



INFINITE WELLNESS
ACUPUNCTURE

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Glenwood Springs, CO

Chinese Medicine Tips for Pediatrics

How to Reduce a Fever Naturally:

Supplies: 1. 'Gua Sha' Tool (any curved plastic, ceramic or stone utensil; a chinese soup spoon, a snapple cap or an official gua sha tool will do the job).

2. Oil (massage oil, coconut, olive or any oil that you know won't cause any irritation).

Procedure:

-Expose the upper back and neck.

-Apply a light layer of oil to the upper back and lower neck area.

-Start scraping the skin in a downward motion in one direction, away from the spine, towards the bottom of the shoulder blades and out towards the shoulders. You want to start on the sides of the cervical 7 vertebrae (this is at the bottom of the neck, the vertebrae that sticks out the most).

-Use a firm but gentle pressure, check to see how they like the pressure, if they start to squirm you are probably going too hard. You want to scrape the skin until you see a pink to reddish hue appear. This could take 1-4 minutes. Usually they get very relaxed and will let you do it longer than needed, but only go until you see the pink to reddish hue in the skin appear. Switch sides, so one side doesn't get sore.

-Don't exceed 4 minutes for pediatrics, adults you can go longer with up to 10 minutes (or until you see a visible change in the skin color).

-AVOID the spine or any broken skin!

There will be a red to purple mark on the upper back that could be visible for 1 day to over a week. Just make sure you inform any child care providers or teachers so they know where the marks came from.

This is the only negative aspect of Gua Sha. You can always have them call me and I can explain what Gua Sha is as well.

This is wonderful way to decrease their fever 1-4 degrees, naturally! This also gives their body the chance to produce more antibodies as well! So don't reach for the tylenol every time. Give this a try and you will be amazed how much it reduces the fever in such a short time frame. Take their temperature right after then every half hour to see the decrease.

****Seek immediate medical attention (ER) if the child is over 3 months old and has a fever above 104 degrees F or under 3 months old with a 100 degrees F.**

If you would like a video of this procedure search "Gua Sha for Fever" on youtube.

How to Reduce a Cough Naturally:

Follow the above instructions, the only difference is the area that you will be doing the scraping on.

For a cough you will go further down the back and inbetween the shoulder blades, going in the direction from the spine towards the sides of the body. You may also do the upper chest, in the direction from the sternum to the sides of the body. This will help expectorate any mucus that is lingering in the lungs.

Expect the cough to increase intensity after doing this procedure. Later that day or the next day, the cough severity should decrease significantly or be gone completely.

Acupressure :

Here are some acupressure points to hold for pediatrics:

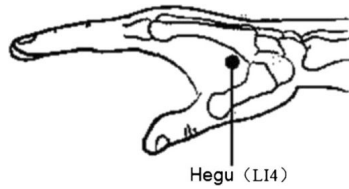
Apply a firm but gentle pressure for a few seconds to a few minutes, when the child starts to squirm then they are done. You can try another area or try later in the day.

Congestion:

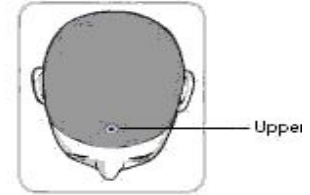
Bitong: Pressure pointed downwards for relieve congestion. Then upwards to stop a runny nose.



Large Intestine 4



Du23

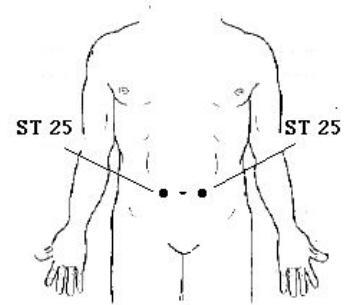


Constipation:

Stomach 25 and a clockwise circle around the belly button. You can make a cup with your hand follow a circle around the belly button using the outside of your hand.

Diarrhea:

Stomach 25 and a counterclockwise circle around the belly button. You can make a cup with your hand follow a circle around the belly button using the outside of your hand.

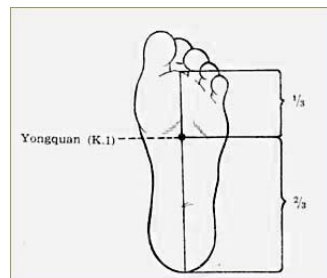


Trying to get them to sleep:

Liver 3



Kidney 1



Email me at: infinitewellnessacu@gmail.com or call 970-930-1809 with any questions or to schedule, or schedule online at: www.infinitewellnessacu.com -Majority of the time during pediatric treatments I do not use the pins, possible acupressure and focus more on diet, herbs allergies **Sliding scale: only \$35-75**