



Common Sense Self Care to Keep Well

June Tranmer 9.6.21

Worth repeating from when I first posted this in 2015.... as it helps to have something you can do for yourselves to help you keep well at anytime! And I have added a few more things.

- 1.** Garlic and Ginger Tea with lemon and honey – simmer chopped pieces of garlic and root ginger (about 2 cloves and 1 inch cube of ginger) in about a pint of water for about 15 minutes. Strain and serve with lemon and honey.
- 2.** Oregano oil – a couple of drops in food daily, to support the digestive system. Available from Tullivers in York.
- 3.** Vitamin D – get some sunshine every day. Also in mushrooms!
Artificial sources - one of the best is the Better You spray from Tullivers in York.
- 4.** Propolis lozenges – available from Tullivers also – and from local suppliers in Scarborough.
- 5.** Chinese cough syrup – from The Regency Supermarket in Rougier Street, York – can be made into a soothing hot drink. Best more diluted for young children and pregnant mums.
- 6.** Five Flower Essence / Emergency Essence / Rescue Remedy – all good at helping people stay calm. From Healing Herbs online, or a personal flower essence from me at Wellbeing in York.
- 7.** Drink warm drinks, not cold – it is better to flush any virus / bacteria into the stomach where they can be digested rather than working their way into the lungs.
- 8.** Avoid eating too much sugar, rich, cold, raw foods, and cut down/out cow's milk and cheese – these all contribute to creating Damp and Phlegm in the body and are a bad idea as they weigh down the body's defences, so the less you have the better. Sugar, alcohol and coffee are all 'heating' and need to be reduced / cut out.
- 9.** Foods that can help: almond, apple peel, black pepper, button, shiitake mushrooms, celery, daikon (and other radishes), grapefruit, lemon, orange and tangerine peel, liquorice, marjoram, mustard leaf, olives, onion, pear, pepper, peppermint, persimmon, plantain, seaweed, shrimp, thyme, walnuts, watercress. Reduce Heat in the body by tonifying the Yin with: asparagus, egg, honey, kidney bean, lemon, malt, mulberry, nettle, pea, pineapple, pomegranate, pork, seaweed, sesame, spelt, spinach, string bean, sweet potato, tofu, tomato, watermelon, yam.
- 10.** Elderberry Syrup - available ready made up, but you can make your own in the autumn - excellent for helping resist the flu.
- 11.** Thyme Tea - take 1 tsp of thyme and brew in a teapot for 15 minutes. Helps support the lungs.
- 12.** Water – when you are feeling tired or hungry, drink water instead of reaching for a stimulant like coffee or chocolate (but they can also be nice treats – dark chocolate is particularly good for you actually!).
- 13.** Stay grounded by controlling screen time and getting outdoors, do some gardening or make something creative, sing, dance.

- 14. Emotional Stress Release** – when anxious, frightened, angry, worried – just hold your forehead and breathe deeply, until you feel calmer.
- 15. Tapping on your breastbone** – in a circle, around the thymus area – to balance your immune system.
- 16. Switching** - from Touch for Health:
a) Rub the top and bottom lip while holding the navel at the same time – for up / down balance
b) Rub under the collarbones while holding the navel – for side to side balance
c) Rub the tail bone area while holding the navel – for front to back balance.
- 17. Eye Balance** – for when you are on the computer or reading or driving for a long period of time, the eyes can get tired and this will just wake them up: hold your navel with one hand and rub firmly under the collarbones, while focusing the eyes up, then down, then left, then right, then at the end of the nose and then far in the distance.
- 18. Ear Balance** - rubbing all around the ear lobes to raise your energy when you are having a bit of a slump. Also improves the hearing.
- 19. Crosscrawl** – crossing over the left hand to the right knee and the right hand to the left knee, walking, dancing, skipping, sitting.
- 20. Moxa / moxibustion** – see <https://www.moxafrica.org> for more info about how moxa can help the immune system. I use it regularly myself and with my patients: burn a small amount near a specific acupuncture point on the leg (both sides) and it warms and nourishes the digestive system, circulation and the immune system. Available from me if you want to try it.

Your own notes:

Any questions about these things or other Chinese Medicine / Touch for Health methods for helping you stay well, please do get in touch:

June Tranmer, Dip Ac, Mem.BAA. IKC, BFVEA,
Wellbeing in York CIC, The Raylor Centre,
James Street, York YO10 3DW Tel 07932 163602 Email: june@wellbeinginyork.org

