



What is Acupuncture & How Can it Help Kids?

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Part 1: Who Am I?

- Mathematician & Actuary
- Stay-At-Home-Mom
 - Experienced with Autism
- Research Scientist & Data Scientist
- Acupuncturist
 - Pediatric practice
 - Fertility, Pregnancy, Labor, & Postpartum
 - Adults – treating everything from anxiety & allergies to eye diseases to pain & Parkinson's



”Qi is the root of a human being. It is the basis of all phenomena in the universe.”

-Giovanni Maciocia
The Foundations of Chinese Medicine

The mind and body work best when our energy flow, our Qi, is in balance

Many factors affect this delicate balance, including:

environmental factors
lifestyle choices
congenital & genetic factors
emotional factors
stress

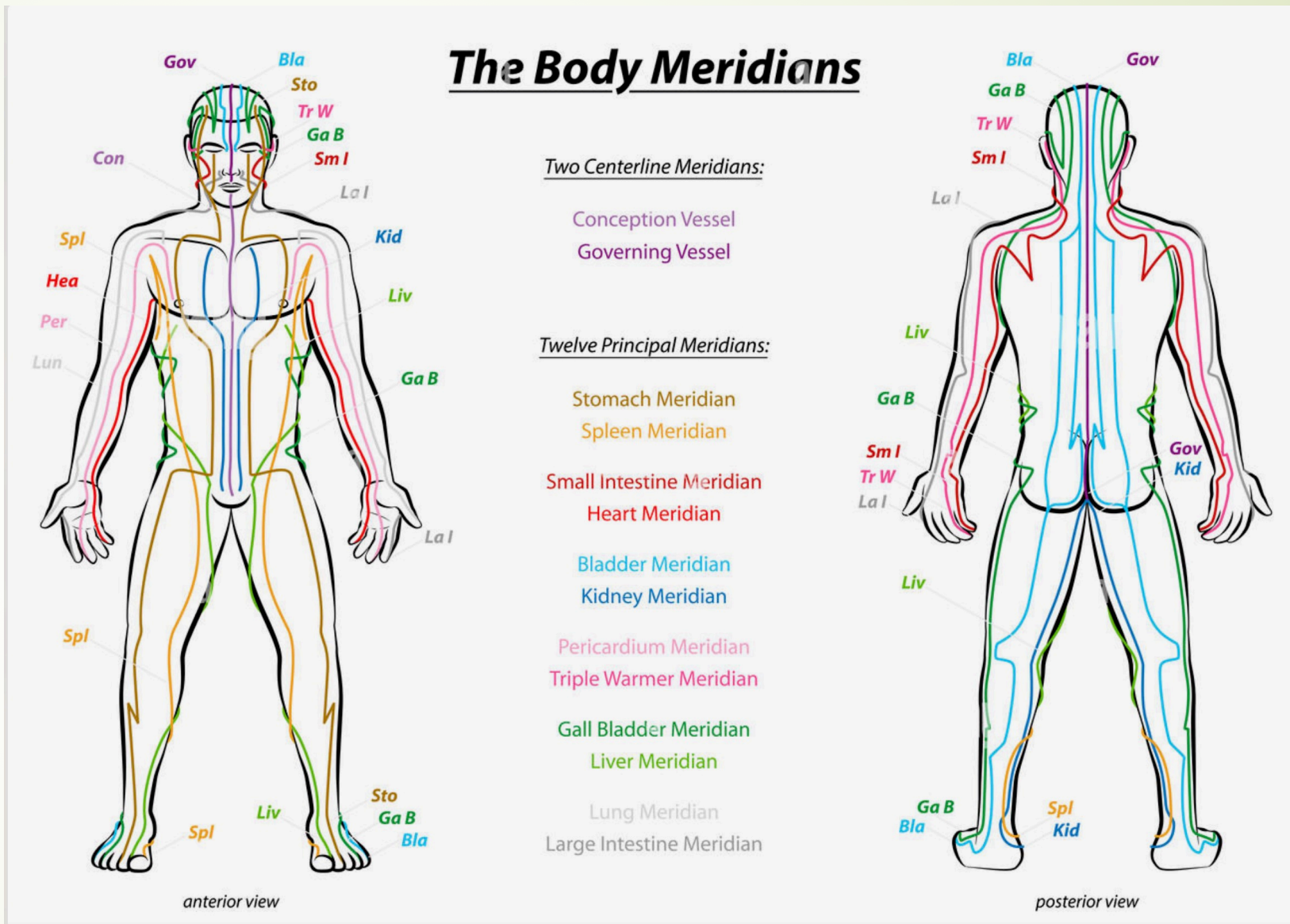
➔ *This causes blockages in the free flow of Qi energy – and this stagnation leads to pain & dysfunction*



