



Supporting The Earth In The First Cycle Of Life

MOSHE HELLER LAC.

Huangdi asks:
“How do we come to life?”



Linshu chapter 8 benshen

“Heaven in me are the Virtues
Earth in me are the Qi

When the Virtues flow
And the Qi spread out
There is Sheng-life.”
Huangdi neijing



Pi Wei Lun/Li Dong Yuan

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- ▶ The consummate ancient one [i.e., Huang Di] comprehensively researched the vicissitudes of yin and yang and deeply studied life and death. In the works he compiled, the Nei Jing (Inner Classic) and the Wai Jing (Outer Classic), he explained at length that the **stomach qi is the root of humans**. To live, humans must receive qi from water and grains. So-called clear qi, constructive qi, conveying qi, defensive qi, and the upbearing qi of spring are all synonymous with stomach qi.
- ▶ Stomach is the sea of water and grains. Having entered the stomach, food and drink float the essence qi and transport it up to the spleen. **The spleen qi spreads essence which gathers in the lungs and frees the flow of the water passageways, transporting [water fluids] down to the urinary bladder. Water essence spreads in the four directions and the five channels run side by side in agreement with the four seasons, the five viscera, and the measurements of yin and yang. Thus, normalcy is kept.**
- ▶ **Dietary irregularity and immoderate [eating of] cold and warm [foods] damage the spleen and stomach.** Joy, anger, worry, and fright consume and bring detriment to the original qi.



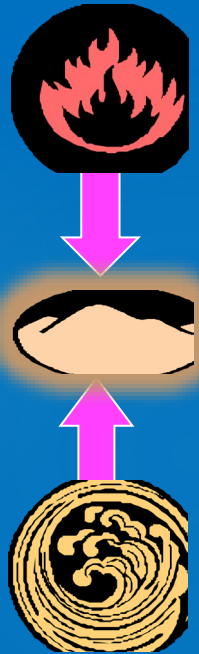
**All Healing is Developmental
All Development is Healing**

Earth caught in the cross-fire!

6

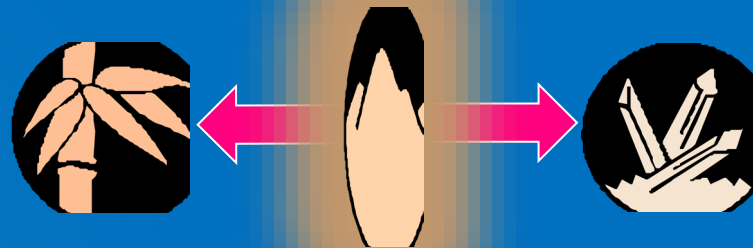
Three Primary Patterns of Distorted Development

Maturation
Axis



STOP-ACTION

Adaptation
Axis



PUSH-PULL

Coordination
Axis

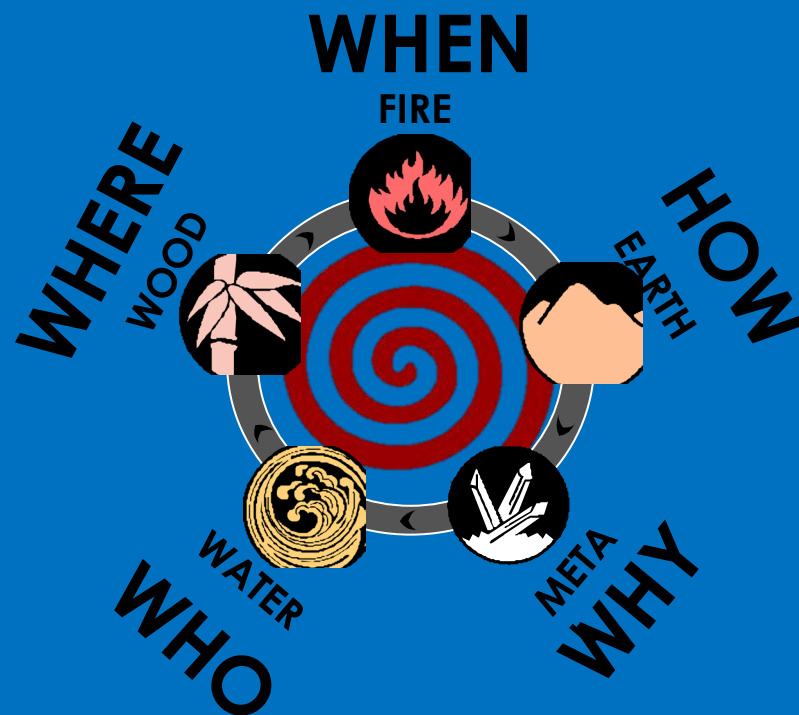


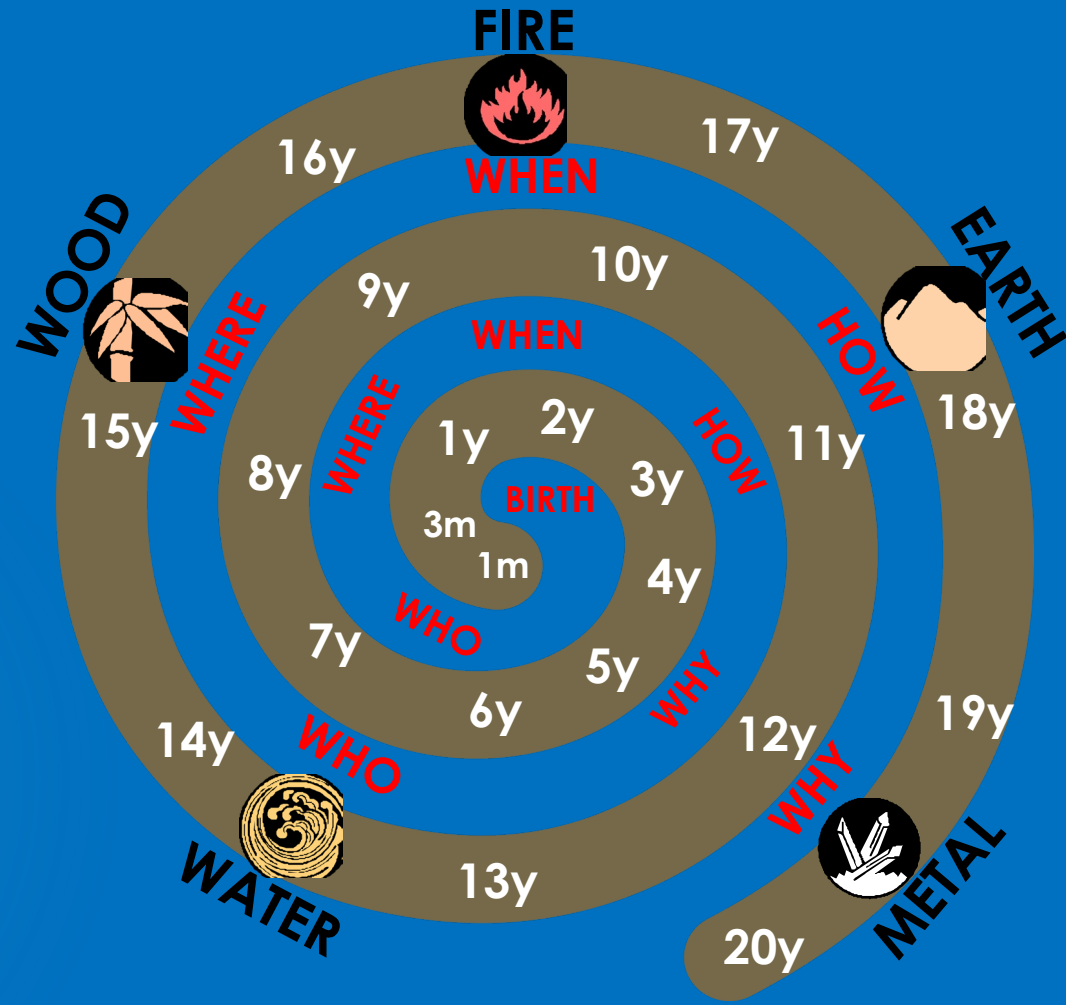
COMMUNICATION
BREAKDOWN

THE FIVE GREAT SHEN QUESTIONS OF DEVELOPMENT

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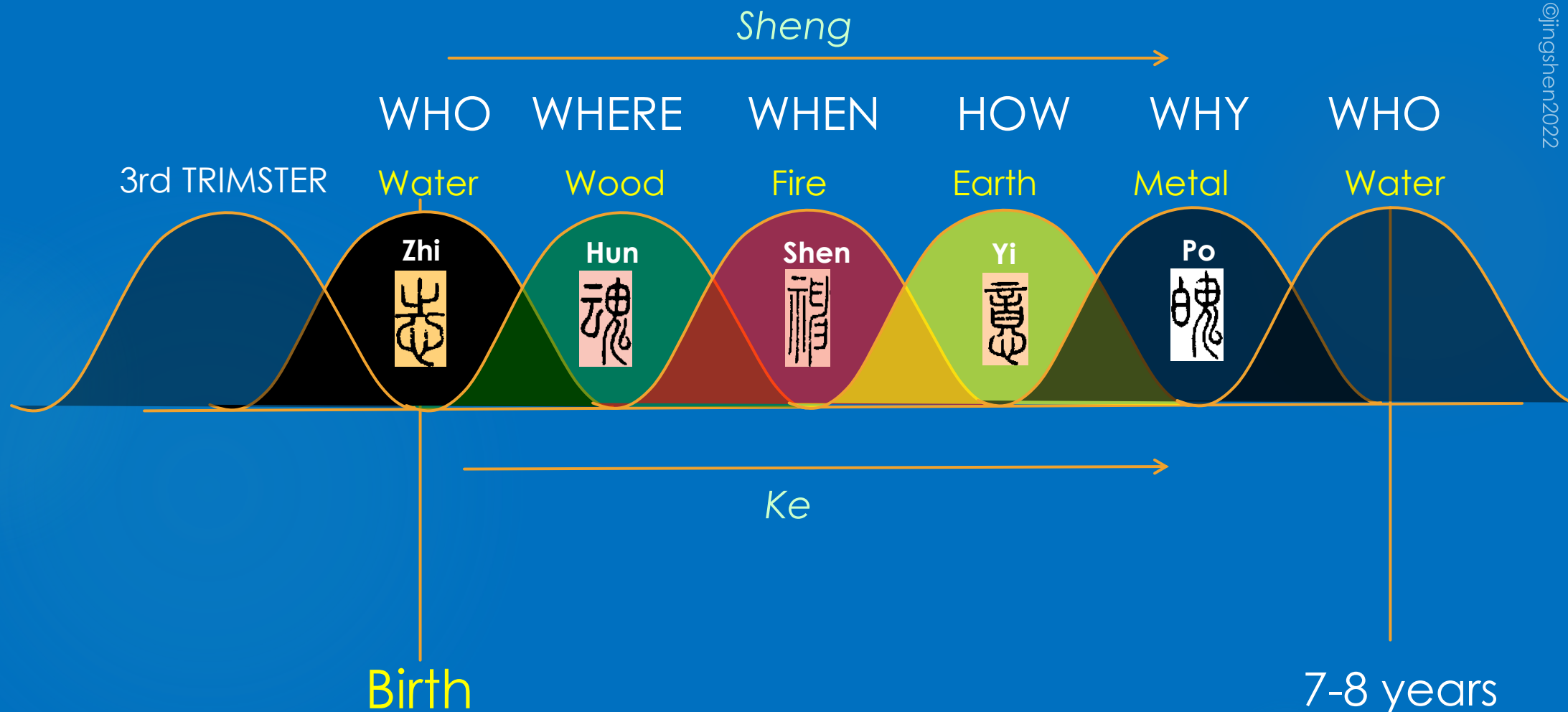


