

Qi Gong for Nausea

By Lisa B. O'Shea

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Nausea can be caused by many things including pregnancy, digestive trouble, medications, illness, chemotherapy, vertigo, motion sickness, and stress. In Traditional Chinese Medicine (TCM), the Stomach has a pair of energy channels, called meridians, that start flowing just below the eyes, descend around the mouth, down the front of the body, top of the thigh and finally end at the second toe. If the energy is flowing properly, it will continue flowing in this direction. If however, the body's energy becomes unbalanced, the Stomach energy has a tendency towards reversing direction and flowing the wrong way up the body. This is called Rebellious Stomach Qi (energy). The common symptoms of this are nausea, belching, heartburn, acid reflux, and vomiting.

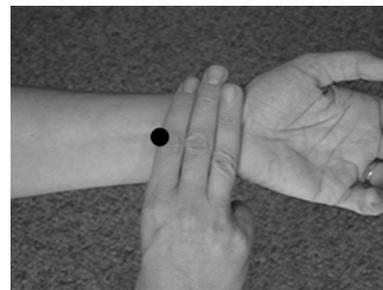
You should first check with your doctor to determine the underlying cause for your nausea. Once you know what the reason is, there are some very helpful things TCM has to offer. There is a very effective meridian point, called Nei Guan, that is quite useful for helping with nausea of any kind. The point is on the inside of the forearm near the wrist. You can find this point by holding the first three fingers of your opposite hand

against the crease where the wrist bends. The width of these three fingers away from where the wrist bends is where the point lies in the center of the inside of the arm. The point is on the same place on both arms and you can use either side. Hold the point gently as you breathe slowly and evenly. You can also purchase a popular device called "Sea-Band" at drug stores that utilizes this point. Basically, it is an elastic wrist band with a plastic button in the correct place to push on the point.

There is also a simple breathing technique that helps significantly with nausea. Take a comfortable position. Lying, sitting, or even standing up is ok. As you inhale, imagine you are breathing into your belly through your belly button directly. Imagine that's how the air gets into your belly. Then as you exhale, imagine the air sinks down through your legs and out your toes. Imagine this is the natural way the air is released out of your body. Repeat this breathing over and over again until you get into a peaceful rhythm with it. Even though you are visualizing breathing in through the belly button and out through the toes, I want you to actually inhale with the nose and exhale with the mouth, but

maintain the visualization as mentioned above. When you first start the breathing pattern, inhale quietly, but then make a slight breathing noise by exhaling more forcefully when you exhale out the mouth. Once the nausea has started to subside, change to a quiet exhale as well. You can continue with this breathing as long as you like.

Ginger has been found to be very effective in helping with nausea. You can take it in pill form or as a tea. Ginger is very warming for the digestion and helps if your Stomach energy has gotten too cool. If ginger doesn't seem to help for you, switch to mint tea. Mint tea is more cooling for the digestion and helps with overheated Stomach energy. There is a terrific Chinese remedy called Curing Pill that you can get from your acupuncturist or a local Chinese grocer (Lee's Market on Jefferson or West Lake Foods on Commerce). Follow the directions on the package.



Nausea Point