



EXAMPLE

TWENTY ONE
DAY HEALTH
PLAN

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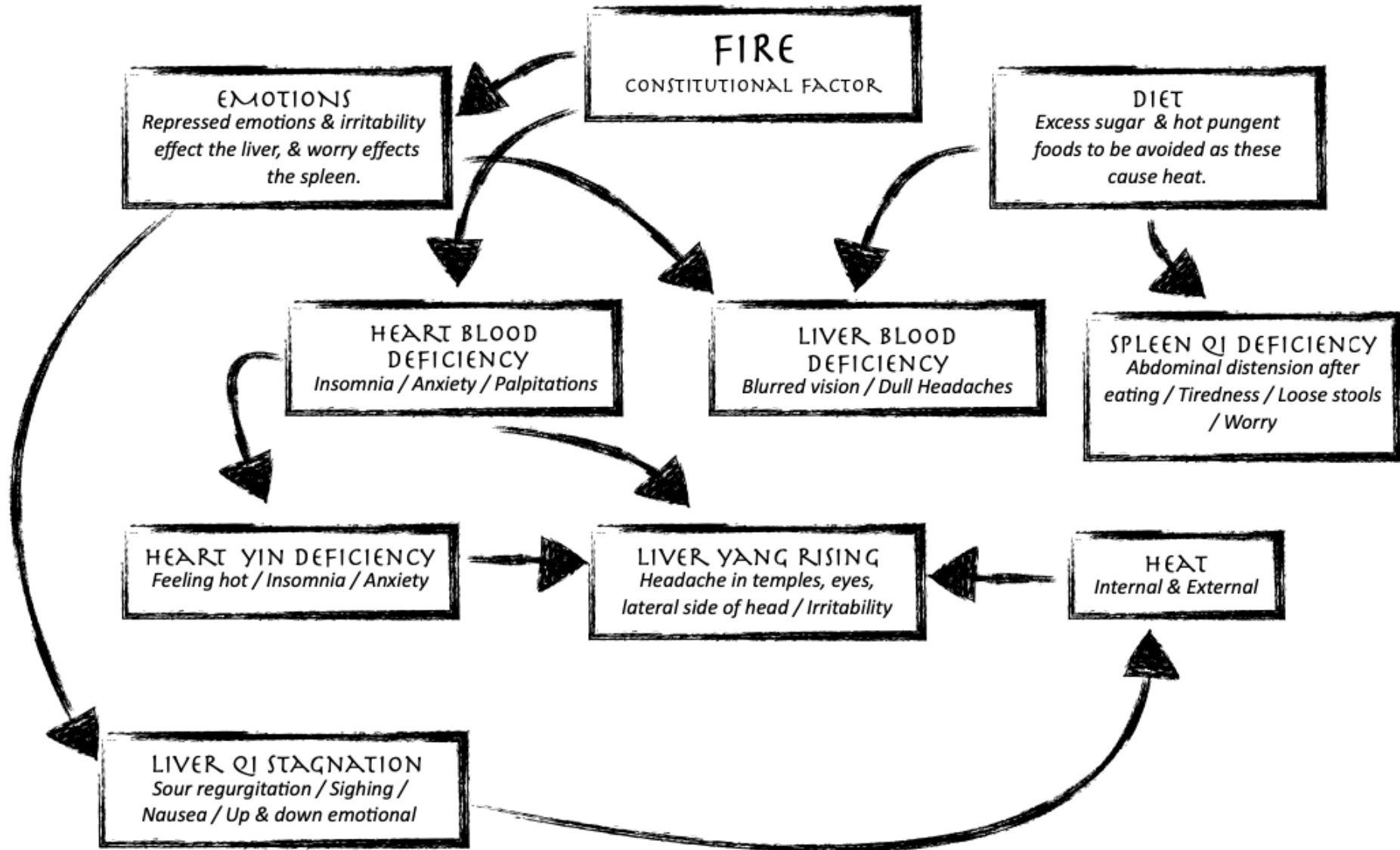
www.susanmartinacupuncture.co.uk



**'LET FOOD BE THY MEDICINE
& MEDICINE BE THY FOOD.'**

Hippocrates

EXAMPLE: Traditional Chinese Medicine Diagnosis.





處方. THE SOLUTION

Following your 30min face-to-face online consultation, a detailed Traditional Chinese Medicine diagnosis will be drawn up for you as shown on the Health Plan page on our website. Your full 21 Day Plan includes recipes, dietary & lifestyle advise & acupressure treatment.