Blockages in the free flow of Qi energy behave like a traffic jam in places (channels) with stagnation. Other energy channels might behave like slow traffic, and in other parts of the body, the energy is like smoothly flowing traffic without much slow-down and sluggish delay.

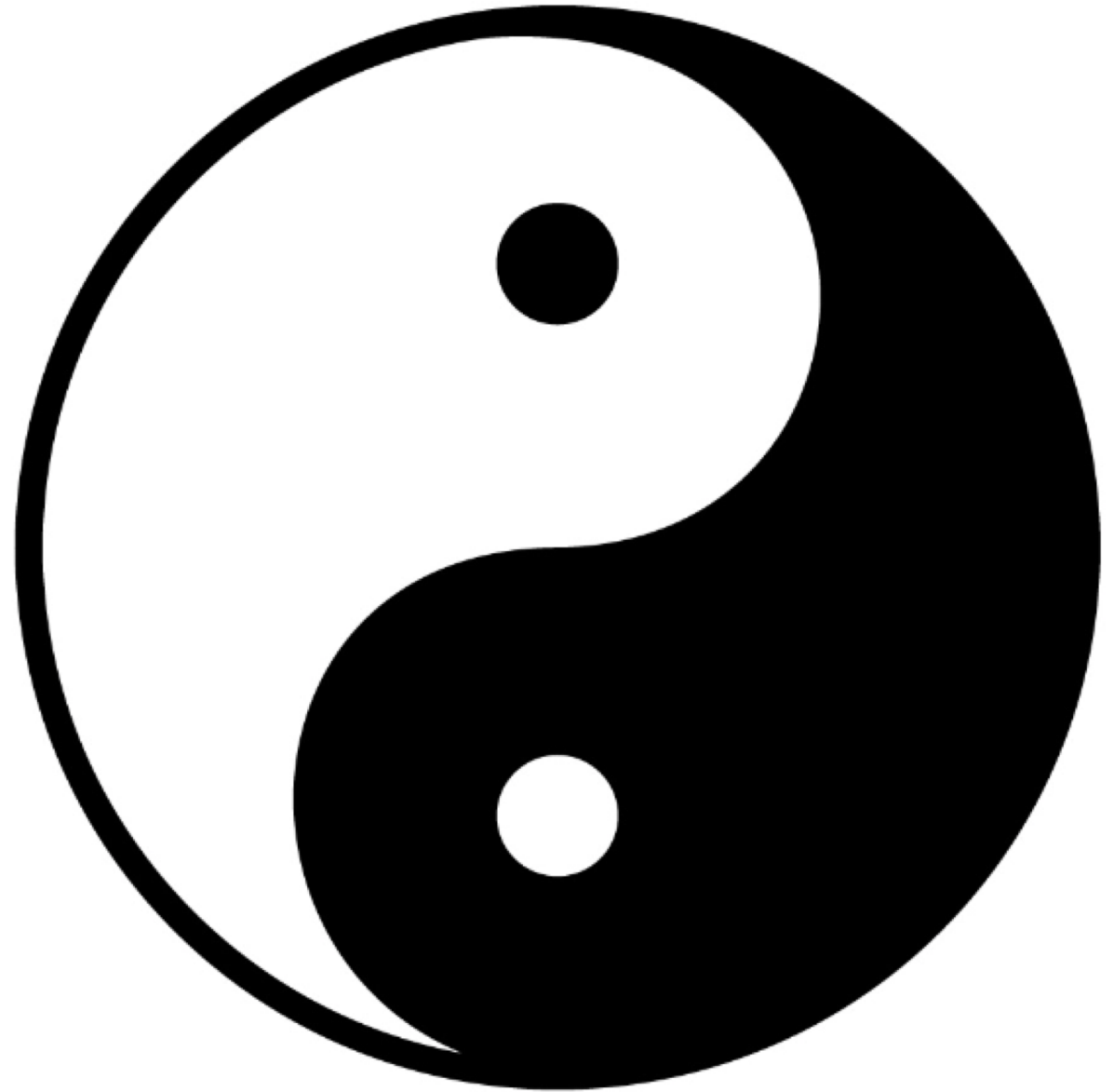


➔ We have interconnecting energy channels all over our body. These pass through our organs and every system in our body. These meridians contain thousands of acupuncture points, each with their own energetics and healing properties.



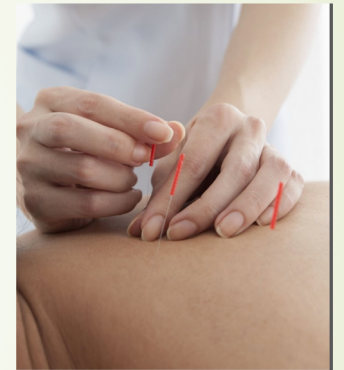
~ Balance ~

- *Yin & Yang*
- *Upper Body & Lower Body*
- *Proximal & Distal Energy Distribution*
- *Channel Energy Distribution*
- *No Excesses, No Deficiencies*



Part 2: What is Acupuncture?

- ▶ When our bodies are disrupted by external factors, disease or emotional imbalance, **Acupuncture** helps to restore the normal flow of energy, “Qi”.
 - ▶ Acupuncture activates the body’s innate healing potential – restoring balance, maintaining health, and supporting overall well-being – both physically and emotionally.
- ▶ Every needle releases endorphins – the “feel-good” hormone. Every needle boosts the immune system. Every needle increases blood flow to the area.
- ▶ The body wants to be in balance. But life happens. Acupuncture clears the energy stagnations that cause pain and dysfunction.
- ▶ Acupuncture can restore our balance.





Acupuncture: More Than Just Needles

- Acupressure
- Cupping
- Gua Sha & Tui Na: massage along the energy meridians
- Frequency Specific Microcurrent (FSM)

