



VUIM™

Qigong TB320
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Class goals:

- Clinical: DM, Obesity, Menopause, CFS, and Insomnia.
- Qigong Practice.
- Hands on practice.

Diabetes Mellitus (DM)

- Endocrine disease:
- 1. Hyperglycemia (high blood sugar)
- 2. Decrease in insulin production or decreased in target cells effectiveness.
- 3. Metabolic disorder of sugar, protein, lipid, water, electrolyte.
- 4. Know your 3 P's: Polydipsia, polyuria, polyphagia. Accompanied with weight loss.
- 5. Early stages Obesity, lassitude, aching pains, numbness.
- Dx: glucose test fasting over 140 mg/dl or blood glucose over 200 mg/dl. Insulin dependent is Type I in young. Type II 40 yo+ . High A1C normal range is between 4 – 5.6%

TCM: Wasting and Thirsting disease

- TCM: Wasting and Thirsting disease: prolonged yin deficiency, weak constitution, def. 5 zhang from yin def., improper diet, indulgence in sweets. Irregular emotions and over-sex: Kd yin def. causing dry lungs and stomach that impairs the yang.
- Polydipsia (XS thirst): Yin def. causing Lung heat.
- Polyphagia (XS eating): XS ST heat in middle jiao.
- Polyuria (XS urination): Kd yin def.
- Tx: Nourish Yin, clear heat, moisten dryness, generate fluids. Target: LU, ST, SP, KD, Liv.

DM Qigong: Dao yin for Diabetes

- List:
- Interact Heart and Kidney zhang.
- Soothe Liver, Regulate Lung.(Ren17)
- Strengthen body and Spleen zhang.
- Nourish yin and Kidney tonification.(Ren17)
- Oscillation Waist qigong.
- Other
- Relaxation qigong.
- Six healing sounds

Upper Xiao (Polydipsia)

- Sx: severe thirst, dry mouth, dry tongue, polyuria, red tongue tip or sides, thin and yellow coat, pulse full and rapid.
- Prescription:
- Daoyin for diabetes.
- 6 healing sound with Lung SIIII silently.
- 5 element qigong “pinching method” Metal/Lung.
- Abdominal breathing. Teeth and tongue gong to generate and swallow saliva.

Middle Jiao: Polyphagia

- SX: Frequent hunger, thirsty, polyuria, dry stool, extremely thin, Tongue: yellow coat, Pulse: slippery and forceful.
- Prescription:
- 1. Daoyin for diabetes.
- 2. Internal Nourish qigong: lower jiao.
- 3. six healing sound: HUUUUU spleen.
- 4. Abdominal massage after swallowing saliva.

Lower Jiao: Polyuria

- Sx: turbid or sweet urine, sore and weak lower back and knees, lassitude, dizziness, tinnitus, dry lips, mouth, skin, red tongue with little coat, thin and rapid pulse.
- Prescription:
 - 1. Daoyin for Diabetes qigong
 - 2. Roborant qigong, emphasis KD1 yongquan.
 - 3. 6 healing sound: Xiii and HUUU (TB and ST/SP)
 - 4. Massage KD1, lower back, and abdomen.

Obesity

- If your **BMI** is less than 18.5, it falls within the underweight range. If your **BMI** is 18.5 to <25, it falls within the normal. If your **BMI** is 25.0 to <30, it falls within the overweight range. If your **BMI** is 30.0 or higher, it falls within the **obese** range.
- Risk: 40 yo, menopause, neurologic disorders, secondary: endocrine disorders, pituitary, thyroid, reproductive, adrenal, pancreas.

Obesity

- Sx: aversion to heat, profuse sweating, palpitations, abdominal distention, fatigue, hypoxia, leading to hypertension, somnolence, CAD, Diabetes, Gall stones, gout.
- Women: amenorrhea, infertility.
- Weight will be too much on knees, hips, lower back, joint degeneration.
- TCM: Phlegm, Def. SP Qi, Dampness, Damp-heat, Empty heat ST and LI, Qi and Yang Def.,
- TX: Tonify Kidney , SP Yang, Clear damp, Eliminate phlegm, reinforce yang and Qi.