As part of your full 21 day prescription a brief summary will proceed your treatment plan, as shown in the example below:

餐飲 Diet - Eat a diet full of foods to help clear heat and assist with inflammation of the gut.

These foods are as follows:

Kombucha

Fermented Foods such as: sauerkraut, pickles, pickled gherkins

Coconut Kefir

Hemp

Local Honey

Avoid too much hot energy food such as game, lamb and spices, alcohol and coffee.

行使 Exercise - Qi stagnation can lead to further health issues , therefore regular gentle daily exercise (walking for 20mins) will ease the Qi stagnation and promote the free flow of Qi within the body and the meridians.

冥想 Meditation - Excess worrying affects the spleen which affects the production of blood. Emotions of anger, whether it is manifested or repressed, frustration or resentment over a long period of time can cause excessive heat and cause the Qi to knot and cause Qi stagnation. Meditation calms the Shen (spirit of the heart) and soothes emotions.



YOUR 21 DAY PLAN

The digestive system is supported by offering it well-harmonised flavours and easily digestible food. The flavour of food describes its action: sweet flavours are nourishing and moistening, pungent flavours are dispersing and stimulating, salty flavours softening and sinking, sour flavours astringent and cleansing, bitter flavours drying and draining. Your plan has been tailored to support the healing that your body needs, while also offering you varied and delicious meals.

Each flavour resonates with a different organ.





Why 21 days?

If asked how long it takes to form a habit, many people will respond “21 days.”

This idea can be traced back to “Psycho-Cybernetics,” a book published in 1960 by Dr. Maxwell Maltz.

Maltz didn’t make this claim but rather referenced this number as an observable metric in both himself and his patients at this time.

He wrote: “These, and many other commonly observed phenomena, tend to show that it requires a minimum of about 21 days for an old mental image to dissolve and a new one to gel.”

But as the book became more popular – more than 30 million copies have been sold – this situational observation has become accepted as fact.

According to a 2012 study published in the British Journal of General Practice, habits are “actions that are triggered automatically in response to contextual

cues that have been associated with their performance.” It can take anywhere from 18 to 254 days for a person to form a new habit and an average of 66 days for a new behaviour to become automatic.

There’s no one-size-fits-all figure, which is why this time frame is so broad; some habits are easier to form than others, and some people may find it easier to develop new behaviours.

There’s no right or wrong timeline. The only timeline that matters is the one that works best for you.

EXAMPLE

DAY 1 - BREAKFAST

CHIA & ALMOND OATS

Preparation time: 5 minutes

Serves 4

Ingredients:

200g Porridge Oats

50g chia seeds

600ml Coconut milk

2 tsp vanilla extract

125g raspberries

100g almond yogurt

250g Blueberries

20g flaked almonds

Method:

Tip the oats and seeds into a bowl and pour over the milk and vanilla extract. Leave for 5-10 minutes for the oats to absorb some of the liquid.

Reserve around 20 raspberries, then add the remainder to the oats and crush them into the mixture.

Spoon into 4 tumblers, then you with the yogurt and the berries.

Cover and chill overnight or until needed.

To serve, pour 2 tbsp coconut milk over each and scatter with almonds.

Food energetics

Oats are a warming tonic for the Qi. They strengthen the Spleen and benefit the nervous system and the bones. The berries nourish the Blood and the Almonds clear damp as well as nourishing the Blood.



EXAMPLE

DAY 1 - LUNCH

SPRING GREENS WITH LEMON & EGGS

Preparation time: 10 minutes

Cooking time 5 minutes

Serves 4

Ingredients:

450g spring greens

6 tbsp olive oil

6 tbsp lemon juice

Gomasio

Method:

Roughly shred the spring greens and steam them for 5 minutes. In the meantime boil the eggs to your taste- I like them slightly runny so about 5 minutes for medium size eggs. Combine the olive oil and lemon. Serve the greens, shell the eggs and gently slice them in half so that the runny yolk runs over the greens. Pour on the dressing and sprinkle liberally with gomasio.

Food Energetics

Dark leafy greens are blood nourishing and beneficial for the liver. This is a cooling food.

Gomasio - Preparation time: 10 minutes

Ingredients:

20 parts sesame seeds

1 part sea salt

Method:

Dry roast the ingredients in a skillet or in a frying pan until the aromas are released and then grind together with a pestle and mortar.

Food Energetics

This is a Yin nourishing condiment whose action is directed by the salt towards the kidney. It is neutral in temperature.