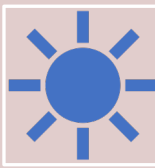




Acupuncture: More Than Just Needles



Herbal Medicine – Both Internal
Medicine & Topicals



Celluma Light Therapy



Vibrational Energy (Rapid Release)

But Needles Are The Most Effective Approach

- Needles:
 - These are tiny hair-thin needles that easily penetrate the skin. Many needles are coated with silicone for even easier gliding into the tissue.
 - Most needles cannot be felt at all.
 - Many patients fall asleep while I'm needling.
- Electro-Acupuncture
 - To maximize the effectiveness of the healing power of each needle, often we attach an electrical current to a few of the needles and select a specific healing frequency that is best for the treatment protocol. The intensity of the current is always governed by the patient.
- "The widely held perception that needles hurt and would be traumatic for a baby or young child is probably the biggest barrier to more children having acupuncture treatment in the west."
 - *Avern, R., Acupuncture for Babies, Children and Teenagers*



Part 3: How Can Acupuncture Help Kids?



- ▶ We treat the different stages of childhood differently
 - ▶ Different stages – different typical imbalances
- ▶ Babies & Toddlers
- ▶ Young Children
- ▶ Pre-Teens & Early Adolescents
- ▶ Teens & Older Adolescents

Part 3: How Can Acupuncture Help Kids? Babies & Toddlers

- ▶ Gentle acupressure along channels to reintroduce balance in the body
 - ▶ I don't use needles on this group
- ▶ Gentle Herbal Medicine
 - ▶ Treat with tinctures made for children
- ▶ This group responds to treatment extremely quickly and easily.





