

Can we get some printed instructions for the acupressure points that Sahar showed us?

Yes, basic acupressure instructions will be in the Resources section and we'll be posting others with the specific acupoints also. Acupressure Info + Stress Reduction Points (Patient Resource)

For Buddha's triangle, is it better to choose to massage the left or right hand?

You can massage either hand, I would suggest finding the most tender points. For example, if your right side is more tender, go ahead and massage that side; vice-versa with your left hand. If you have time, do both!

What does a virtual visit consist of and can you tell me a little more about acupuncture in general?

In a visit with a virtual practitioner, not only will we discuss acupressure recommendations, but also dietary recommendations, lifestyle recommendations, sleep hygiene, Qigong, and essential exercise suggestions.

Chinese medicine is a deep pool and it's evolved over centuries and continues to adapt. One thing that I've learned as a practitioner from the tradition that I practice is that this adaptation, in itself, is one of the lessons that we want to take with us. Circumstances are bound to change all the time. So what can we do as individuals to make ourselves as resilient as possible to adapt to this change? The latest and greatest technologies are excellent. I'm so glad that we have an entire team of medical professionals, modern medicine and traditional medicine to support us, but the specialists that are acupuncturists have views into medicines that have supported humanity for hundreds and hundreds of years. I really recommend that as a resource for everyone to explore a little bit. It's a time where you don't need to be an expert to do all of these things. Just launching in and giving it a try yourself is a great place to start. Trying out the Qigong exercises, acupressure points, or breathing patterns is a really good place to start.

Any dietary tips now that we're working from home?

If you're experiencing any kind of digestive irregularities due to your new work habits or schedule, starting off your day with a nice bowl of jook is a really beneficial way to balance that out. We have a recipe posted that you can look at as well. We've all heard from our grandparents that breakfast is the most important meal of the day and this traditional rice porridge soup is an ideal breakfast.

How much of Chinese traditional medicine coincides with Ayurveda?

I get this question a lot actually, the root of both Chinese medicine and Ayurvedic medicine is in the energy in our body. So making sure that the energy is never stuck within us. Talking about stress, stress often occurs because our body's energy gets stuck. The root of these medicines are the same, just treatments will differ. Where Ayurvedic deals with the chakras, we speak of energy meridians. Their base is the same, where the belief is that you never want any stuck energy - any energy that's not moving - within the body or a deficiency within the body. So we try to replenish that in Chinese medicine with acupressure and herbs. Ayurveda also uses herbs and different methods to try to rejuvenate the body and move stagnation.

There's a view within both practices of the body being a balance between bright and dark forces, yin and yang, and even the sun and the moon.

There's a view about the elements within the body and how they interact, and there are substantial benefits to using herbal medicine to help balance the body. There are other very similar ideas, Ayurveda talks about digestive fire and we acupuncturists talk about digestive energy. We have very similar recommendations about how to support these fundamental areas of health. India and China are right next to each other, and there has been a tremendous amount of cultural dialogue between these two countries throughout the centuries. Hence, a lot of medicines are the same, but there are also differences as well. The Ayurvedic traditions talk about marma points, whereas we talk about acupuncture points. They talk about chakras and we talk about energetic centers. It's a shared foundational model of health, but there are differences in applications and diagnosis.

Are there any modifications for Qigong movements?

Most of the movements don't require you to stand, such as the counter swing and pulling down the heavens. Also with the tapping, you can do that sitting. For those of you who can't reach down to your ankle, you can sit and then reach down that way, or even bring up your leg. There are actually a lot of adjustments to modify Qigong movements to fit everybody's needs. The main point for tapping is that you're just using the tapping to wake up the energize the meridians.

It's important to realize that you don't have to do the movements perfectly. If you don't do it right, it's still just fine. Cong did a really good job of showing some basic guidelines about knee alignment and stuff like that. None of the exercises we're doing are like dropping into an advanced yoga class, where you're gonna end up at the chiropractor afterward if you do it wrong. These are gentle supportive exercises that are suitable for most people and can be adapted for almost anyone.

Where can I get info about herbs and drugs?

medlineplus.gov/druginfo/herb_All.html is an excellent resource, but consulting with a Licensed Acupuncturist can really be helpful here. The interactions between prescription medications and herbs or supplements are complex, and often need to be looked at on a case-by-case basis.

Any experience with dispensing herbal medicine presently to COVID-19 patients, outcomes?

Most hospital patients in China also received Chinese herbal medicine, in addition to standard biomedical treatment. Initial outcomes have shown positive effects, with some remarkable recoveries, but the data is still being analyzed. Notably, at this stage, there is no data showing evidence of harm from the addition of Chinese herbal therapy to the thousands of COVID-19 patients that received it, which is a great first step. There are several Chinese herbal formulations that show real promise in being a part of a comprehensive treatment approach, but we are still in the early stages of figuring standards of care with regard to this novel epidemic.

How are acupuncture visits different from health coach visits?

Health Coaches have a specialization in understanding your various health care needs, setting goals, and following up to adjust these goals to make gradual, steady progress towards better health. They are also experts in modern nutrition and have tons of insights around managing dietary and lifestyle approaches to conditions such as diabetes and obesity. Acupuncturists have a similar skill set, but draw from traditional sources in their recommendations. We might include traditional recipes, acupressure, and movement therapy (Qigong) in your treatment plan. Both groups of practitioners are great resources to get you the support you need, but coming from different perspectives. Ideally, our members would be engaged with both a Health Coach and an Acupuncturist to get the best results.

Is there a link for us to reach out to Crossover professionals to set up virtual sessions?

Acupressure and holistic consultations are available for all Crossover members whose client company engages an Acupuncturist at their health center. Appointments can be made through the patient portal. Initial appointments are 45 minutes long, and follow-ups are 30 minutes.