The Harmonics of Life



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The First Harmonic: The Water Stage



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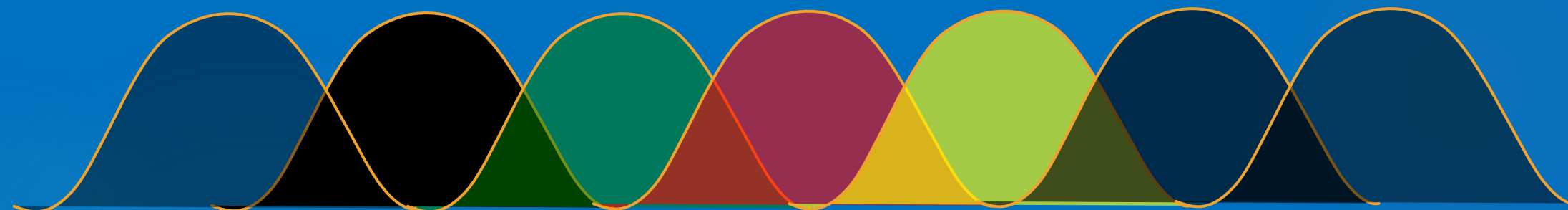
0 – 12/18 months

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metal

water

wood



Earth gives way to Water

Who Am I? –

separation from being part of mom to individual



Second Harmonic: The Wood Stage



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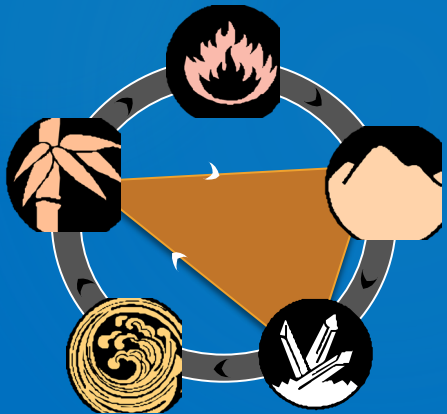
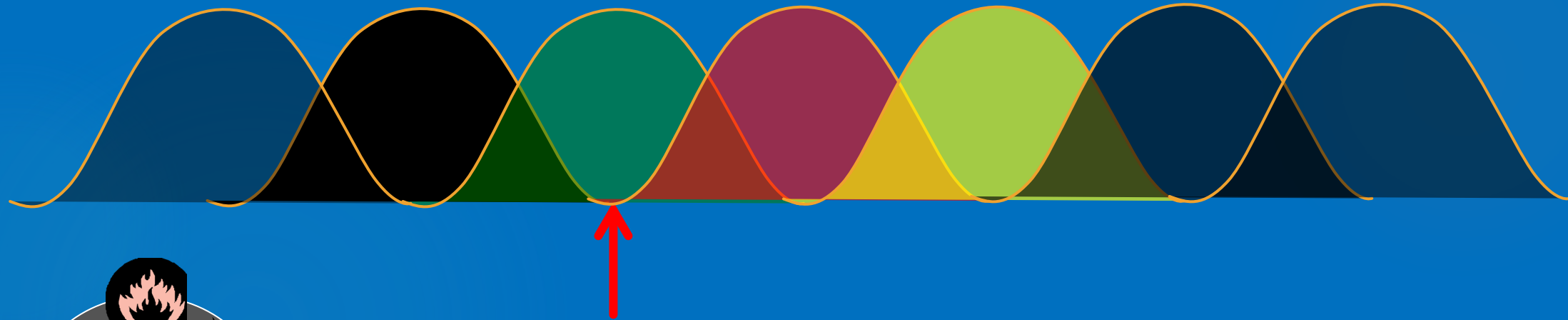
12 – 24/30 months

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metal

water

wood



Metal gives way to Wood

Where Am I? - Adapting to change
preparing to move out, explore
challenges with acclimating
susceptible to Wind



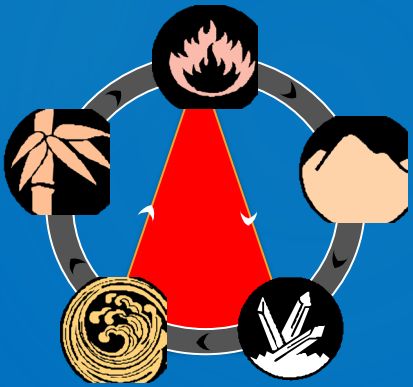
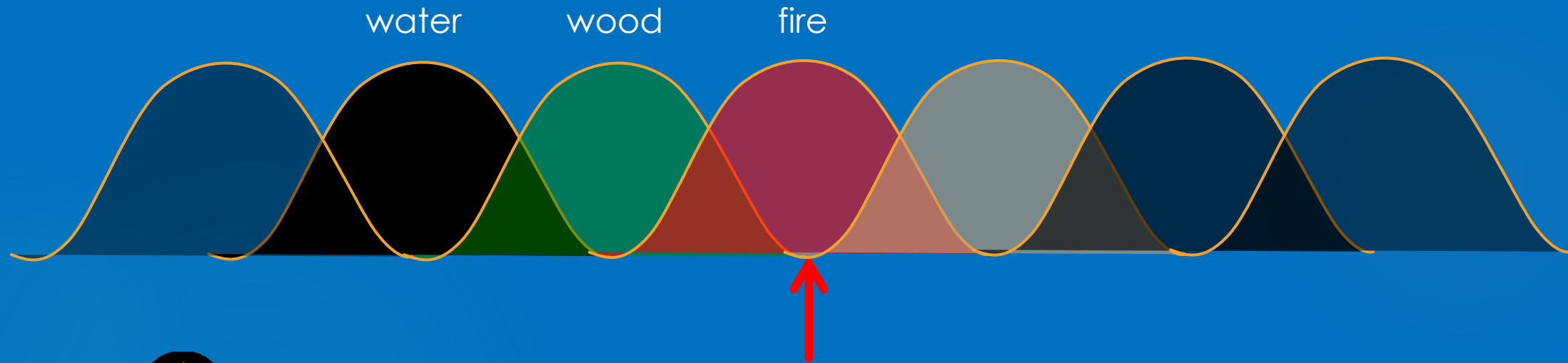
Third Harmonic: The Fire Stage



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24 - 36 months

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Water gives way to Fire

When Am I? - advanced stage of acclimation
transition from movement to speech development
Prone to increased sensitivities/ wen bing illnesses of childhood
transition out of "newborn period":
standing upright (zheng) ~ ki-ht) into the world
"the terrible twos"



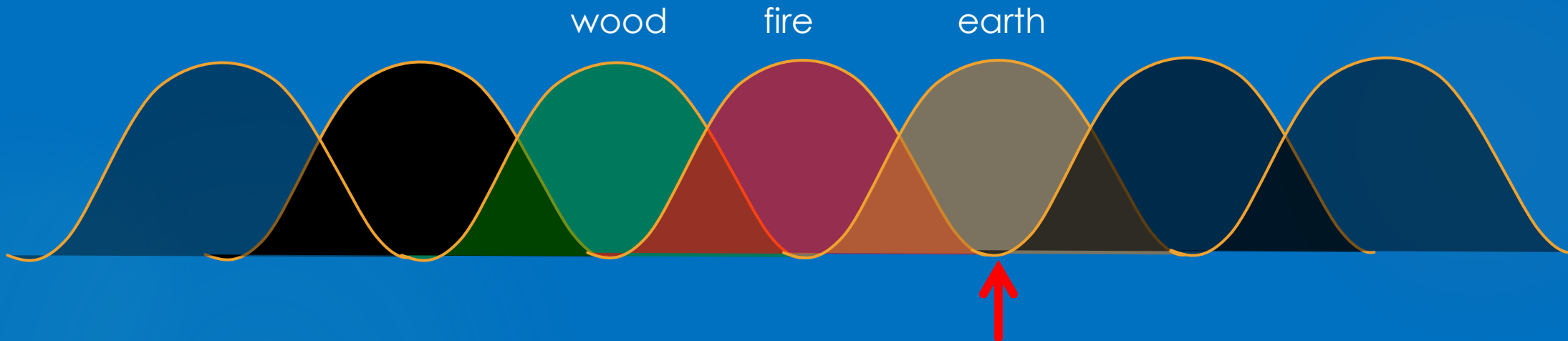
Fourth Harmonic: EARTH STAGE



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3 - 4/4.5 y

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Wood gives way to Earth

How Am I? Shift from competition to collaboration, from acclimation to assimilation
challenges with Assimilation
challenges with cooperative group play
preparing for preschool
prone to poor appetite, sugar cravings
prone to allergic reactions



Fifth Harmonic: The Metal Stage



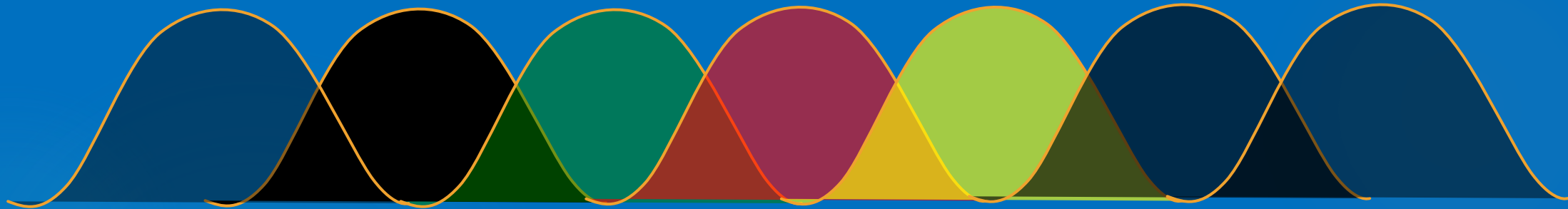
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5 - 6/7 y

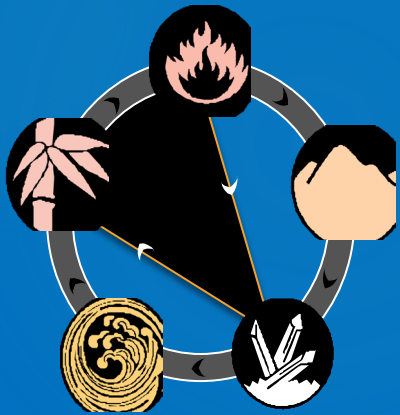
fire

earth

metal



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Wood gives way to earth

Why Am I?