Part 3: Babies & Toddlers Typical Conditions

- ▶ Issues tend to be “TCM Lung and Stomach” channel conditions:
 - ▶ Deficiencies because still developing
 - ▶ TCM means Traditional Chinese Medicine
 - ▶ TCM and Western Medicine Organs and Channels share overlap but are not the same thing.
- ▶ Or issues tend to be “TCM Heart and Liver” channel conditions:
 - ▶ Excesses, like overactivity and sleep issues



Part 3: Babies, Toddlers & Young Children: Typical Conditions Acupuncture Can Help With

- ▶ Colic
- ▶ Common Colds
- ▶ Allergies
- ▶ Failure to Thrive
- ▶ Digestive & GI Issues
- ▶ Food Stagnation
- ▶ Diarrhea
- ▶ Constipation
- ▶ Rashes, Insect Bites, Skin Disharmonies
- ▶ Emotional Equilibrium
- ▶ Hyperactivity & Easily Overstimulated
- ▶ Sleep Issues

Part 3: How Can Acupuncture Help Kids? Young Children

- ▶ All Conditions on Previous Slide for Babies & Toddlers Still Apply.
- ▶ Other Typical Conditions and Issues Treatable with Acupuncture For This Age Include:
 - ▶ Picky Eaters
 - ▶ Emotional Imbalances or Strong Emotional Reactions
 - ▶ Sleep Difficulties
 - ▶ Tendency to Strong Fevers
 - ▶ Catches Frequent Coughs & Colds
 - ▶ Asthma & Respiratory Allergies
 - ▶ Late to Toilet Train or Tendency to Bedwetting
 - ▶ Easily Cross & Frustrated
 - ▶ Grouchy & Unhappy Before a Bowel Movement



Part 3: How Can Acupuncture Help Kids? Children & Pre-Teen



- ▶ Acupuncture Helps With Everything Previously Listed, Plus:
 - ▶ Impulsive
 - ▶ Anxiety & Agitation
 - ▶ Insomnia
 - ▶ Hot Temper
 - ▶ Tired at the End of the School Day
 - ▶ Extremely High Expectations of Self
 - ▶ Adult Teeth Slow to Come in
 - ▶ Very Driven or the Opposite
 - ▶ Headaches & Migraines
 - ▶ Poor Vision
 - ▶ Difficulty Concentrating
 - ▶ Prone to Injuring Tendons if Playing Sports
 - ▶ Growing Pains

