

## Points to Treat

UB 42 and UB 13 back transporting point for the lungs and strengthens and roots the corporeal soul in the lungs. It frees up breathing when the corporal soul is constricted by worry, sadness, or grief.

UB 43 and UB 14 are connecting points for the heart, liver, and stomach. And is the transporting point for the pericardium. This point helps to calm the mind and releases emotions of worry, anxiety, anger, frustration, and resentment. These points help remove blood and Qi stagnation, especially in the liver and heart.

UB 44 and UB 15 are the transporting points for the heart and help strengthen the mind. It helps to calm the mind and clears the Heart fire.

UB 47 and UB 18 are the back transport points for the liver and roots of the ethereal soul. It also strengthens the ethereal soul by facilitating the coming and going of the soul and the mind in relationships with other people.

UB 52 and UB 23. This is the back transporting point for the kidneys and strengthens willpower. This is an excellent point for kidney deficiencies and when shock or fear has affected the psyche, creating a disturbed mind.

HT 7 helps to calm the mind and nurtures the heart. It works well for people with mental and emotional problems, especially with a deficiency of heart blood, or heart Yin.

HT 6 helps to calm the mind and is suitable for excess heart patterns with empty heat.

HT 8 and HT 9 are used for anxiety, palpitations, and severe mental restlessness. It helps to clear patterns of heart fire, and heart phlegm fire.

PC 6 helps to calm the mind, lift moods, and relax the chest, especially for emotional problems associated with Qi stagnation. This also allows us to settle the ethereal soul when it's affected by the stagnation of liver Qi. This point is helpful for A-fib, tightness of the chest, and pressure in the chest due to emotions. This point also helps to move the blood in the heart.

PC 7 helps to calm the mind in excess patterns, relieves phlegm from the heart, and is indicated for emotional problems from a breakup of relationships.

GB 13 calms the mind, settles the ethereal soul and the essence to the head. It is indicated for severe anxiety, heart palpitations, a-fib, and is also suitable for jealousy and suspicion.

GB 40 strengthens willpower and the mind.

LU 7 settles, opens, and connects to the corporal and is an excellent point for releasing the effects of emotions, especially sadness and worrying grief, which constrains the soul.

Points to Gua Sha are CV 15, CV 17, SI 11, UB 43, GB 26, GB 24, LV 13, LV 14, ST 19, ST 20, PC 1, KI 21, LU 1 and 2, SP 16, and SP 21.

Dredge LV 2 and LV 3, ST 42, GB 43, HT 9, LU 11.

GV 20 clears the mind and helps reduce excess heat and stagnation of Qi in the head. Bloodletting the arteries under the tongue.

Moxa CV 4 and GV 4

### **Dietary List for Hypertension**

**Recommendations:** celery, spinach, garlic, bananas, sunflower, seeds, honey, tofu, mung beans, bamboo shoots, seaweed, vinegar, tomatoes, water, chestnuts, corn, apples, persimmons, peas, buckwheat, jellyfish, watermelon, hawthorn berries, eggplant, plums, mushrooms, lemons, lotus flower, chrysanthemum flower, and cassia seeds. Magnesium, Zinc, celtic salt, and shilait

### **Remedies:**

- Drink warm celery and juice three times daily.
- Eat two ripe tomatoes on an empty stomach every day for a month.
- Drink water, vinegar, and honey regularly.
- Drink cornsilk tea.
- Sleep on a pillow of chrysanthemum flowers to draw the heat out of the head.
- Make mung bean soup.
- Take garlic oil capsules to clean out the arteries. The capsules can stimulate the taste buds and moves stagnant qi. The taste buds' function in physiological processes: the spicy flavor can be stimulating in general for hypertensive individuals.
- Steam or big jellyfish for about 12 minutes. Have vinegar, soy sauce, and sesame oil, and take them daily for about two months.
- Steam the tofu, cool it to room temperature, and add vinegar and sesame oil. This can be combined with soupy rice for a nutritious breakfast.
- Make Lotus root tea and drink 3 cups daily for a month.
- Make tea from chrysanthemum flowers and cassia seeds and drink regularly.
- Steam white fungus for two hours and take before bedtime.
- Drink Hawthorn berry tea continuously for an extended period.
- Make soup from abalone and seaweed.
- During the summer months, make watermelon juice or eat watermelon every day.
- Make tea from watermelon rind, Mugwort, and mulberry branches. Drink 3 cups daily for two months.

- Take celery, white onion, garlic, chestnuts, tomatoes, and 4 cups of water. Boil down to one cup and drink every night before bed.
- Take seaweed, pearl barley, and a little honey, and cook into soup. Eat every day for five days.
- Mix pig bile, and mung bean powder. Take one teaspoon twice daily for at least eight days.
- Black or white mushrooms and cook soup daily.
- Eat three apples daily.
- Drink organic banana peel tea.
- Make a tea from one peeled lemon, fresh water, chestnuts, and 2 ½ cups of water.
- Drink three glasses daily of unripened persimmon juice for one week.

**Avoid** smoking, alcohol, spicy foods, coffee, caffeine, all stimulants, fat and fried foods, salty foods, stress, constipation, potatoes, intense emotions, pork, overeating, and low levels of calcium in the body.