Advanced Assimilation:
preparing for rules, order, sequence,
skills mastery

The Harmony of Earth is at the root of life

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SPLEEN AND STOMACH YIN DEFICIENCY

Differentiation and Treatment

by Steven Clavey

JOURNAL OF CHINESE MEDICINE NUMBER 4 7 JANUARY 1995

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The yin in this case refers to blood, yin essence, and the nourishing ying yin in the Spleen channel, together known as 'the yin-natured ye-fluids which are stored without being passed out'. The Spleen is called the damp earth, symbolizing the nourishment provided by the blood and essence to 'the ten thousand things'. Spleen yin xu will have the following symptoms most in evidence:

- ▶ trouble digesting the food that is eaten, easily full after eating a small amount, bloating and feelings of uncomfortable fullness after eating, loss of taste discrimination, dry lips and possibly ulceration of the mouth, loss of lustrous complexion, **difficulty putting on weight, wasting of the flesh and emaciation**, bowel movements varying between slow and loose, lack of strength in the limbs, restless heat in the hands and feet, tender red tongue body, with at least the middle of the tongue coating peeled or scanty, thready rapid and weak pulse

Developing a child with strong spleen

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- ▶ Prenatally – diet throughout pregnancy and breastfeeding
- ▶ Remember during pregnancy the 1st trimester is considered the earth trimester and then the 5th month is the spleen month
- ▶ Birth is another critical moment – Birth trauma can effect digestion
- ▶ Feeding – developing a rhythm/schedule. Feeding on schedule rather than on demand
- ▶ Introducing solids – when? What?
- ▶ Meals – Involving the child in the process
- ▶ Talking (processing) through every action. Story telling.
- ▶ Singing
- ▶ Transitional objects

Introduction of Food

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- ▶ **Correct amount of food – too much feeding or too little feeding**
- ▶ **Irregular Feeding** - “Irregular feeding injures the Spleen.”
- ▶ **Eating consciously**
- ▶ **Unsuitable milk**
- ▶ **Early Weaning – the 3 signs of readiness for solids – sit up unsupported, at least one tooth out and interest in food**
- ▶ **Start solids slowly – start with the orange vegetables then Greens after that grains only then fruit and meat**

The Five Flavors: Therapeutic Properties of Foods

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BITTER
(fire)

Eliminating
Descending

Cleaning
Emptying

EXCESS

Dissipates
Qi + Moisture



SOUR
(wood)

Astringent
Contracting

Tones nerves
Viscera

EXCESS

Cramping
Pain



SWEET
(earth)

Expanding
Relaxing

Supplements
Qi + Moisture

EXCESS

Phlegm
Heat



SPICY
(metal)

Accelerating
Dispersing

Decongests
Qi + Blood

EXCESS

Depletes
Qi + Blood



SALTY
(water)

Consolidating
Condensing

Supplements
Blood +
Essence

EXCESS

Congeaing
Blood + Essence

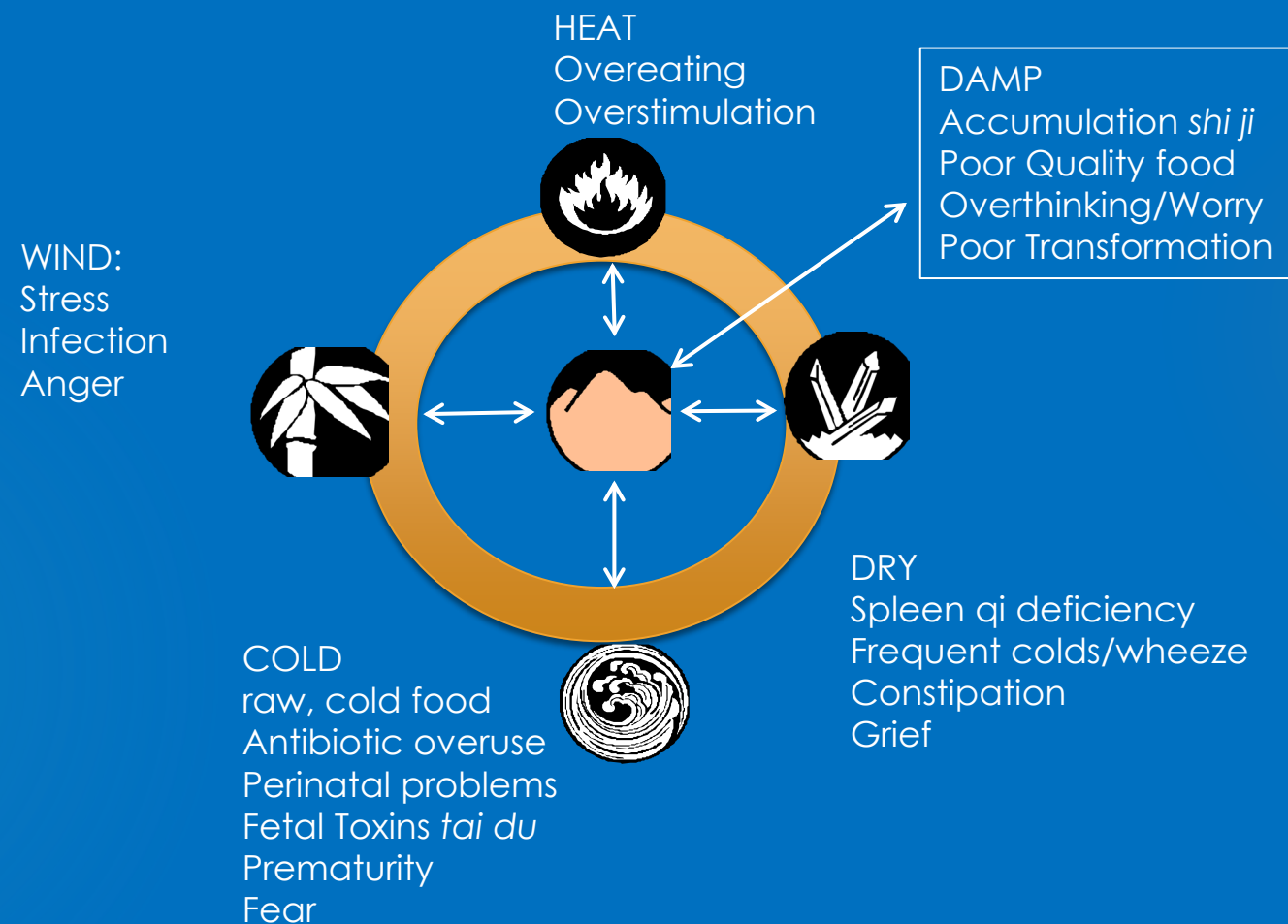
Five Phase Harmonics of Food

20

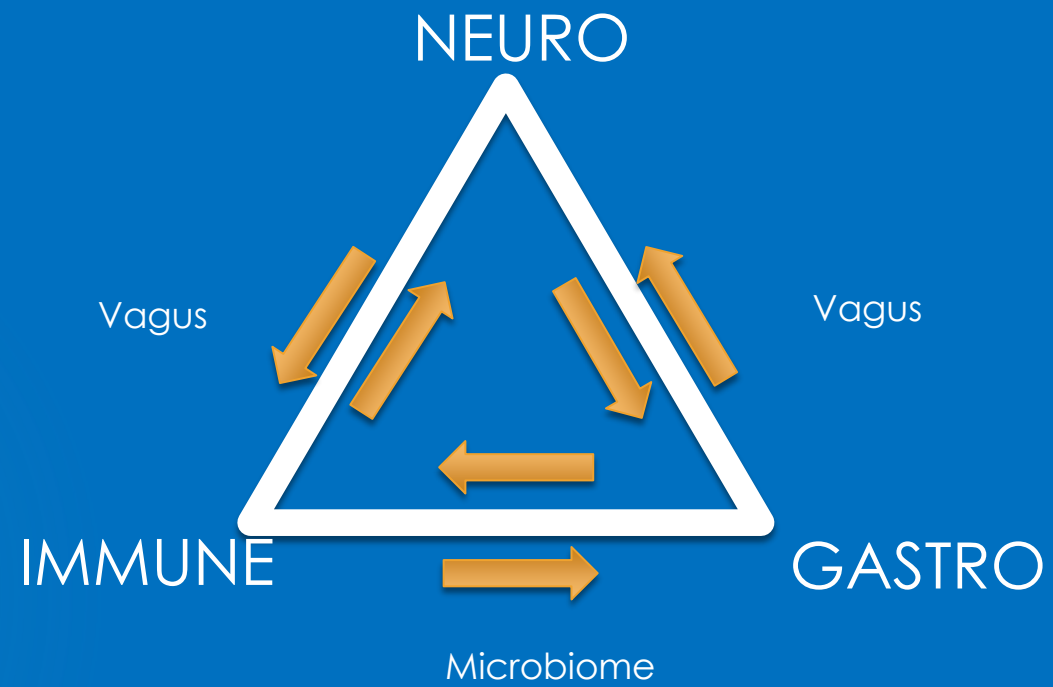
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Wood (sour) (so)	Fire (bitter) (bb)	Earth (sweet) (sw)	Metal (pungent) (pp)	Water (salty) (st)
Wheat	Corn	Millet	Rice	Buckwheat
Nuts	Rye	Sweet potato, yam	Chicken	Salt
Hawthorne	Red lentil	Chickpea	Spearmint	Egg
Artichoke	Alfalfa	Malted syrup	Rosemary	Fish
Broccoli	Romaine lettuce	Cherry	Radish (bb)	Seaweed
Carrot (sw)	Asparagus	Date	Scallion (bb)	Barley, millet (sw)
Rhubarb	Arugula	Fig	Garlic	Soy sauce
Avocado	Scallion (pp)	Beet	Onion	Miso
Lemon	Endive	Carrot (so)	Cinnamon	Pickle (so)
Lime	Escarole	Cucumber	Cloves	Sesame salt
Orange	Vinegar (so)	Eggplant	Ginger	Olive (so)
Pickle (sa)	Apricot	Potato	Cabbage	Beet
Rose hip	Guava	Squash, yam	Cauliflower	Kale
Sauerkraut	Loquat	Almond	Celery	Mushroom
Vinegar (bb)	Raspberry	Coconut	Cucumber (sw)	Water chestnut
Apple (sw)	Strawberry	Tomato (sa)	Leek (so)	
Blackberry (sw)		Apple	Watercress	
Raspberry (sw)		Banana		
Grape (sw)		Canteloupe		
Olive (st)		Mango		
Tomato (sw)		Papaya		