EXAMPLE

DAY 2 - DINNER

MUSHROOM RISOTTO

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves 4

Ingredients:

50g dried porcini mushrooms

250g field/chestnut mushrooms

1 Kallo vegetable stock cube

2 tbsp olive oil

1 onion finely chopped

2 cloves of garlic crushed

300g risotto rice

25g of vegan/pure butter

Handful of parsley leaves

Method:

Put the dried mushrooms into a large bowl and then pour 1 litre of boiling water over them and leave them to soak for 20 minutes. Then drain them into another bowl and put the liquid aside for later.

Crumble the stock cube into the liquid and then heat the olive oil in a shallow saucepan and then gently fry the onion and garlic and fry for 5 minutes until soft.

Stir in 250g chopped chestnut mushrooms and the dried mushrooms, season with salt and pepper and then cook for 10 minutes until the mushrooms are soft.

Tip the risotto rice into the pan and then cook for one minute with the butter. Keep the pan on a medium heat and pour a quarter of the mushroom stock until the rice has absorbed all of the liquid.

Add the same amount of stock again stirring and it will be plump and creamy. By the time the final quarter of the stock has been added, the rice will be almost cooked. Add a splash of water if you need to and then check the rice to see if cooked.

Take the heat off the pan and then scatter the parsley over the top and a little bit of pepper. You could grate some vegan parmesan cheese over the top too.

Food energetics

Rice is a simple energy building tonic for the whole body and, like all grains is a simple building block for the Qi and Blood. This dish is great for all conditions, especially stagnation and digestive weakness.



WHAT TO DRINK?

Aim to drink at least eight glasses of water per day.



It is easy to overlook the body's simple need for water. Many health problems are actually due in part to local dehydration of the body. We mistakenly believe that we are drinking adequate fluids when a simple glass of water hardly passes our lips. Caffeinated drinks, sugared drinks and concentrated juices, though mostly water in composition, will not properly irrigate our bodies. In fact the diuretic properties of caffeinated drinks and colas disturbs the body's water balance and sets up patterns of dehydration. The result of overuse of these drinks at the expense of simple water is constriction of the vascular

system, tiring of the heart muscle and lowered physical and mental energy. This means that nourishment will be restricted and blood pressure will increase.

As with all aspects of diet, individual water consumption will vary according to constitution and condition, to season and to climate. Thirst is generally the best indicator of how much a person should drink, although when we are out of touch with our bodies we may not be able to read its signs very clearly. As a guideline, more water for excessive and toxic conditions, less for deficient and cold conditions.