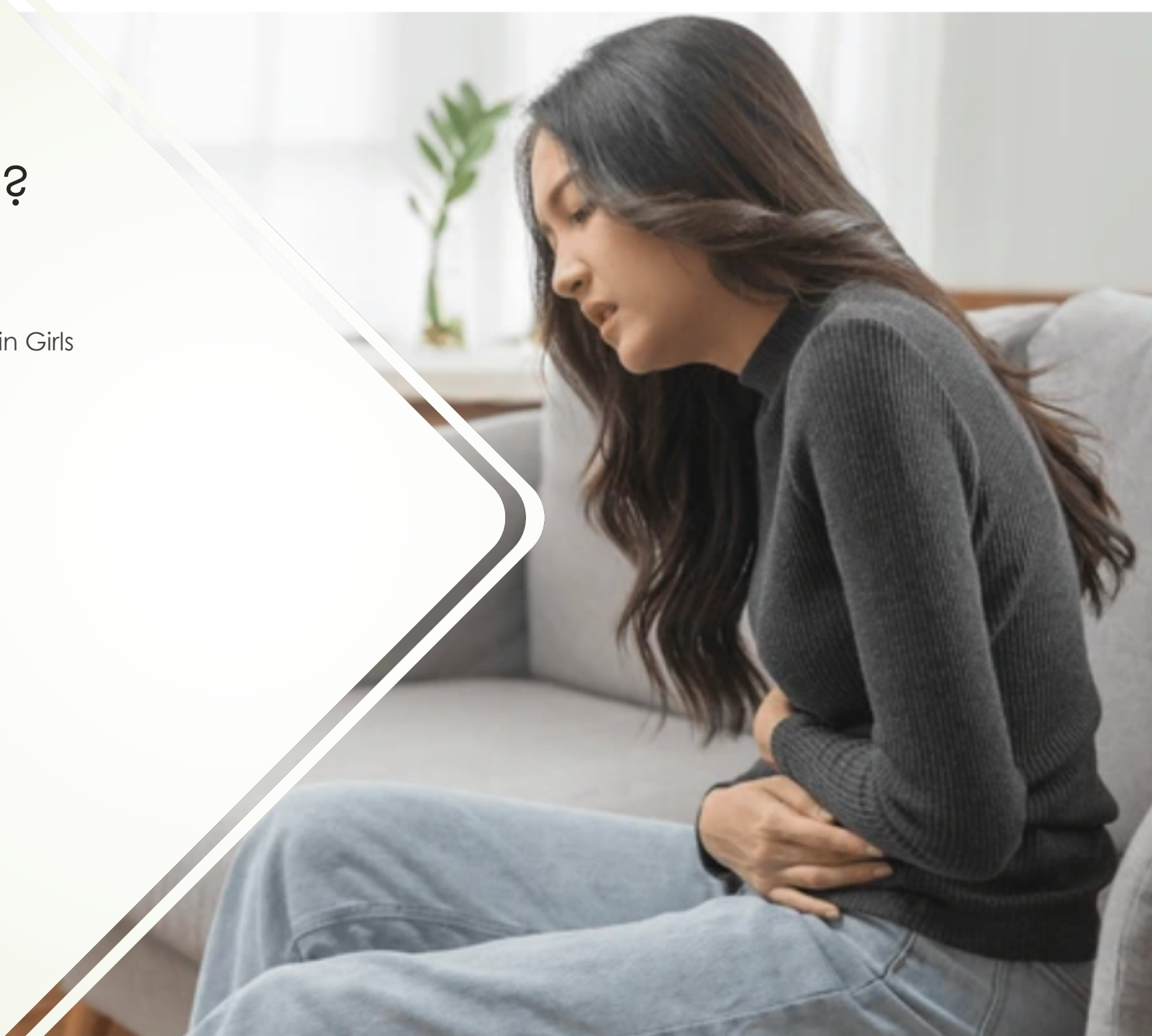
Part 3: How Can Acupuncture Help Kids? Teens & Adolescents

- Anxiety & Depression
- Sleep Issues
- Sports Injuries
- Allergies, Asthma, Auto-Immunity
- Acne, Eczema, & Skin Disorders
- IBS, Diarrhea, & Constipation
- Gastro-Intestinal Disorders & Conditions
- Stress & Relaxation
- Headaches, Migraines, & Pain
- Pain Anywhere
- Alopecia



Part 3: How Can Acupuncture Help Kids? Teens & Adolescents

- Heavy Periods or Late Onset of Menstruation in Girls
- Late Puberty in Boys
- Creating Melodrama in the Family
- Panic Attacks
- Irregular Appetite
- Excess Exercise
- Worry
- Craves Sugar &/or Carbohydrates
- Chronic Loose Stools
- Crohn's, UC, or IBS
- Dark Circles Under Eyes
- Abdominal Pain





Any Age: How Can Acupuncture Help Kids? In Addition to All Previously Mentioned Conditions

- Eye Diseases and Conditions, Including
 - Near-Sightedness
 - Crossed Eyes
 - Strabismus
- COVID
- Autism and Developmental Disorders
- Nausea & Vomiting
- Pain from Cancer, Chemo, or Treatment Side-Effects
- Pre- & Post- Surgery Recovery
- Sports Injury Recovery
- Sore Throat
- UTI

