

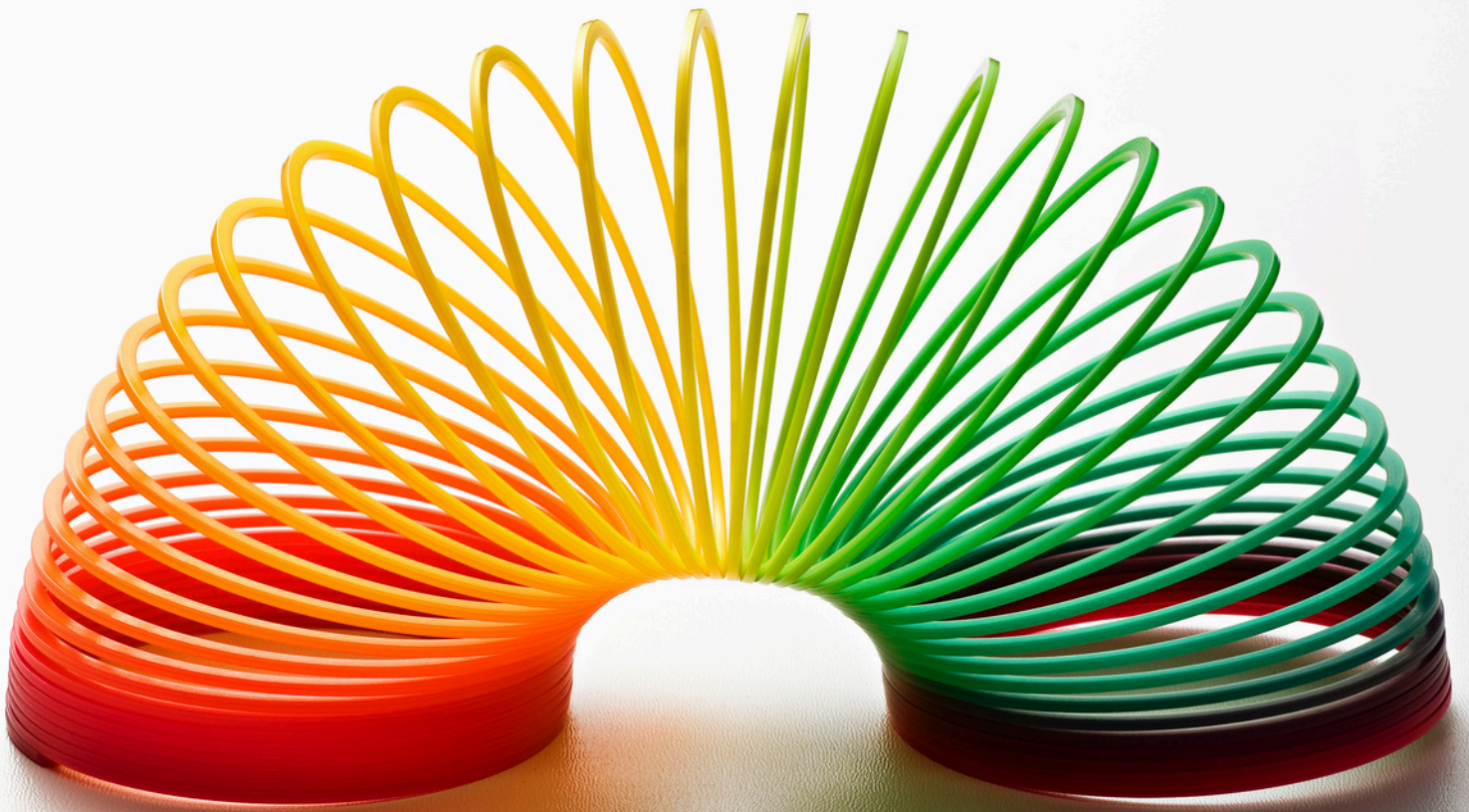


Parkinson's

5 Element Tips

MINI E-BOOK

BY JOANNE FAULKNER



Chi flow
WITH JO

joannefaulkner.ie

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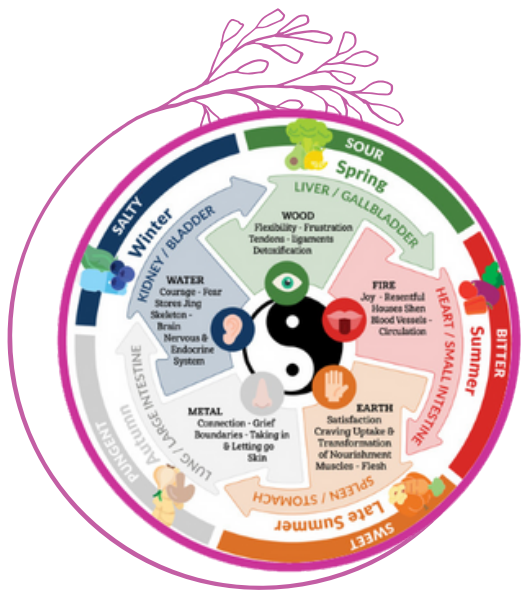
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Introduction

Understanding Chinese Medicine and the body

In Western medicine, organs are physical entities that perform specific functions. In Chinese medicine, each organ is a complex energetic system which encompasses anatomical, mental, emotional, and spiritual aspects.

For example, the Kidney energetic system manages the physical organ and its partner organ, the Bladder. It is also responsible for managing the bones, skeleton, brain, nervous system and hormones. *(You can find the whole 5 Element system outlined in my books)*

As Parkinson's disease (PD) is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves we could be tempted to work on the Kidney energetic system which holds domain over the nervous system and the brain, but actually in Chi Flow with Jo we take a (w)holistic view, working on the body as an integrated system.





Chi Flow with Jo

The Benefits

My husband, Davy was diagnosed with Parkinson's eight years ago; as a Qi Gong teacher and Chinese Medicine Practitioner, I work together with him so that he sleeps well, maintains flexibility, balance and strength plus working on the emotional aspects that are not so visible.

We feel it is important to share the benefits we receive from Chi Flow with Jo which helps us both, every day, live with ease, confidence and flow, both physically and emotionally.

Working with Qi Gong exercise, acupuncture points and 5 Element food medicine can help other symptoms caused by Parkinson's and the side effects caused by the drugs used to manage the condition.

We look to improve fitness and balance, reduce anxiety and depression, lower blood pressure, relieve chronic pain, strengthen the immune and respiratory systems, improve coordination, balance and overall well-being.

Ping Shuai Gong

Pendulum Swing Qi Gong



Anyone, everywhere, at any time, can practice Ping Shuai Gong. This exercise has long term health advantages if done daily.