Patterns of Digestive Dysfunction



The Neuro-Gastro-Immune system

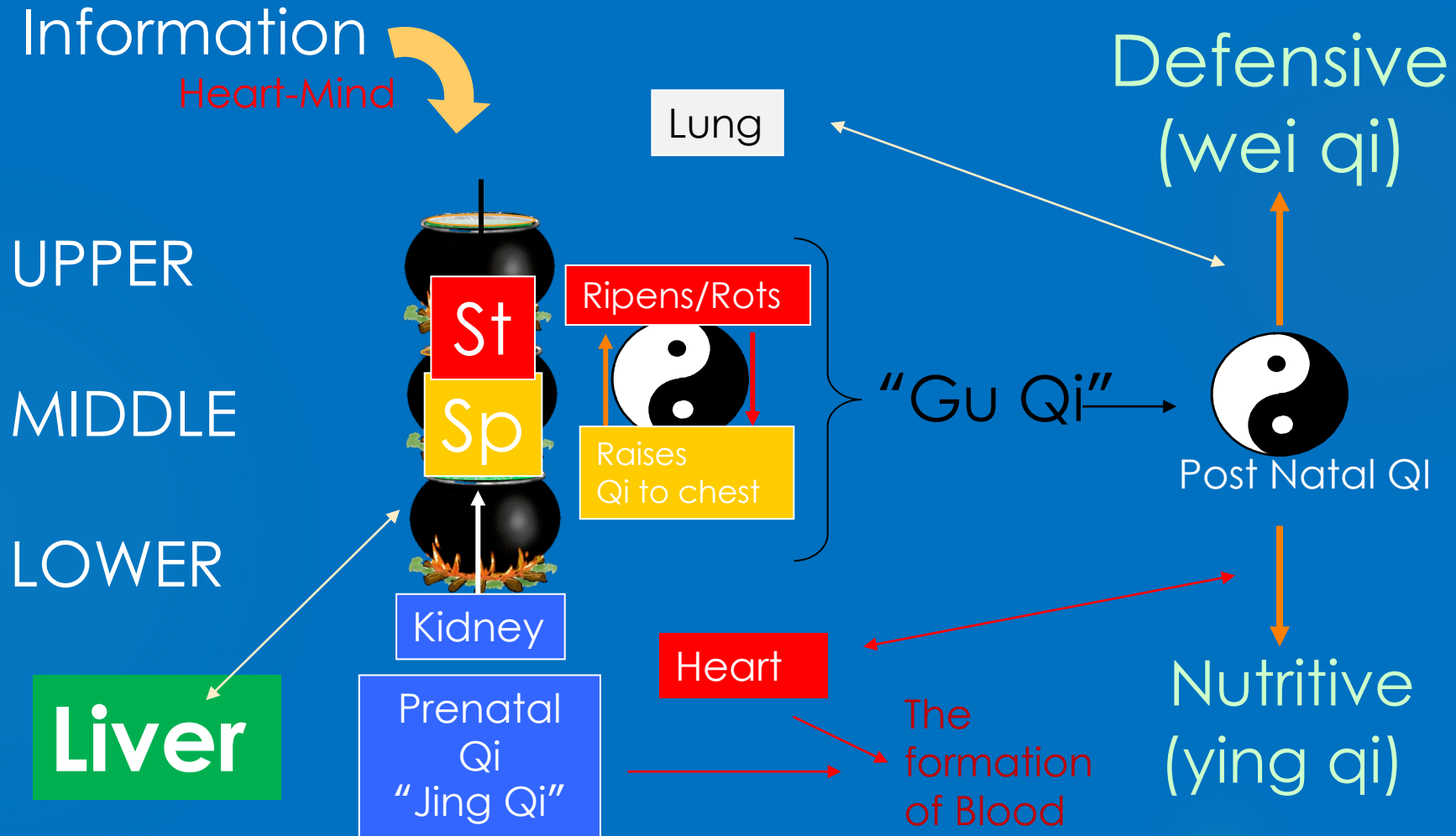


The San Jiao as NeuroGastroImmune Complex

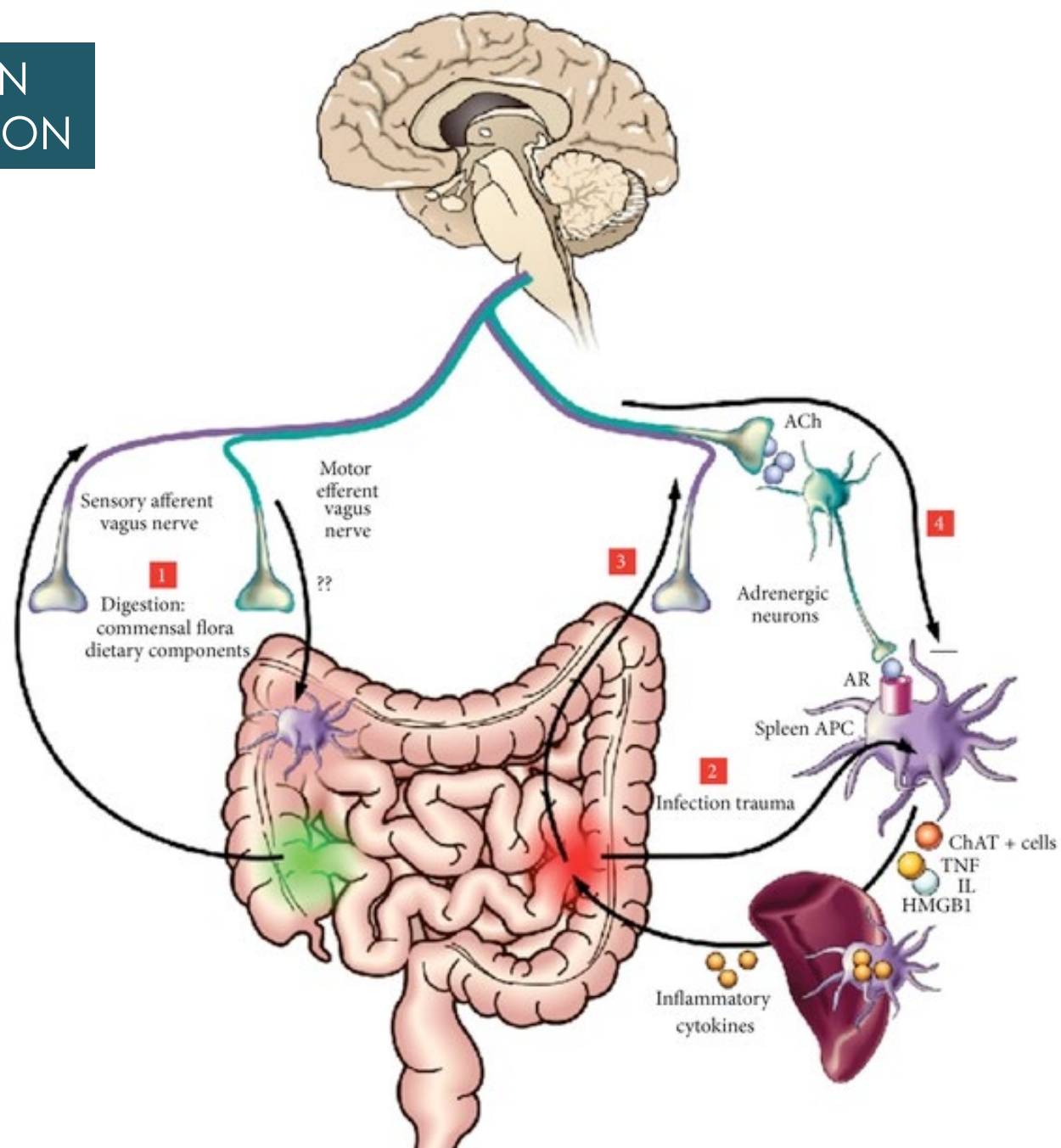
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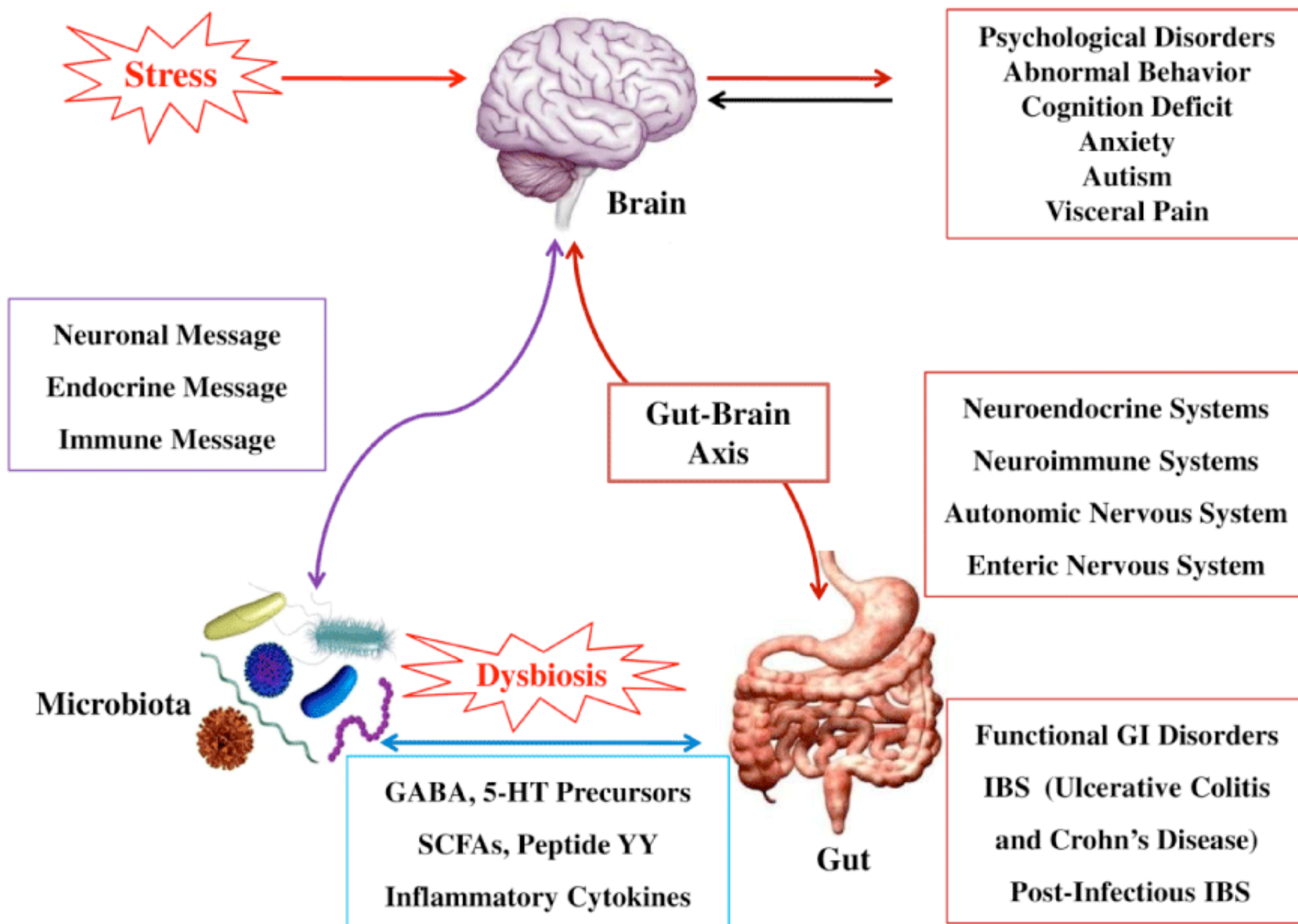
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Acquiring Post-natal Qi



