

Qi Deficiency

Information Sheet



During a Chinese medicine consultation your practitioner will ask you lots of different questions about your presenting issue, as well as other physical and psychological symptoms. This allows us to identify patterns of disharmony that might involve new concepts such as qi, yin, yang, phlegm, damp and blood.

This handout is designed for you take away after your consult to provide extra information about the pattern we call Qi Deficiency, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

Definition

Qi is an all-encompassing term describing energy and movement. In the body, qi is the propelling force that ensures physiological processes and organs functions are performed smoothly and efficiently. Qi also warms and protects the body against pathogenic invasion. It circulates on the skin and moves through the (acupuncture) channels of the body. Qi drives our growth and development through the lifecycle. We are born with qi and the body continues

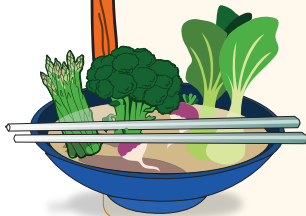
to produce qi by transforming the essential essences from food we eat. Qi becomes deficient when there is overconsumption of cold raw foods that the body can not transform into energy. Excessive consumption of poor nutritional foods that can not be transformed into energy can also cause qi to become depleted. Emotional strain causing worry and overthinking weaken qi, as does chronic illness.

Symptoms

If qi is deficient, you might experience one or more of the following: physical weakness and tiredness due to a lack of energy, pale complexion, mild sweating, poor appetite,

digestive complaints, diarrhea or constipation, quiet voice, shortness of breath, lowered resistance with frequent colds and/or cough.

Food



Food should be enjoyed and accepted lovingly into the body so that we are open to being fully nourished by what we eat. Digestion is enhanced by relaxing during meals. Avoid working or watching television, instead focus on enjoying the meal in a relaxed posture. Always chew food well so that our digestive organs do not have to work as hard to extract essential nutrients. When qi is deficient, incorporate foods that are easy to digest and can be readily

transformed by the body into qi energy. Foods that support qi release energy gradually into the body. Strengthen qi with oats, rice, chickpeas, lentils, nuts, seeds and eggs. Qi can be built with warm sweet foods, including meats such as beef, lamb, salmon, sardines and trout. Vegetables to incorporate include sweet potato, squash and carrots. Fruits to choose from include dates, figs and coconut.

Life Style

The sources of qi in the body include nourishment from food and the air we breathe. How well we utilise qi from these sources depends on how well we live and our mental and emotional wellbeing. We can increase qi

by breathing deeply and incorporating daily physical exercise into our routine. Spending time in natural environments such as the ocean, bushland or forests where the quality of qi is high tend to be uplifting and life-affirming.

YouTube



Here is a link to the Gate Of Hope's Qi Gong video that demonstrates a basic sequence of movements with breath to stimulate the function of different organs in the body. While all the organs movements are important, focus on stimulating the Stomach and Spleen to build qi.

Go to the YouTube channel:
<https://youtu.be/jmLICEsNR E>



For more information talk to your practitioner on your next visit.
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