



Spring Cleaning... Unblock Qi & clear Winter Stagnation



In **Traditional Chinese Medicine (TCM)**, **spring** is the season of the **liver** and **wood** is the element associated. Like sprouting plants, the energetic pathway of the liver favours an upward and outward direction but because of its general charge of overall energetic management, system overload tendencies result. Physically presenting with feelings of irritability, frustration, stress, or more depleted/depressed emotions. **Symptoms include headache, tension or stiffness, discomfort of the ribs, chest or abdomen**, etc. With these of signs of stuck energy, unblocking and gently moving qi is a very effective mechanism of supporting liver function.

TCM Tips to shake off stagnancy and improve liver function...

Green to soothe & clear heat and sour to anchor & move qi



spinach



dandelion greens



lemon water

Dandelion is a superfood full of chemical properties like polysaccharides, and phenylpropanoids that both support immune function and protect the liver while mitigating tumor and clot formation (Yan et al. 2024). Aligning with further research that dark leafy greens, like spinach are antioxidant rich vegetables packed with nutrients, high in fiber, reducing oxidative stress and promoting liver function (Liu et al. 2025).

Intriguing research demonstrates homeostatic effects of astringent/sour flavouring with potential to interrupt troublesome physiological response through modulation of the nervous system (Dutta et al. 2025 & Fujii et al., 2025). On top of these properties, citrus fruits, like lemon may reduce anxiety through anxiolytic effects on neurotransmitter activity (Kaur et al. 2024).

✓ A diet rich in **dark leafy greens** is integral to supporting liver health

✓ **Enjoy** warm water with **lemon** daily for its health benefiting & **anti-anxiety** properties.

**Note: side effects can occur at high volumes, consult physician before making any dietary changes*



Research shows that incorporating a regular practice of mindful stretching leads to reduced tension, improved physical, mental and emotional health, as well as greater self compassion (Mašić et al., 2024 & Terzioğlu et al., 2025).

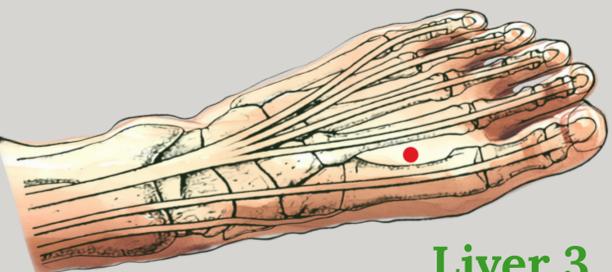
Daily stretching to open channels & move energy

make a habit out of stretching through the sides of the body everyday



✓ Intentional **side stretches** open the rib cage at the same time as activating the **Liver meridian**. Not only can this **improve breath capacity** but it can also help to **release stress & irritation**.

Acupressure to self-soothe and reduce tension



**Liver 3
Taichong "Great Rushing"**

Acupressure on Liver 3 is a simple and noninvasive technique shown to lower blood pressure, reduce anxiety, and improve liver function to better negate stress based illnesses (Lin et al., 2016, Sadat et al., 2025 & Kim B. H. 2025).



✓ **Locate point**, on top of the foot, in **depression** between the **big toe & 2nd toe** bones. Find the "V" shape and **gently massage** for **1-2 minutes**.

Feeling stuck?

Season changes are a great time for an acupuncture "tune up" to boost immunity and balance emotions.

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