VAGUS MODULATION OF GUT INFLAMMATION

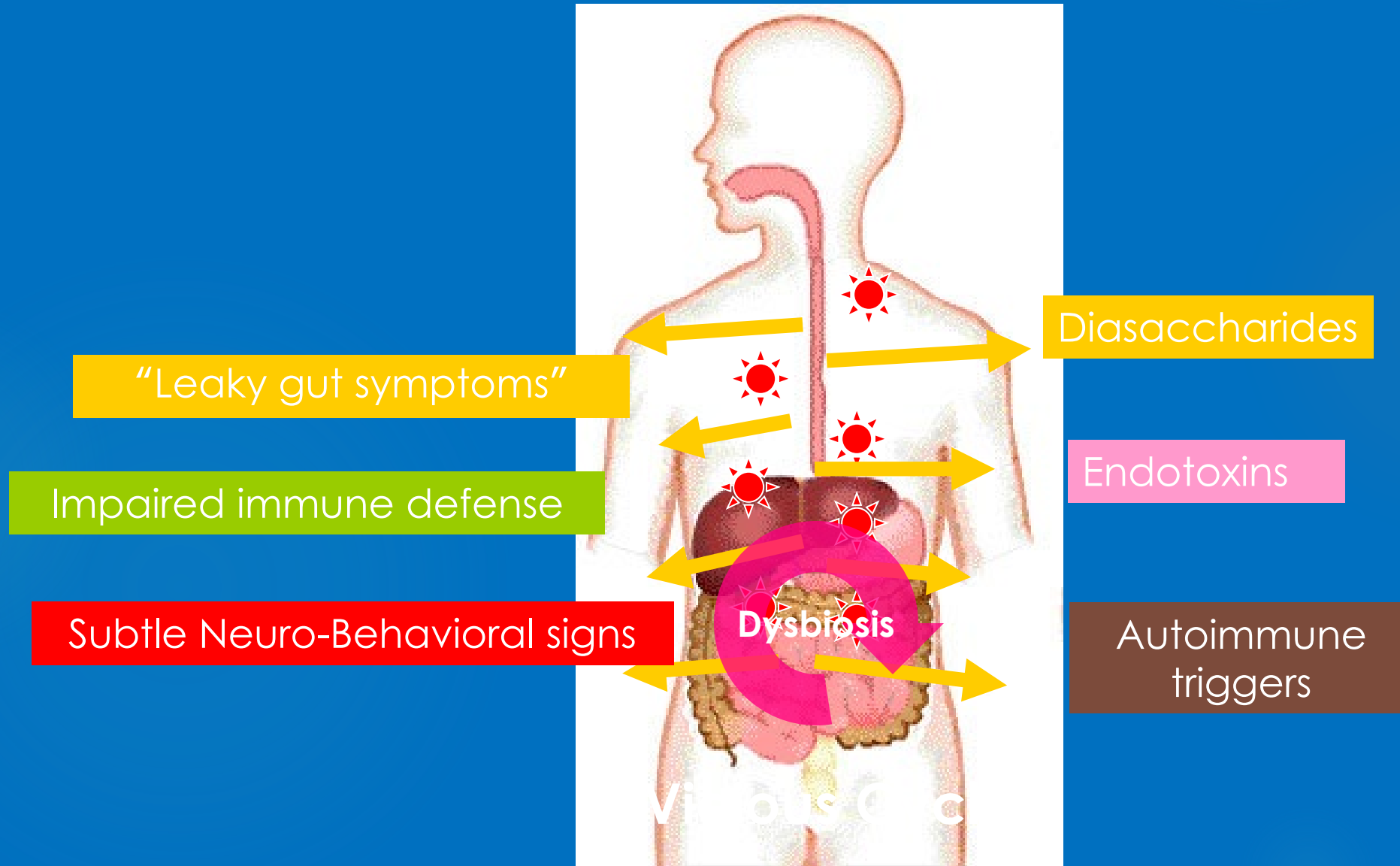


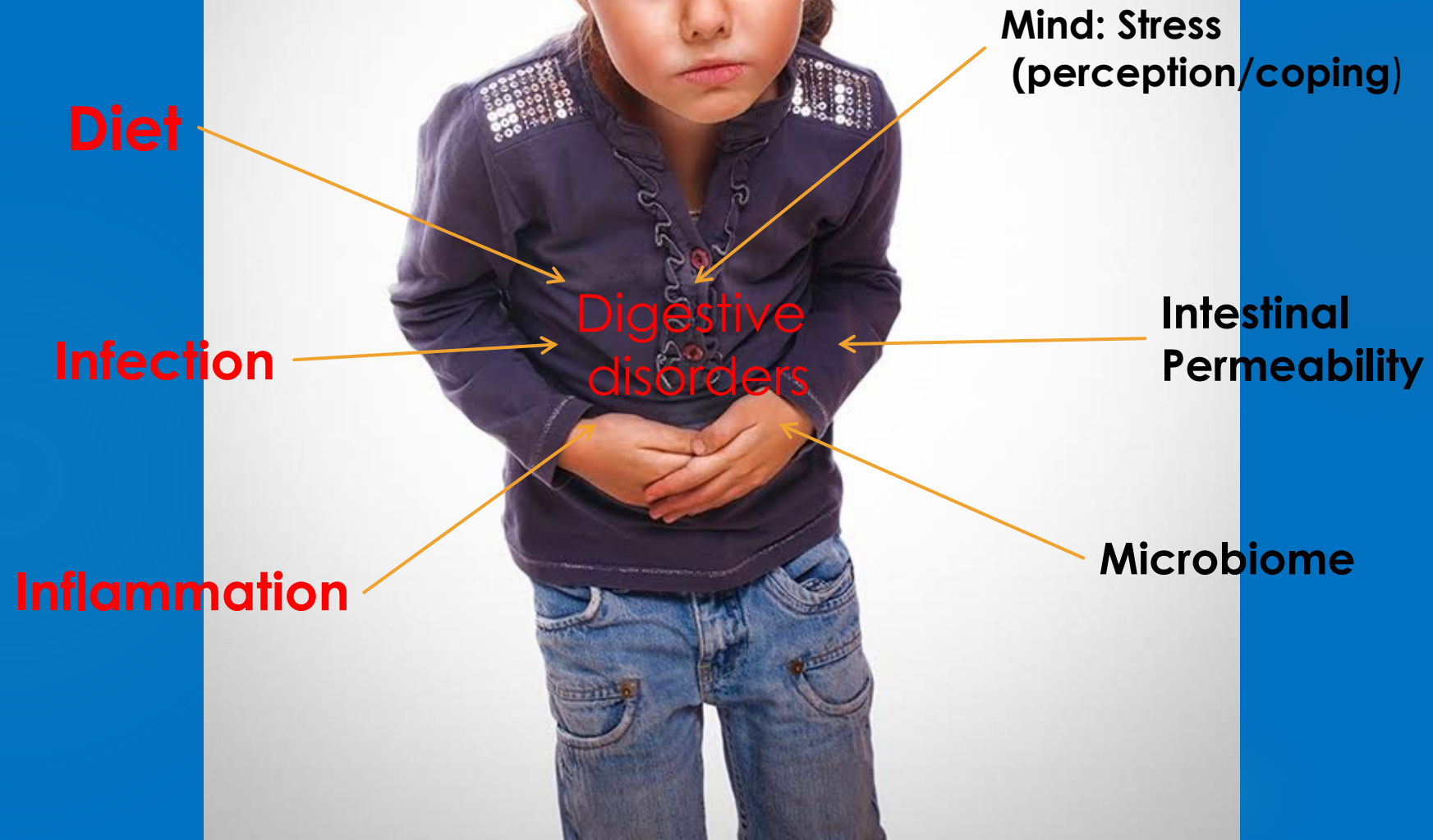


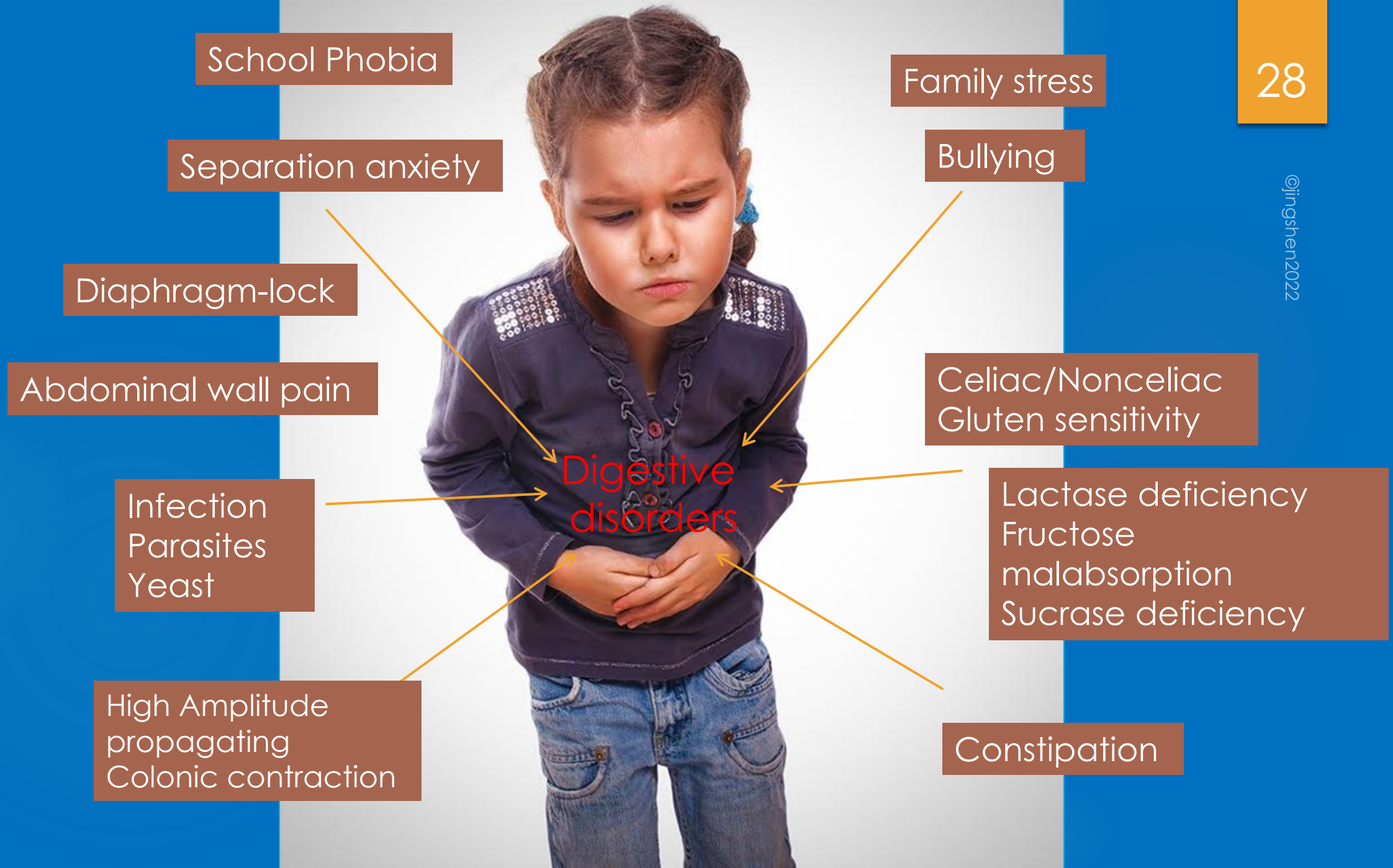
"Leaky Gut" syndrome

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Children are Born with a Weak Digestive System