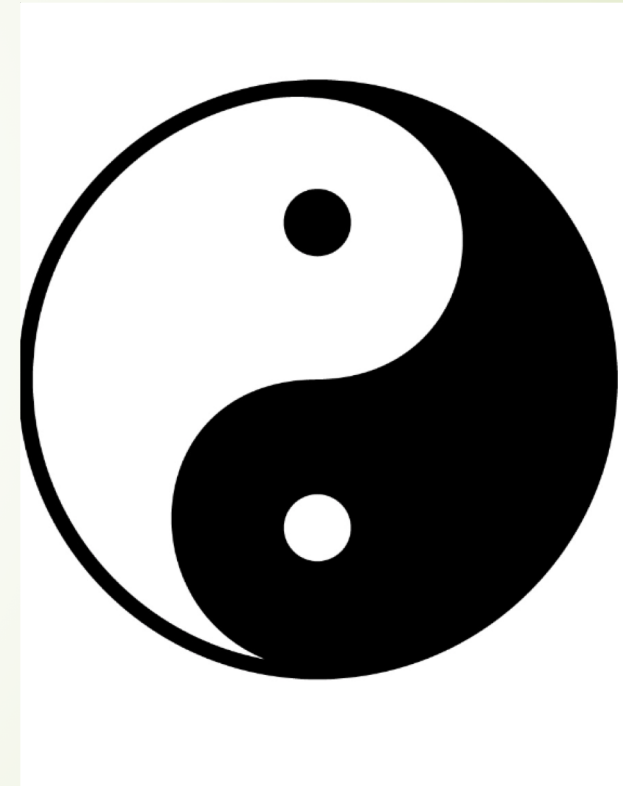


Why Does Acupuncture Work So Well? How Does It Work? How Does it Unblock Stagnations That Are Causing the Energy Blockages? What Does an Acupuncture Session Look Like?

- The body and mind are intricately connected by energy channels (Qi) which are also connected to our organs and organ systems. We tend to think of the systems of our body as separate (only loosely connected) organs and systems, but this concept is missing the intimate interconnectedness that is at the root of Traditional Chinese Medicine.
- The first treatment session includes a 30 to 45-minute patient intake deep dive into the patient's physical and emotional health presentation.
 - We ask specific questions covering potential imbalances in every energy channel and organ system.
 - These questions reveal patterns which lead to differential diagnoses specific to excesses and deficiencies in these channels and systems.
- Examples on upcoming slides