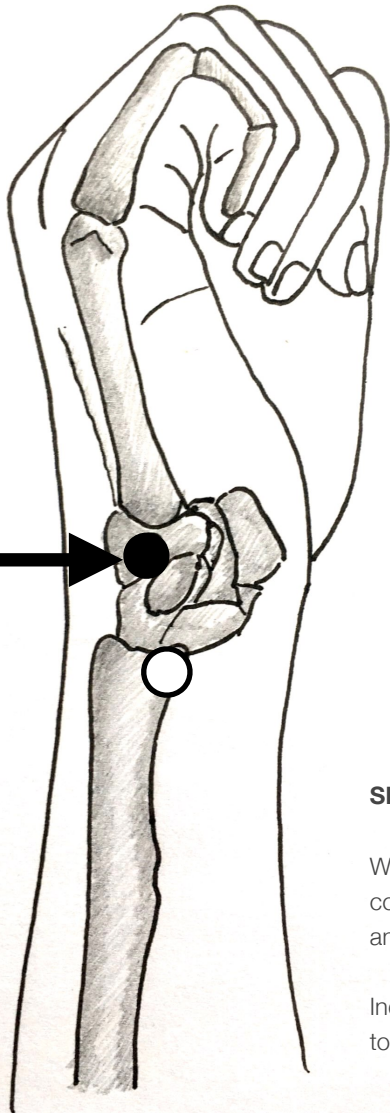
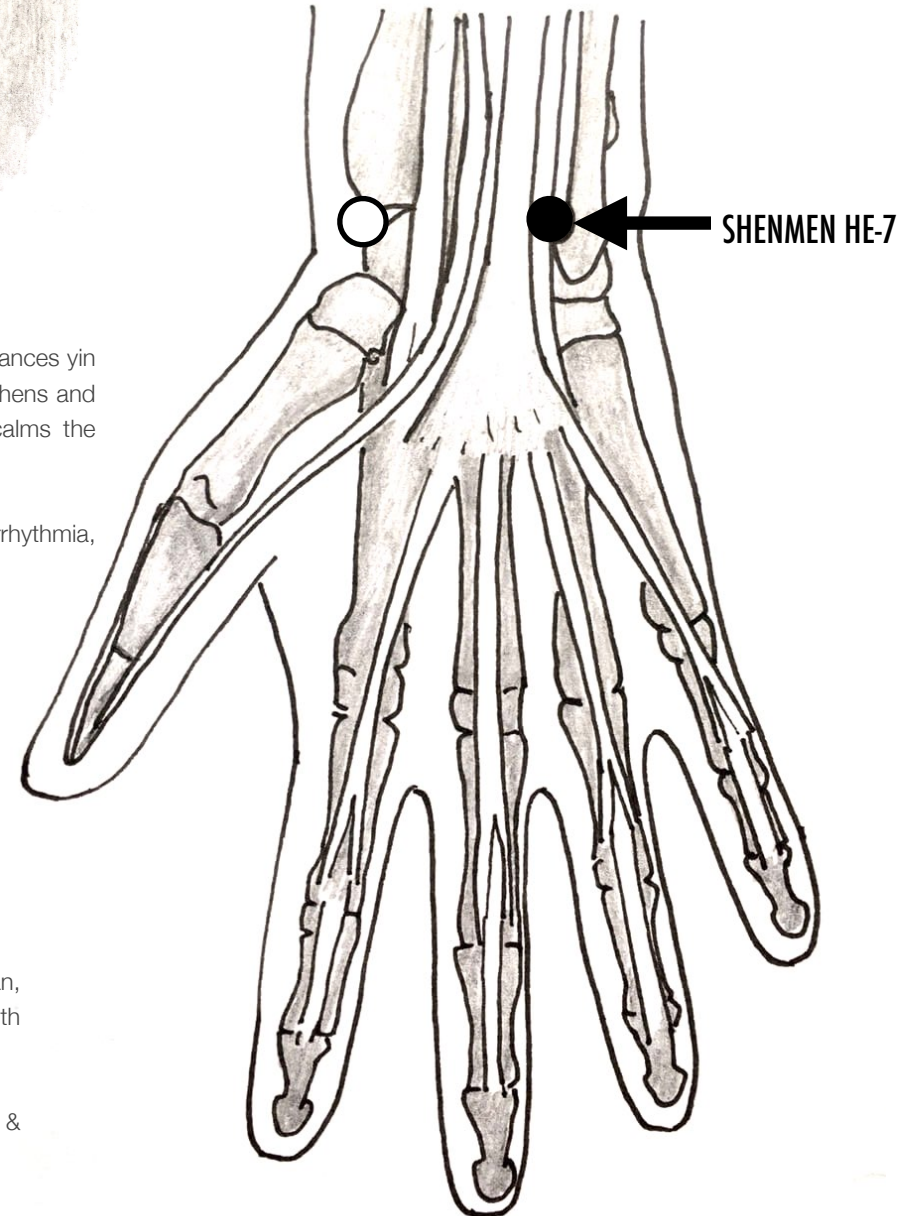
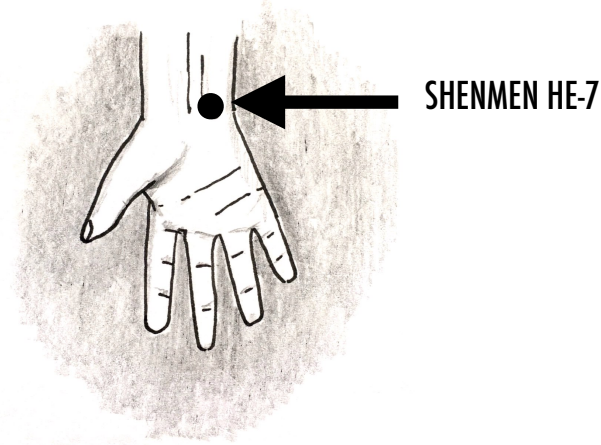
ACUPRESSURE POINTS:

SI4 LEFT WRIST

HT7 RIGHT WRIST

THIS IS A CONSTITUTIONAL POINT PAIR TO TREAT THE FIRE.

EXAMPLE



HT-7 Shen Men - Spirit Gate.

Shen Men, the source point on the heart channel balances yin and yang. It exerts a harmonising action that strengthens and stabilises. It regulates and tonifies the heart and calms the mind, assisting memory and mental capacity.

Indications: Anxiety, sadness, worry, palpitations, arrhythmia, dizziness.

SI-4 Wan Gu - Wrist Bone.

Wan Gu, the source point on the small intestine meridian, connects with our original Qi, bringing calm, stability, strength and balance.

Indications: Pain in the fingers, wrist, elbow, tinnitus & toothache.



ENQUIRIES



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