THEREFORE CHILDREN'S
SPLEEN VERY FREQUENTLY
HAS VACUITY

Digestive disorders are at the root of many childhood disorders

All children's disorders originate from indigestion and fear and fright



Spleen Vacuity is at the root of many childhood disorders

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- ▶ “Pi Wei Lun” Li Dong Yuan - The importance of the spleen and stomach in the development of many disorders. Discussed the concept of Yin Fire
- ▶ Bob Flaws in his Handbook of TCM Pediatrics points out that weak digestion is the cause for many childhood diseases such as colic, earache, cough, swollen glands, allergies, and pediatric asthma and eczema
- ▶ Julian Scott talks about the 5 common patterns of illness 3 of them are issues of spleen and for all of them treatment is focused on supporting the spleen

The five common patterns of illness in children

/ Scott & Barlow

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- ▶ Spleen Qi Vacuity
- ▶ Hyperactive Spleen Qi Vacuity
- ▶ Accumulation Disorder
- ▶ Hyperactive Kidney Qi Vacuity
- ▶ Lingering Pathogenic Factor

ACCUMULATION DISORDER

Basic symptoms arising from the heat:

- ▶ **red cheeks** (from heat rising up through the Stomach, Large Intestine, and Small Intestine channels)
- ▶ irritability
- ▶ insomnia

The fluids can also stagnate and dry up, leading to phlegm. This gives rise to other symptoms:

- ▶ green nasal discharge
- ▶ other signs of phlegm, slippery pulse
- ▶ possibly cough

Accumulation Disorders: common causes

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In Babies:

- overfeeding,
- cow milk formulas
- poor sleep
- constipation
- dysbiosis



In Children:

Poor quality of food:

- raw cold foods
- artificial sweeteners, sugars, HFCS, etc.

Poor eating habits:

- grazing, mindless eating
- overstressed
- dysbiosis

Presentation: Accumulation

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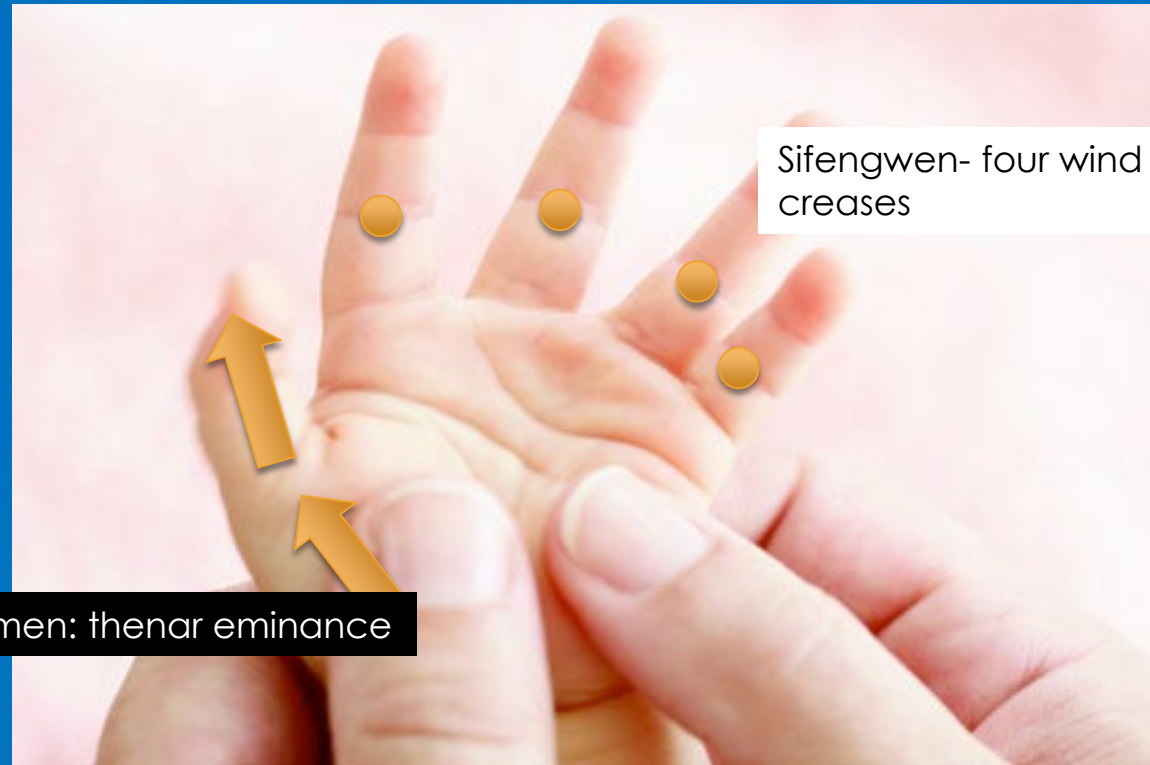
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- Constant hunger or appetite irregularities
- Never satisfied
- Reflux
- Red cheeks
- Green stools
- Yellow nasal congestion
- Chronic otitis effusion
- Sour smelling breath
- Cradle cap
- Eczema
- Restlessness
- Yellow tongue coat or thick coating



Secondary Heat:
Constipation
Hives
Thirst cravings
Poor sleep

TUINA: Food Accumulation



Useful points in Accumulation/Colic/Indigestion

Accumulation

CV12 zhongwan + St 36 Zusanli- disperse accumulation
Sifeng (M-UE-9) pricking

Regulate Stomach Qi

CV13- shangwan
CV 10- Xia wan

Calm Stomach pain

St 34 Liangqui

Transform Phlegm

St 40 Fenglong

Stimulate Intestine

TB6 Zhigou
BL25 Dachang shu

Eliminate Damp-heat

St 25 tianshu
St 37 Shangjuxu
St 39 Xiajuxu

Alex Tiberi

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- ▶ Sp1 – Problems with digesting Fats
- ▶ Sp2 – Problems with digesting protein
- ▶ Sp3 – Problem with digesting carbohydrates
- ▶ Sp3 + Sp8 – Reduces sugar cravings

4 Needle Technique

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▶ To **Strengthen** the **Spleen**

- ▶ Supplement – **Ht8** (Fire on Fire) and **Sp2** (Fire on earth)
- ▶ Drain – **Liv1** (Wood on Wood) and **Sp1** (Wood on earth)

▶ To **Disperse** the **Spleen**

- ▶ Supplement – **Liv1** (Wood on Wood) and **Sp1** (Wood on earth)
- ▶ Drain – **Lu8** (Metal on metal) and **Sp5** (Metal on earth)

▶ To **Strengthen** the **Stomach**

- ▶ Supplement - Supplement – **SI5** (Fire on Fire) and **St41** (Fire on earth)
- ▶ Drain – **GB41** (Wood on Wood) and **St43** (Wood on earth)

▶ To **disperse** the **Stomach**

- ▶ Supplement - **GB41** (Wood on Wood) and **St43** (Wood on earth)
- ▶ Drain – **LI1** (Metal on metal) and **St45** (Metal on earth)

Spleen Qi Deficiency: Tuina

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Deep
Kneading

Rou fu

Also:
Massage St36 Zusanli
Massage: Thoracic And Lumbar
Vertebrae

SPLEEN - Pi jing

Spleen Qi Deficiency: Tiger Warmer

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Supplement middle jiao

CV12, St36, BL20, BL21

Supplement kidney jing

CV6, BL23, GV4

Supplement Yuan qi

CV8 Shenque – For older children: moxa on salt

Shoni Shin

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Cutaneous electro stimulation

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Cutaneous electro stimulation

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Cutaneous electro stimulation

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Herbal Treatment

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- ▶ Consider:
 - ▶ Shen Ling Bai Zhu San
 - ▶ Xiang Sha Liu Jun Zi Tang
 - ▶ Gui Pi Tang
 - ▶ Bu Zhong Yi Qi Tang
 - ▶ Xiao Jian Zhong Tang
- ▶ Moshen Herbs
 - ▶ Digest - <https://www.moshenherbs.com/>

BaoHeWan

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Strengthen Spleen
Encourage assimilation

chen pi
lai fu zi
mai ya



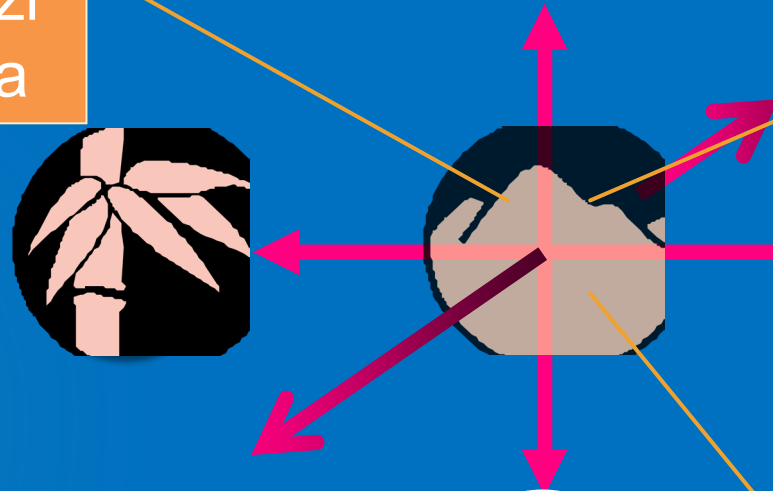
Aid transformation
Activate stomach

shan zha
shen qu



Strengthen Spleen
Eliminate damp

fu ling



Digest – MoShen Herbs

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Strengthen Spleen
Generate fluids

Tai Zi Shen,
Yi Yi Ren

Support the transformation of
food by Sp and St

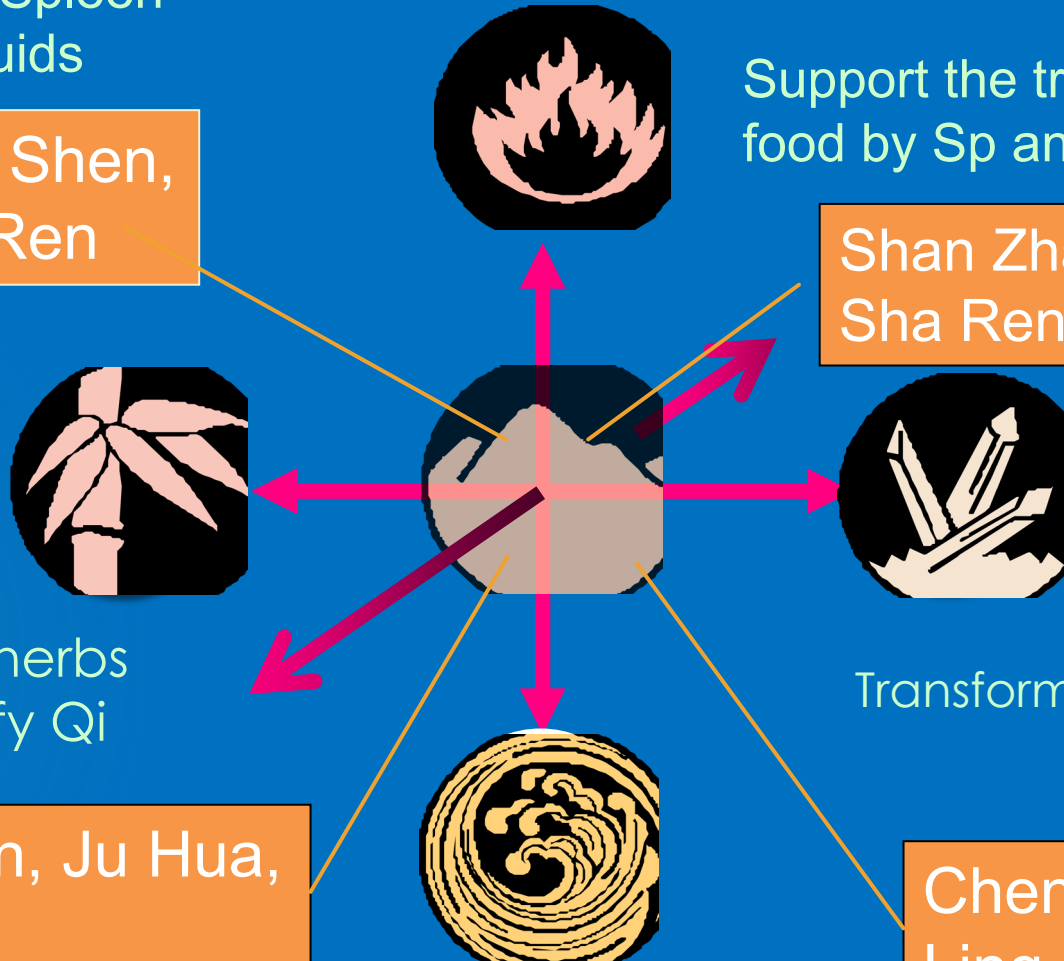
Shan Zha, Lai Fu Zi,
Sha Ren, Gu Ya, Wu Mei

Acrid windy herbs
used to rectify Qi

Bai Zhi, Ge Gen, Ju Hua,
Bo He

Transform/Drain Damp

Chen Pi, Ban Xia, Fu
Ling, Hou Po, Huo Xiang



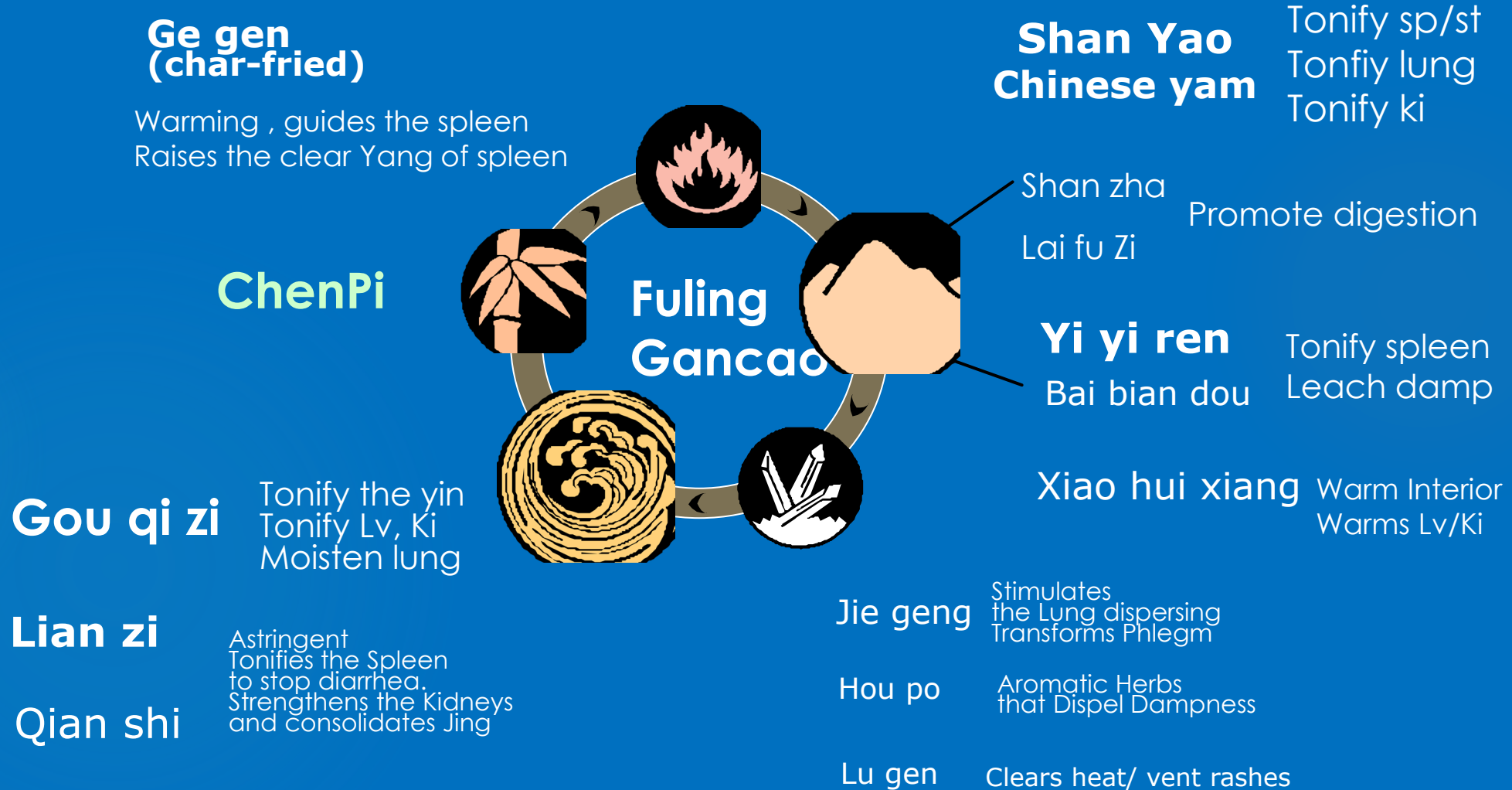


GROW AND THRIVE

ENCOURAGE THE SPLEEN without OVERWHELMING IT!

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Herbal Treatment

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- ▶ Consider:
 - ▶ Bao He Wan
 - ▶ Shen Ling Bai Zhu San
- ▶ Moshen Herbs
 - ▶ React - <https://www.moshenherbs.com/product-page/react>
 - ▶ Digest - <https://www.moshenherbs.com/>

Case – Colic /Reflux

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2 month old female at birth had difficult time latching and was diagnosed with tethered oral tissues (tongue , buccal and lip tie). At 3 weeks she had a Frenectomy. Mother was not able to breastfeed so was put on goat milk based formula. Other than having latching issues she also suffered from colic, fussiness, spitting up milk (Gastroesophageal Reflux) and poor weight gain.

At 6 weeks parents took her to the ER because they where concerned about her fussiness, spitting up of the milk and colic. In the ER a stool test was performed and occult blood was foundand she was also found to be anemic, parents where told that this was probably due to a milk sensitivity and was recommended to start her on Netremagin - hypoallergenic formula – patient improved for a few days and then started to become fussy again so parents changed her formula again to an elemental formula which she does not like and intake is very little only 1.5 ounce a feeding every 2 hours

Case – Colic /Reflux

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Patient was small for her age and muscles had low tonus. Finger vein only reached the wind gate but was purplish. Abdomen seemed distended and had a tympanic sound.

This was a complex case of excess and vacuity. I decided on a harmonizing treatment. Mild dispersing and directing Stomach Qi downward and on the other hand mildly strengthening the spleen.

I used a shoni shin technique to regulate all channels and then needled LI11, PC6, St36, Sp6, CV12, and St25. And discussed with parents the importance of scheduled feeding as well as stimulating saliva before feeding. I showed them an abdominal massage/Tui Na to help in regulating digestion as well as massaging the thumb to strengthen spleen and dispersing the stomach.