Basic Background and the TCM Spleen Channel Responsibilities

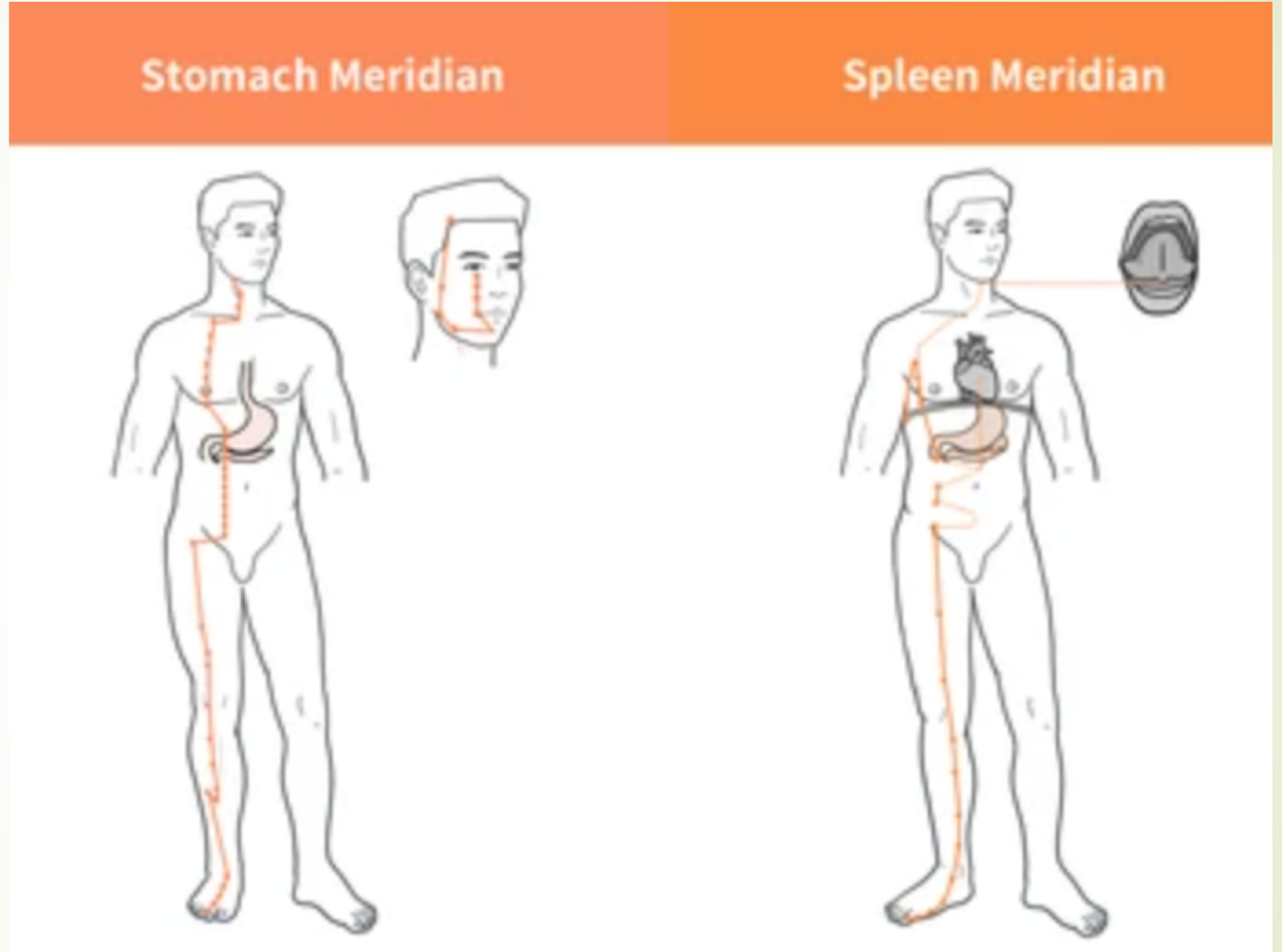
- ▶ In TCM, there are 12 Regular Channels or Meridians:
 - ▶ 6 are Yin Channels and 6 are Yang Channels
 - ▶ They are partnered up, creating a Yin-Yang balance in the body
- ▶ **The TCM Spleen Channel** is responsible for the huge task of digestion – the transformation and transportation of food. Its partner is the TCM Stomach Channel. But the TCM Spleen Channel also works with other TCM channels: Gall Bladder Channel, Small Intestine Channel, Large Intestine Channel, and the Bladder Channel, all of which are Yang (**action**) channels.
- ▶ The TCM Spleen System is responsible for more than digestion. It also raises Qi, controls the 4 limbs, controls saliva, opens into the mouth and manifests in the lips, and plays a crucial role in the production of Blood (because it is the root of nutrition delivery to the blood).
- ▶ Its associated emotion tendency is **Worry**. Its associated taste is **Sweet**.
- ▶ Spleen Qi Deficiency can look like any of these concerns:
 - ▶ Excessive saliva, easily tired (Spleen raises Qi), dry or cracked lips, tendency to have loose stools, digestive symptoms, lack of strength and control of limbs, clingy & whiny, problems with eating & appetite, picky eater, reluctant to try new foods, easy bruising, tends to prefer carbs and sugary foods, tendency to worry, tearful & emotional, sensitive & easily upset, sleep problems due to worry, etc.



Case Example: Chronic Stomach Aches

TCM Diagnosis: Spleen Qi Deficiency

- **12-year-old** girl, who was studying for the entrance exam for her secondary school, came for treatment for chronic stomach aches. She had also lost her appetite over the time she had been reviewing for her exams. Her Spleen Qi was being used to fuel all the studying she was doing. Worry about her exams was further depleting the Spleen. Consequently, there was less Qi available for it to maintain a healthy digestive function.

