Life

- Yin = Rest, Cooling, Moisture
  - Yang = Activity, Warmth, Energy
  - Health = Balance
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## 4: What is Qi?

- Qi = Life Force
  - Circulates through meridians
  - Weakened or blocked Qi = illness
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## The Five Elements

- Wood, Fire, Earth, Metal, Water
  - Connects to organs, emotions, seasons
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## 6: Zang-Fu Organs

- Yin Organs (Zang): Store vital substances
- Yang Organs (Fu): Transform food & fluids

- Organ functions are energetic, not just anatomical

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## **7: Modalities in Chinese Medicine**

- Acupuncture
- Herbal Medicine
- Cupping
- Moxibustion
- Gua Sha
- Tui Na
- Qi Gong / Tai Chi
- Nutrition

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## **8: Acupuncture**

- Uses fine needles to balance Qi
- Treats pain, stress, digestion, more

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## **9: Chinese Herbal Medicine**

- Custom formulas to match your pattern
- Teas, pills, powders

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## **Slide 10: Cupping & Moxibustion**

- Cupping = suction to move Qi & Blood
- Moxa = warming herb to warm meridians

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## **11: Gua Sha & Tui Na**

- Gua Sha = scraping technique for stagnation
  - Tui Na = medical massage for energy flow
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## **12: Qi Gong & Tai Chi**

- Gentle movement + breath = move Qi
  - Builds vitality, improves balance
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## **13: Food as Medicine**

- Eat with the seasons
  - Support organ systems
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## **14: Body Clock Wisdom**

- 2-hour windows for optimal organ function
  - Align habits with body rhythms
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## **15: Acupressure You Can Do at Home**

- LI4 (He Gu)
  - ST36 (Zu San Li)
  - LV3 (Tai Chong)
  - Yin Tang
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## **16: Daily Self-Care Rituals**

- Morning lemon water & stretch
  - Midday digestion support
  - Evening foot soak + breath
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## **17: Tongue Observation Basics**

- Pale, red, coating = insight into internal balance
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## **18: Safe Everyday Herbal Teas**

- Chrysanthemum-Goji
  - Ginger-Jujube
  - Peppermint-Licorice
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## **19: What Chinese Medicine Can Help With**

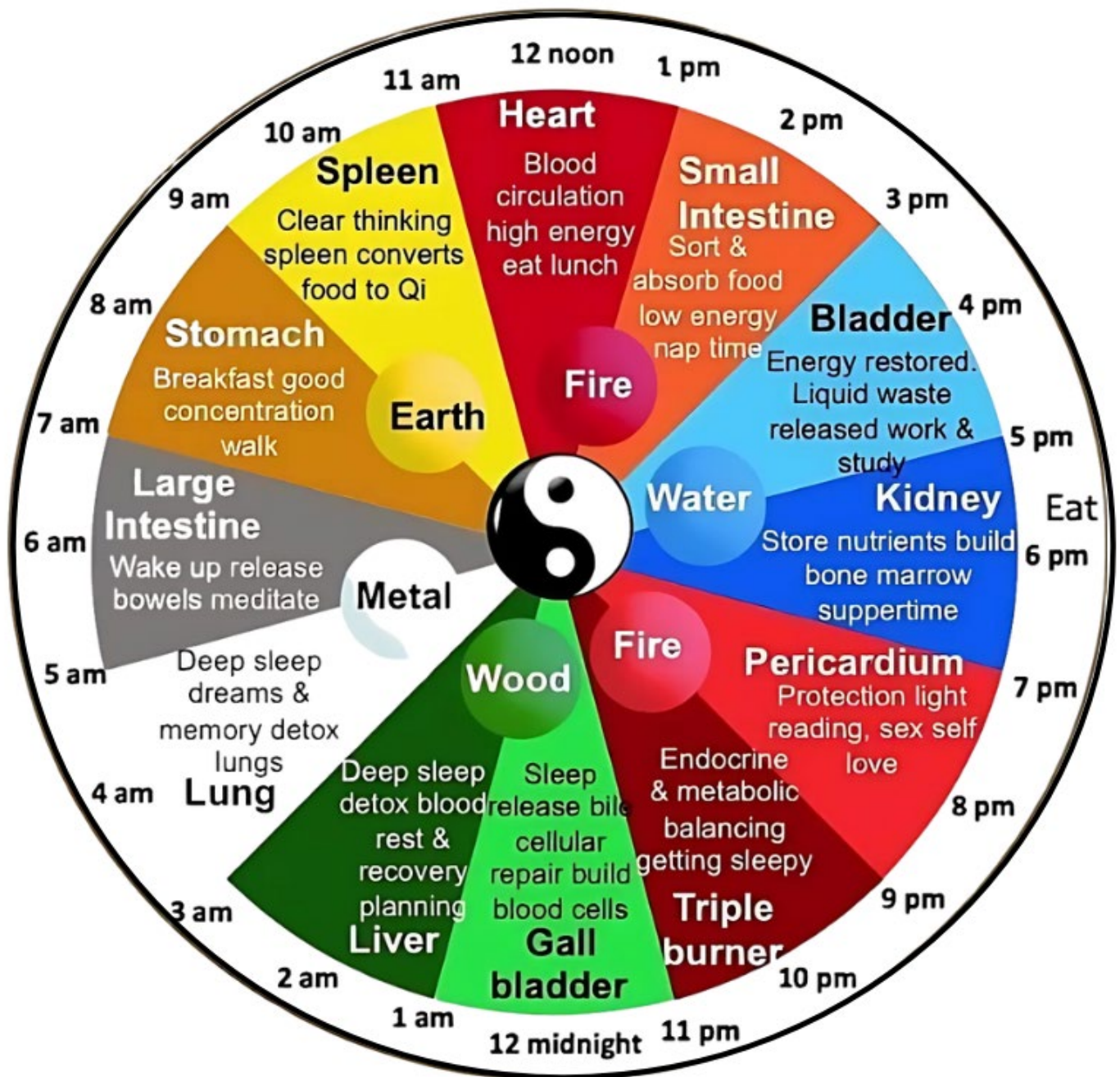
- Pain, stress, digestion, hormones, sleep, immunity, neuropathy, infertility, etc
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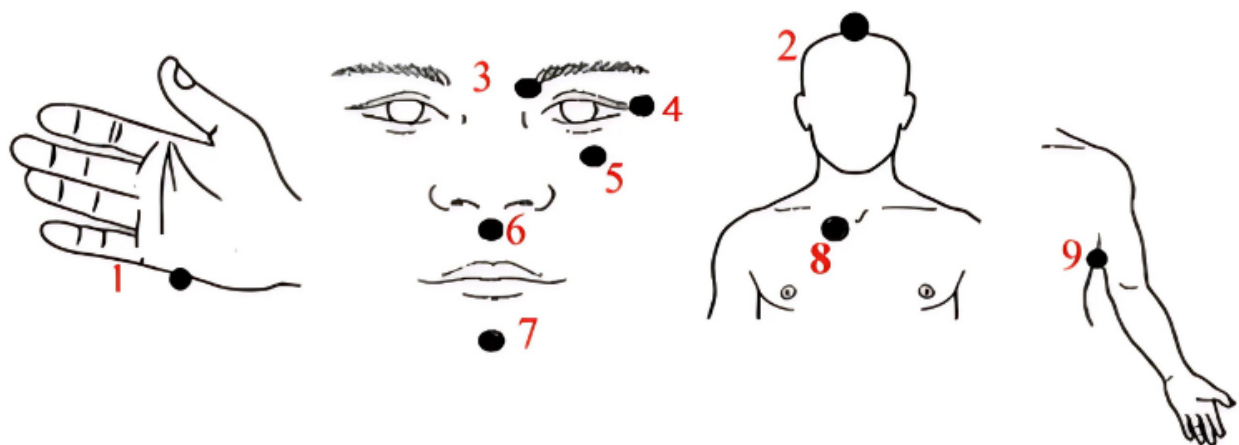
## **20: Q&A + How to Work with a Practitioner**

- Questions?
  - How to start care
  - When to seek guidance
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## **Slide 21: Thank You!**

- Contact Info / Website
- Stay connected





- 1 **SOH** (Side of Hand) – previously called KC or Karate Chop
- 2 **TOH** (Top of Head) – crown of the head
- 3 **EB** (Eyebrow Point) – beginning of eyebrow, at nose edge
- 4 **SE** (Side of Eye) – on bone edge
- 5 **UE** (Under Eye) – on bone edge
- 6 **UN** (Under the Nose)
- 7 **CH** (Chin Point) – between the lower lip and the chin
- 8 **CB** (Collarbone or K27) – slightly underneath the bone
- 9 **UA** (Under the Arm) – upper side of torso, middle of bra strap