Weight Losing Body building qigong

Target: Abdominal muscles and internal massage.

1. Abdominal breathing
2. Straight leg raises
3. Sit-up
4. Flex knees and straight waist
5. Press the abdomen
6. Bicycles.
7. Yijinjing
8. Roborant qigong

Obesity: Accumulation Turbid phlegm

- Sx: Obesity in Abdomen, heavy sensations in limbs, fullness in chest, fullness in chest, dizziness, fatigue, lassitude, sleepiness, overindulgence in greasy, sweet, and alcohol. Tongue white and greasy coat, Pulse: slippery.
- Prescription: weight loss qigong or Yijinjing as primary.
- Secondary: Standing stake or Abdominal Kneading massage 100x both directions.

Obesity: SP and KD Qi

- SX: Obesity, weak and soft muscles, puff complexion, lassitude, sleepiness, abdominal distention, loose stools, spontaneous sweating, SOB, Tongue: pale and swollen, Pulse: deep and thin.
- Prescription: Weight losing qigong or Yijinjing.
- Secondary:
- Figure creating exercise “Hai Ai”, (holding the breath).
- Losing lumbar weight exercise: waist and dai mai channel circles,
- Losing buttock weight exercise: hip and buttock circles.
- Losing leg weight exercise: toe raises.

Obesity: teach them diet

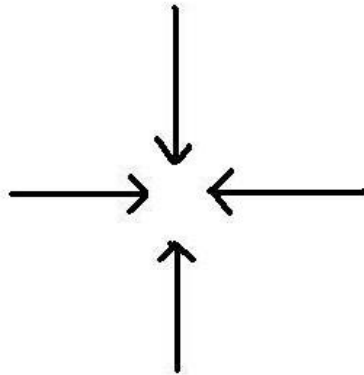
- Smaller portions. Eat less, move more.
- Walking 10,000 steps daily.
- Low Fat and Low sugar diet.
- Breakfast like a king, lunch like a prince, dinner like a pauper.
- Proteins, Veggies, and fruits.

Thermal Nature

Cold



Cool



Warm



Hot



Diet: Avoid Cold and Hot/Fire foods.

cold

寒的

banana 香蕉
 watermelon 西瓜
 bok choy 大白菜
 turnip 白蘿蔔
 celery 芹菜
 cauliflower 白花菜
 crab 螃蟹
 bean sprouts 綠豆芽
 asparagus 蘆筍
 eggplant 茄子
 cucumber 黃瓜
 grapefruit 葡萄柚
 Chinese parsley 香菜
 mustard green 芥菜
 pineapple 鳳梨
 Tangerine 橘
 zucchini 綠胡瓜
 brussel sprouts 小包心菜
 seaweed 海帶
 tofu 豆腐
 lotus seeds 蓮子

cool

pear 梨
 peppermint 薄荷
 green tea 綠茶
 oolong tea 烏龍茶
 sponge gourd 絲瓜
 bitter melon 苦瓜
 cooked lettuce 熟生菜
 green apple 綠蘋果
 snow pea 雪豆
 corn (white) 白玉米
 orange 柳丁
 cabbage 包心菜
 soybean sprouts 黃豆芽
 apple 蘋果
 cooked onion 熟洋葱
 strawberry 草莓
 cheese 起司
 cherry plum 櫻桃
 plum 梅子
 mushroom 白菇
 miso 醬

warm

溫性

rice 米
 noodle 條麵
 bread 麵包
 pork 豬肉
 chicken 雞肉
 turkey 火雞
 broccoli 綠花菜
 green pepper 青椒
 green bean 青豆
 egg white 蛋白
 corn (yellow) 黃玉米
 mustard plant 芥藍菜
 egg yolk 蛋黃
 yam 紅薯

fish

pepper 胡椒
 ginger 薑
 stew 肉菜濃湯
 garlic 蒜
 soy milk 豆漿
 cooked tomato 煮過的蕃茄
 spinach 菠菜
 scallion 蔥
 red bean (kidney) 大紅豆
 black tea 紅茶
 fish (from the sea) 海魚
 nectarine 油桃
 carrot 紅蘿蔔
 fungi (black) 黑木耳
 milk 牛奶

hot

熱性

nuts 堅果類
 grilled food 烤的食物
 charcoal food 炭烤的食物
 mango 芒果
 avocado 鱈梨
 lichee 荔枝
 longan 龍眼乾
 turtle 鱉
 chocolate 巧克力
 cocoa 可可
 raw onion 生洋葱
 coffee 咖啡
 lamb 羊肉
 duck 鴨肉
 eggplant 茄子
 red pepper 紅
 venison 鹿肉
 deep fried food 炸的食物

THE ESSENTIAL ENERGY NATURE OF VARIOUS FOODS

"Warm foods restore balance. Just go to the center and forget either extreme."

Menopause/Andropause

- Reduced Hormones of ovaries (estrogen) in women around 49yo , and testes (testosterone) in men around 64yo.
- Sx: Nervousness, declining memory, difficult mental concentration, dizziness, tinnitus, hot flashes, sweating, irritability, insomnia, lassitude, palpitations, SOB, sore and weak lower back.

TCM and Menopause

- Imbalance of Yin and Yang, def. of Qi and Blood. *Zangzao* (Hysteria) with irregular menstruation and palpitations. Def. Kidney Qi, Empty Chong Mai and Ren Mai.
- TX: Nourish Heart Qi, Kidney Qi, Warm Yang, Replenish Essence, Soothe Liver, regulate qi, clear the heart, eliminate irritability when excess.

Innate Yin Qigong

- Use of Ren 4 “Guanyuan”
- Qi permeating the elixir: guide qi to lower jiao.
- Open and Close the Elixir field: open close hands at dantien.
- Circulating Qi in Eight diagrams: massage lower jiao 36x both directions.
- Moving Qi to enforce Dai Mai: ming men and belt area 60x.
- Qi circulate along Shaoyin Kidney” visualize and guide in the channel.
- Closing: massage face.
- Other:
- Roborant Qigong
- Health Preservation/Longevity Qigong.

Def. Kidney Yin

- SX: Dizziness, tinnitus, irritability, easily lost temper, insomnia, profuse dreams, sore and weak lower back and knees, hot flashes, tidal fever, sweating, heat sensations in palms and soles, scanty and yellow urination, dry mouth, constipation, fluctuating blood pressure, shortened menstrual cycles, heavy menstrual bleeding, spotting,
- Tongue: bright or dark red menses, red tongue with little/no coat,
- Pulse: thin and rapid.

Def. Kidney Yin

- Prescription: Innate Yin or Roborant Qigong as main form.
- Secondary: Relaxation qigong, Internal Nourish Qigong, and Taoist Prolong Life qigong.

Def. Kidney Yang

- Sx: Soreness, cold pain in lower back, cold hands and feet, aversion to cold, palpitations, SOB, lassitude, decreased appetite, clear and profuse urination, loose stools, profuse urination at night, diarrhea before dawn, delayed scanty and clear menstruation, leukorrhea.
- Tongue: pale moist/wet w/ white coat.
- Pulse: Slow.

Def. Kidney Yang

- Prescription: Innate Yin Qigong or Health Preservation Qigong as main form.
- Secondary: Internal nourish and 6 healing sound.

Chronic Fatigue Syndrome (CFS)

- Fatigue of unknown cause with general symptoms including extreme fatigue, dizziness, headache, declined memory, soreness and aching pain of the muscles, poor appetite, mild cognitive dysfunction. Ages 20-50 in people who have overworked, physical and mental stress, irregular diet and lifestyle.
- Lasts over 6 months, with all other illnesses ruled out.