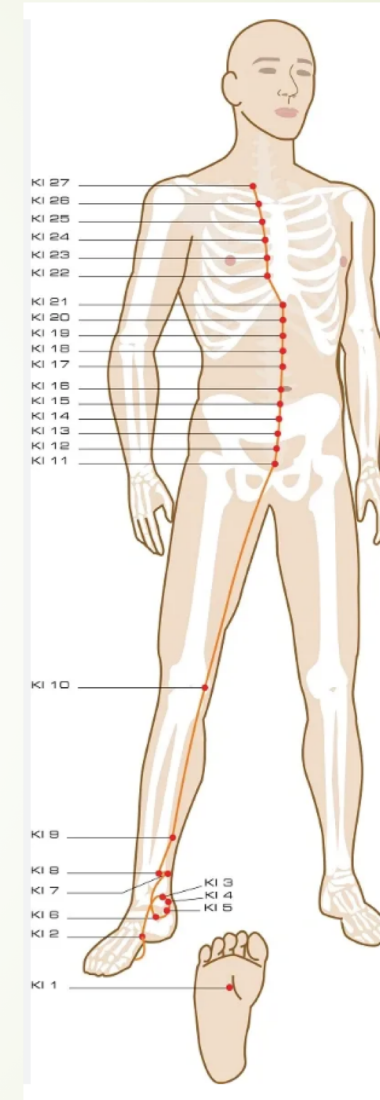


Case Example: Anxiety & Fear

TCM Diagnosis: Kidney Qi Deficiency

Kidney Qi is our “essence”, our sense of self, our life force, & our basic instinct to survive.

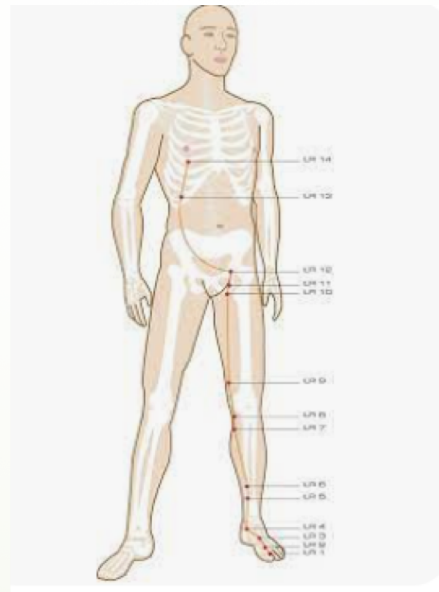
- ▶ A **9-year-old** girl became very anxious and had developed problems going to sleep on her own since learning about WW2 at school. She began dreaming about being separated from her family and taken to a concentration camp. Her mother did not think any other children in the same class had reacted in a similar way. The girl was exceptionally bright but was rather physically delicate. Her Kidney Qi was deficient and therefore was more susceptible than her classmates to being disturbed in this way. We tonified and balanced her Kidney Meridians and this solved the anxiety and sleep disturbances.



**Case Example: ADD
(Attention Deficit
Disorder)**

**TCM Diagnosis: Liver Qi
& Blood Deficiency**
Liver Qi & Blood house
the emotional balance
(called Hun) and
contributes to having
peaceful sleep, not
disturbed by bad
dreams. When
balanced, it allows a
child to explore the
imaginary realm and
come back into the real
world easily. ADD is the
result of unrooted Hun
caused by Liver Qi &
Blood Deficiency.

- An **8-year-old** was diagnosed with ADD. Her mother described her daughter as often living in her imaginary world. She struggled to follow instructions or commit herself to a task she was asked to do at school. This was not because she was being defiant. Nourishing her Liver Qi & Blood with acupuncture and talking to her mother about diet made a big difference to her. Happily, she has retained her wonderful imagination! But now she has more control over when she indulges in it.





Case Example: Abdominal Pain - Infant
TCM Diagnosis: Spleen & Stomach Qi Deficiency with underlying Kidney Qi Deficiency

- 2-week-old female, 6 pounds, 19 inches, presenting with abdominal pain and digestive difficulty. The delivery was normal.
- The child would curl in a ball as if her stomach hurt, usually once per day for up to 3 hours. