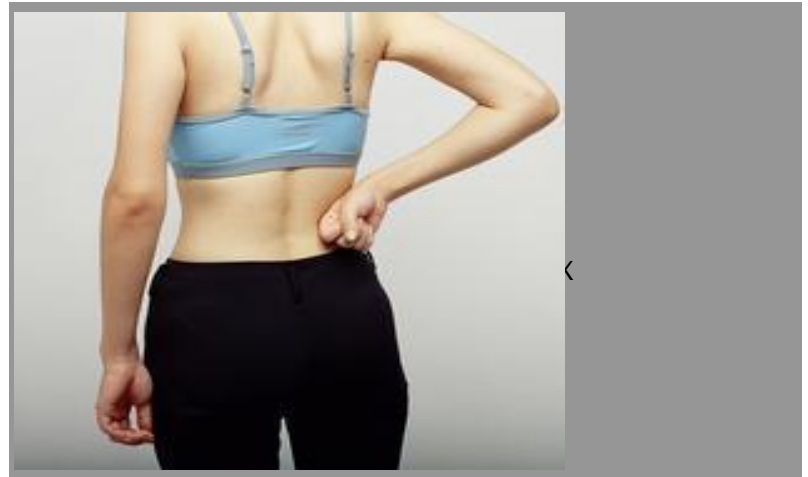


Key Points

- The stress and physical works may cause the breath out of order, that is quite common symptom. But obviously it's not a severe one if we understand the mechanisms of it.

Advices

- In a stress or busy situation, always take care of your breath, this is the best way you may cope with what is happening.
- It easy for the breath to be disconnected during the transition of inhale and exhale. Put the transition outside of your body, in the sky, then the breath will be smooth and easy. Can you do that ?



Y, Female, 54years old, came on 28nd Set. 2012, with back pain for 2 days.

The pain is moving here and there on back, initially at around T10, then moves to sacral area on left, certain angle may trigger the pain. The pain is quite sharp and annoying.

TCM diagnosis and treatment

There is one pattern of any pain named Qi stagnation, which is quite similar with the symptom she has. The cause is due to breath disconnected during stress or physical works. In a simple but not precise explanation, the air leaks from the breath and stuck somewhere in the body and cause the sharp pain. The pain is moving since the air can be squeezed to different place according to the body movements.

I simple ask her to squat and up 6 times, then the pain is gone. It's hard to believe, isn't it ? Then I use Qi hai and Zhong wan points to regulate the Qi movement. Retaining the needles 30 minutes.

TCM Dr. Hao Chen