Colic

Colic

- ▶ Colic is a common condition of infants, affecting approximately one out of five infants, or more than 700,000 infants in the United States each year
- ▶ In cases that the symptoms of colic are persistent and severe it may indicate other disorders.
- ▶ It usually appears sometimes between the second to the sixth week and is rare after 4 months of age
- ▶ The most common description of colic is intense, "paroxysmal" crying that is markedly different from normal fussing and crying

Colic

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- ▶ Avoid overfeeding the baby
- ▶ regularity of feeding is very important
- ▶ Observe relationship with mother (Dysfunctional Relationship with the Mother)
- ▶ Tonify abdominal (spleen) Qi and keep Ren 8 warm

Three Types Of Colic:

- Hot Colic
- Cold Colic
- Stasis Colic

Hot colic

(a.k.a. heart channel accumulation & heat or heart/spleen accumulation & heat)

Main symptoms: A red face when crying, hands and feet warm or hot to the touch, a loud, energetic cry, abdominal distention, vexation and agitation, pumping of the legs to the abdomen

Treatment principles: Disperse accumulation and clear heat

Guiding Formulas: Hot Colic

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Bao He Wan (Protect Harmony Pills)	Dao Chi San Jia Jian (Abduct the Red Powder with Additions & Subtractions)
<p>Shan Zha (Fructus Crataegi) 9-15g Shen Qu (Massa Medica Fermentata 9-12g (Sub if gluten allergy) Lai Fu Zi (Semen Raphani) 6-9g Chen Pi (Pericarpium Citri Reticulatae) 6-9g Ban Xia (Rhizoma Pinelliae) 9-12g Fu Ling (Poria) 9-12g Lian Qiao (Fructus Forsythiae) 3-6g</p> <p>To increase the effectiveness of this formula, Mai Ya (Fructus Germinatus Hordei) is often added to this formula.</p>	<p>Sheng Di(uncooked Radix Rehmanniae) Mu Tong(Caulis Akebiae) Dan Zhu Ye(Herba Lophateri) Gan Cao Shao(tips of Radix Glycyrrhizae) Shen Qu(Massa Medica Fermentata) Shan Zha(Fructus Crataegi) Mai Ya(Fructus Germinatus Hordei)</p>

Cold colic

Cold colic (a.k.a. spleen viscus vacuity cold)

Main symptoms: A pale facial complexion, a blue vein at the bridge of the nose, cold hands and feet, lassitude of the spirit, a forceless cry, possible vomiting of milk after eating, possible loose stools, torpid intake

Treatment principles: Disperse accumulation and fortify the spleen

Guiding formulas: Cold Colic

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Xiao Jian Zhong Tang (Minor Fortify the Center Decoction) PLUS Li Zhong Tang (Rectify the CenterDecoction)	Xiao Jian Zhong Tang (Minor construct the Center Decoction)	Li Zhong Tang (Rectify the Center Decoction)	Jian Pi Wan Jia Jian (Fortify the Spleen Pills with Additions & Subtractions)	Wu Yao San (Lindera Powder)
Yi Tang(Maltose) Ren Shen(Radix Ginseng) Bai Zhu(Rhizoma Atractylodis Macrocephalae) Gui Zhi(Ramulus Cinnamomi) Bai Shao (Radix Paeoniae Albae) mix-fried Gan Cao(Radix Glycyrrhizae) Gan Jiang(dry Rhizoma Zingiberis) Da Zao(Fructus Jujubae)	Yi Tang (Maltose) 18-30g Gui Zhi (Ramulus Cinnamomi) 9g Bai Shao (Radix Paeoniae Albae) 18g mix-fried Gan Cao(Radix Glycyrrhizae) 6g Gan / Sheng Jiang (dry or fresh Rhizoma Zingiberis) 9g Da Zao (Fructus Jujubae) 12pcs	Gan Jiang (dry Rhizoma Zingiberis) 9g Ren Shen (Radix Ginseng) 9g Bai Zhu (Rhizoma Atractylodis Macrocephalae) 9g mix-fried Gan Cao(Radix Glycyrrhizae) 9g	Shan Zha(Fructus Crataegi) Lai Fu Zi(Semen Raphani) Hou Po(Cortex Magnoliae) Mai Ya(Fructus Germinatus Hordei) Dang Shen(Radix Codonopsitis) Bai Zhu(Rhizoma Atractylodis Macrocephalae) Chen Pi(Pericarpium Citri Reticulatae)	Wu Yao(Radix Linderae) Bai Shao(Radix Paeoniae Albae) Xiang Fu(Rhizoma Cyperi) Gao Liang Jiang(Rhizoma Alpiniae Officinari)

Colic

If the colicky baby shows signs of neither hot nor cold, then the practitioner will simply disperse accumulation and harmonize the stomach. For example:

Xiao Ru Wan (Disperse Milk Pills) is often used for just food stagnation without hot or cold:

- ▶ Shen Qu (Massa Medica Fermentata) *
- ▶ Mai Ya (Fructus Germinatus Hordei) *
- ▶ Sha Ren (Fructus Amomi)
- ▶ Xiang Fu (Rhizoma Cyperi)
- ▶ ChenPi (Pericarpium Citri Reticulatae)

Colic due to Contraction of fear & fright (a.k.a. liver depression with counterflowing upward and harassing of the heart spirit)

Main symptoms: Essence spirit disquietude, i.e., emotional restlessness, night-crying, frightened looking eyes when crying, loose stools which are greenish in color and may smell like rotten eggs, either a red or a greyish, greenish facial complexion

Note: This pattern is also actually a hot pattern of colic involving stagnant food, liver depression transforming heat, and heat then harassing the heart spirit above. The difference between it and hot colic above are the signs of fear and fright associated with the liver/gallbladder. Therefore, this pattern is also sometimes called heart vacuity, timorous gallbladder.

Treatment principles:

Settle fright and quiet the spirit, clear heat and disperse accumulation

Guiding formulas:

Zhu Sha An Shen Wan Jia Wei (Cinnabar Quiet the Heart pills with Added Flavors)	Mu Xiang Bing Lang Wan* (Auklandia & Betel Nut Pills):
Zhu Sha(Cinnabar) - This substance is either eliminated or substituted Huang Lian(Rhizoma Coptidis) Dang Gui (Radix Angelicae Sinensis) Sheng Di Huang (uncooked Radix Rehmanniae) mix-fried Gan Cao (Radix Glycyrrhizae) Shen Qu (Massa Medica Fermentata) - Sub when gluten allergy Mai Ya (Fructus Germinatus Hordei)	Mu Xiang(Radix Aucklandiae) Bing Lang(Semen Arecae) Chen Pi(Pericarpium Citri Reticulatae) Lian Qiao(Fructus Forsythiae) Shan Zha(Fructus Crataegi) Da Huang(Radix Et Rhizoma Rhei) *Use If there is pronounced abdominal distention with crying diminishing rapidly after passing gas or having a bowel movement

Acupuncture & moxibustion: For spleen vacuity with food stagnation, one can also moxa Shen Que(CV8). Needling the SiFeng (M-UE-9) every other day is also effective for transforming food and dispersing accumulation.

Adjunctive treatments: For colic due to food stagnation, wrap 60-90g of Mang Xiao(Natri Sulfas) in a cotton bag. Place this over the navel and tie in place. If there is food stagnation and heat, one can make a tea out of parsley, hawthorne berries, i.e., Shan Zha (Fructus Crataegi), daikon radish, and orange peel, i.e., Chen Pi (Pericarpium Citri Reticulatae). If there is colic due to food stagnation and internal cold due to spleen vacuity, then one can take 3 scallion stalks, 5 slices of fresh ginger, and 60-90g of wheat/oat bran. Heat these together in a dry wok or fry pan and then wrap them in cotton cloth. While this bundle of herbs is still warm, “iron” around the abdomen with it.

Gastroesophageal Reflux (GER) or Reflux

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Gastroesophageal Reflux (GER) is the medical term used to describe a condition in which stomach contents - food and gastric acid – frequently flow back up out of the stomach into the esophagus.

The food that comes up may or may not flow all the way out of the mouth.

It may be forceful vomiting which rapidly and completely empties the stomach,
or it can be more like a "wet burp" that doesn't reach the mouth
There are many different symptoms of GER. Your child may only have a few of these symptoms.

Gastroesophageal Reflux (GER) or Reflux

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The most common symptoms include:

- pain, irritability, constant or sudden crying, "colic"
- **frequent spitting-up or vomiting**
- vomiting or spitting-up more than one hour after eating
- not outgrowing the spitting-up stage
- refusing food or accepting only a few bites besides being hungry
- **poor sleep habits, frequent waking**
- "wet burp" or "wet hiccup" sounds
- bad breath
- May be prone to coughing

In Chinese disease category - **Vomiting of Milk**

The less common symptoms of pediatric GER include:

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- constant eating and drinking (to soothe a sore throat)
- intolerance of certain foods
- poor weight gain; weight loss
- swallowing problems, gagging, choking
- hoarse voice
- frequent red, sore throat
- respiratory problems: pneumonia, bronchitis, wheezing, asthma, nighttime cough, apnea, aspiration, noisy or labored breathing
- ear infections
- constantly running nose; sinus infections
- tooth enamel erosion
- excessive salivation, drooling
- peculiar neck arching, Sandifer's Syndrome

Useful points in Reflux

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Regulate stomach: PC6, CV14, Sp4, CV12, St36

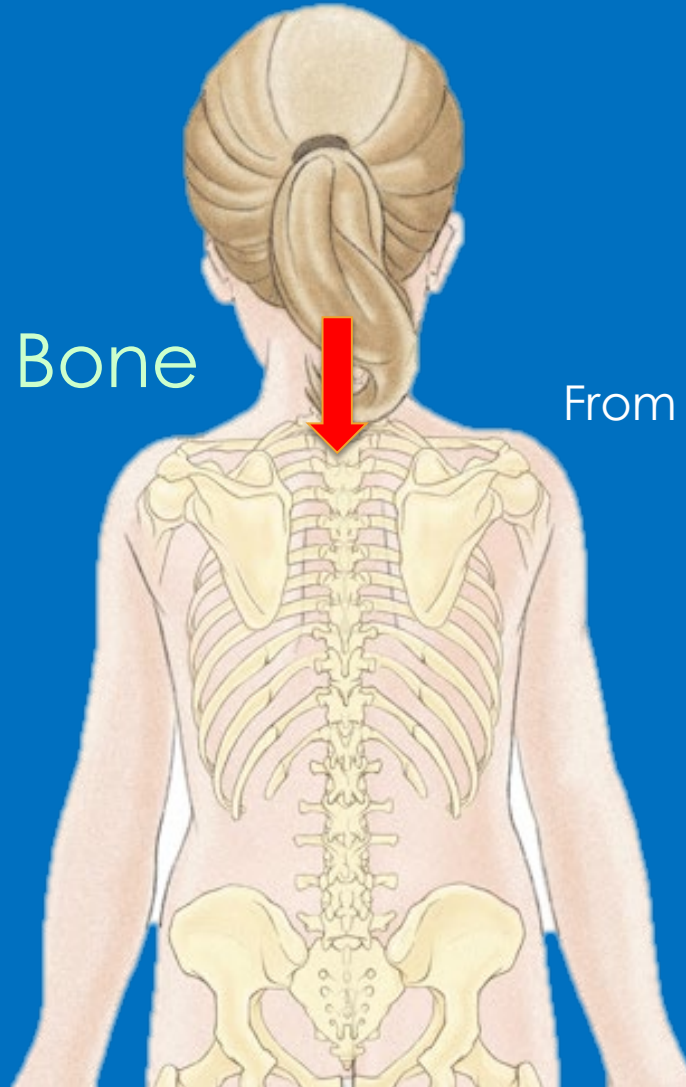
Calm Liver qi: Yin Tang, Lv3, Bl18

Regulate Lung qi: Lu7, Bl13

Supplement Kidney Qi: Ki3, CV6, GV4

REFLUX: Tuina

Celestial Pillar Bone



From hairline to C7

Thank you for listening

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- ▶ Info on formulas by Moshen herbs:

<https://www.moshenherbs.com/>

www.jingshenpediatrics.com

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