This practice should not be done directly after eating. Wait at least 30 minutes and it will aid digestion.



When practising Ping Shuai Gong, wear loose, comfortable clothing and flat-soled shoes or go barefoot, with both feet flat on the ground.



Swinging forward, keep your arm height at or below shoulder level. Swing as far back as you can without using too much power.

Swing with care. Swing freely. Move your arms in a pendulum-like motion.

The better outcomes you will get depend on how calm and consistent you are.

This exercise facilitates easier Chi and blood circulation, better lymphatic flow and better joint mobility. (follow the video on the next page for full instructions)



Ping Shuai Gong

Pendulum Swing Health Qi Gong

Studies have shown that Health Qi Gong movements are perfect for people living with PD because they are simple, easy to learn, strengthening, and inexpensive.

This study concluded that Health Qi gong exercises could reduce the symptoms of Parkinson's disease and improve the body functions of PD patients in both the mild and moderate stages. PD patients demonstrate a significant improvement in muscle hardness, the timed "up and go," balance, and hand-eye coordination (the turn-over-jars test). The study suggests that Qi Gong could be added as an effective treatment of rehabilitation therapy for PD.



CLICK TO VIEW THIS HIDDEN VIDEO LINK
DEMONSTRATING
PING SHUI GONG / PENDULUM SWING



Acupressure

The Benefits

Acupressure/Acupuncture Points

Parkinson's disease (PD) is the second most common chronic and progressive neurodegenerative disease.

Long term use of levodopa and other medication commonly lead to a loss of efficacy and to complications. Therefore, many people living with PD have turned to complementary therapies to help relieve their symptoms. Acupuncture is most commonly used as a complementary therapy in people with PD.

Studies show that Acupuncture was effective in relieving PD symptoms compared to no treatment conventional treatment alone, and acupuncture plus conventional treatment had a more significant effect than conventional treatment alone.



Acupoint

Gallbladder 34 Yang Hill Spring

This point moves Liver qi stagnation.

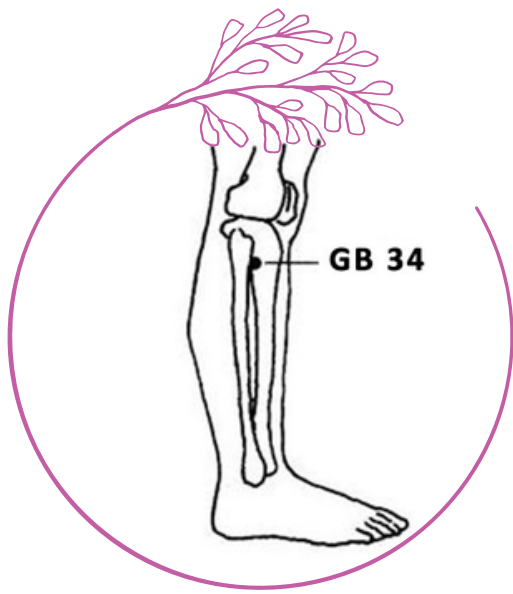
The Liver energetic system paired with the Gallbladder governs the ligaments, tendons, sinews and connective tissue in the body.

The acupressure/acupuncture point Gallbladder 34 is used for treating stiff muscles and joints in the lower body. It also addresses stiff neck and shoulders as well as joint issues in the arms.

It's also useful for treating soft tissue anywhere in the body, cramping, pain, spasm, weakness, numbness, paralysis.

Working this point specifically benefits the sinews and joints, activates the meridian, moves Liver Qi, and relieves pain. It is known as the Converging point of Sinews.

The He-Sea points of the body, of which GB34 is one, are where the qi/energy of the meridian collects and goes deep into the body.



Acupoint

Gallbladder 34 Yang Hill Spring

Consistency is key when using the points.

Rather than pressing or massaging the acupoint hard only once, develop a routine where you connect with this point daily.

HOW TO FIND THE POINT:

To find the point place your hand on the outside of your lower leg below the kneecap.

You will find the head of the two bones, the Tibia and Fibula.

The lower smaller head is the Fibula, directly below this in the hollow space you will find Gallbladder 34.

HOW TO PRESS A POINT? Go to next page..



What are Acupressure points?

Acupressure has its foundation in traditional Chinese medicine (TCM), where it has been in use for over 2,000 years. It's a method of activating the body's self-healing mechanisms to treat illness and alleviate pain. Like acupuncture, which uses tiny needles, acupressure stimulates the body at certain pressure points, allowing and encouraging, free flowing movement of energy and blood.

These acupressure points (tsubos) are not simple buttons to press, they connect you to sensing and feeling how your own energy is at this time. Sometimes they are painful and hot so you need to go slow and gentle, perhaps simply rubbing or holding your hand over the point. At other times they may feel cold and empty, in this case rub, tap and massage the area to invigorate and activate flow. There are many ways to use these powerful points on the body. If you are using pressure don't use pain to stimulate, respect your body's signals, listen and adapt the pressure.



How to

Press a Point

Traditionally we use the thumb to massage the acupoint with deep and steady pressure.

Massage the point in a circular motion without removing the thumb from the skin.

You can also hold and gently press, imaging energy travelling from the core of your body, out of your thumb and into the point you are connecting with.

Massage the point anywhere between 30 seconds and 3 minutes until you feel a change in the energy. This might be an all over body sensation, not just in the point.

Remember consistency is key so massage your favourite points daily.



5 Element

Food Medicine

Medication for PD takes a toll on the body and especially the Liver which in Chinese Medicine is responsible for the smooth flow of blood and Chi/Energy around the body.

The Liver is the big detox organ of the body, removing unwanted materials and toxins, sending them to the Large Intestine or Kidneys for release.

However if the Liver is congested through overeating, eating at the wrong time, or toxic overload from medication, excess hormones, alcohol and fats, it is not able to metabolise the energy already stored so we can't shift the belly weight, we feel exhausted, suffer sore joints, disturbed sleep, even our nails and hair begin to thin.

[Read more in my blog](#) about the Liver energetic system and Parkinson's.