TCM and CFS

- Long term overwork, improper diet, weak innate qi, emotional injuries, external cold-damp, def. qi and blood, dysfunction of zhang-fu organs in activating qi. EPF lodged in muscles and joints manifesting as fatigue.
- Tx: Nourish Qi and Blood. Tonfiy KD Qi, Yin and yang.
- Prescription: Float and Merge Qigong

CFS: Float and Merge Qigong

- 1. Float: merge body and mind.
- 2. Merge: integrate heaven, human and void, forget self and surroundings.
- A. Body adjust; generate floating sensation, oscillate, arms in ball open and close.
- B. Fetal breathing.
- C. Mind: Visualize floating on Clouds.
- 30 min.
- Other:
- Internal Nourish qigong
- 8 Piece Brocade.

CFS: Qi Deficiency and Damp Accumulation

- Sx: Fatigue not relieved by rest, muscle ache and joint pain, heavy head sensation, , poor appetite, slight aversion to cold.
- Tongue: pale with white slippery coat.
- Pulse: Thin and soft.
- Prescription: internal nourish qigong, standing stake, 8 brocade, Health preservation/longevity qigong.

CFS: Zhang Fu organ Deficiency

- Sx: Fatigue not relieved by rest, aching body, palpitations, SOB, soreness and weakness of lower back and knees, poor memory, tidal fever, night sweating.
- Tongue: dark with little coat.
- Pulse: Deep, thin, forceless.
- Prescription: Float and merge qigong, 6 healing sound emphasis “HUU” and “Chui”.
Massage KD1 point.

Insomnia

- Types: difficult to fall asleep, insufficient rest, waking up early, unable to fall asleep after waking up in middle of night.
- When asking patient about sleep look to when the times they wake up and use the tcm clock.
- Example: if wake up at 1am it might be transition of qi from GB to Liver.

TCM and Insomnia

- HT and SP damaged by overthinking. “Difficult to fall asleep”.
- KD damaged from oversex, overwork. Yin Deficiency. “wake up frequently”.
- Liver damage from HT and GB deficiency, phlegm and heat disturbing shen. “Waking up early”.
- Stomach disturbance from Food.

Insomnia TX:

- Acupoints: Anmian, Ht7, Sp6.
 - Qigong: Sleep Inducing Qigong.
 - “Tighten and Relax muscles method”.
 - Inhale tighten, Exhale relax arms. 6x
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- 1. Arms
 - 2. shoulders
 - 3. whole body
 - 4. Head and Neck
 - 5. Lower Limbs
 - 6. Upper and lower back.
 - 7. Abdomen
 - 8. fingers and toes.
 - 9. Chanting “relax’
 - Other: Roborant and 8 pieces of brocade.

Insomnia: phlegm disturbed

- Insomnia with heavy sensation of head and body, fullness and stuffiness of chest, poor appetite, belching, acid reflux/regurgitation, nausea, irritability, bitter taste, dizzy, vertigo,
- Tongue: greasy and yellow coat
- Pulse: slippery and rapid.
- TX: sleep induce qigong or Roborant as main.
- Secondary: Health preserving qigong and standing stake.

Insomnia: HT, SP, Liv, KD Def.

- Sx: Malnourishment of Heart and mind, irritability, insomnia, dizzy, vertigo, tinnitus, forgetful, palpitations, SOB, lassitude, fatigue, poor appetite, abdominal distention, cold hands and feet, seminal emission, impotence.
- Tongue: pale w/ thin coat.
- Pulse: Weak
- Tx: Sleep induce qigong or roborant as main form.
- Secondary: relaxation qigong or health preservation qigong.

Pair up and work on class mates

- Chief complaint
- 10 questions
- Tongue
- Pulse
- Diagnosis
- Treatment

Homework:

- Journaling
- Practicing Ba duan jin, 6 healing sounds.