Sour food

for the Liver



When feeling low in energy or mood, avoid Liver stagnating foods such as ice cream, cheese, fried foods and alcohol, instead eat plenty of sour foods such as lemons, limes, grapefruit, rhubarb, gooseberries, apple cider vinegar, kimchi, and my favourite superfood, umeboshi plum.



Tapanade and olives are fantastic as they not only help clear the Liver but as they are a fermented food and a probiotic they further aid digestion and elimination.





Recipe

Green Olive Tapenade

Here I share a fantastic tapenade recipe from the Shiatsu & Conscious Cookbook page 104 plus you will also find a scrumptious olive Courgetti recipe on page 155 of the Good Food Better Sex Cookbook

This is a great spread to have in the fridge. It's great tossed through pasta, it makes a great stuffing for meat and really brightens up any sandwich or wrap.

Mediterranean in origin, I have adapted the recipe by adding sunflower seeds to give it some crunch and bite whilst at the same time providing omega-3 and omega-6 essential fatty acids.

The sour flavour of the olives helps the Liver to increase the production of bile which in turn helps to break down fats.

It is possible to smash and chop all the ingredients by hand but for speedy ease put them in a blender and whizz until you have the desired texture. Store in the fridge for up to a week. Even longer if you keep ingredients covered with a layer of oil.

50-200g pitted green olives
75g sun dried tomatoes
2 cloves garlic
3 tbsp olive oil
Handful of chives
2 handfuls of flat leaf parsley
100g sunflower seeds
2 tbsp capers



Chi Flow with Jo

Daily Online Qi Gong

***Feeling exhausted & unmotivated? Trouble sleeping?
Poor digestion? Stiff joints and a lack of flexibility?***

Chi Flow with Jo is an online qi gong class online every weekday morning to start your day in a great easy way.

Qi Gong is great for all ages and abilities, and the Chi Flow community will support and motivate you to join us on our journey to get blood flowing, improve core strength and balance, ease digestion. Embrace your Chi!

Your Monthly Subscription includes:

- ☯ LIVE online Qi Gong class & LIVE Q&A Mon-Fri;
- ☯ Daily Class Recordings Acupoints, Recipes & TCM tips
- ☯ Monthly interactive online Health Talks on various topics;
- ☯ Monthly live Satsangs – simple meditations & mantras;
- ☯ Members Library – full of qi gong, recipes, talks & more.

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Cook Books

5 Element Food Recipes

Good Food 5 element cookbook connects you from the kitchen table to your body with over 100 delicious recipes, poetry, beautiful paintings, practical heartfelt advice and healthy, safe, energy exercises.

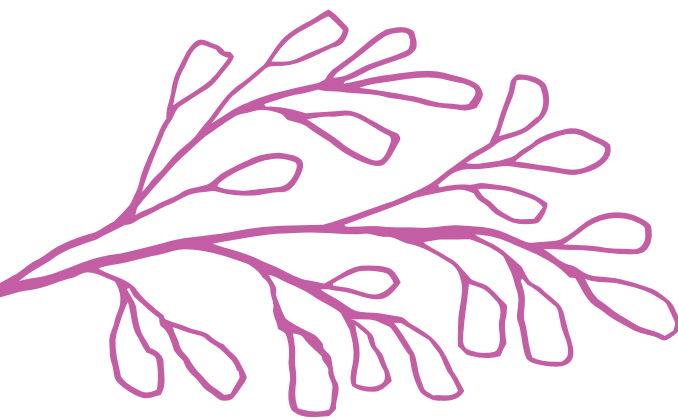
Now available as an e-book too
[HERE](#)



"Shiatsu & The Art of Conscious Cooking" is a beautiful spiritual cookbook filled with recipes, meditations, acupressure points and love.

If you are looking to understand why you choose the food you do and how to have control over how you feel, these books, with their foundation in Traditional Chinese medicine, can help you do that.

[CLICK TO PURCHASE TWO BOOK BUNDLE](#)



PLEASE NOTE:

Self-administered acupressure or Chinese Medicine is not a substitute for visits to qualified healthcare practitioners.

Knowing how to treat yourself and your loved ones with complimentary therapies like acupressure can be greatly beneficial and convenient.

However, for serious and chronic conditions, you'll want to visit a Shiatsu therapist/Acupuncturist or other qualified healthcare practitioner who can develop a treatment plan based on your unique medical history and combination of symptoms.

**The information provided in this e-book
should not be considered
medical advice.**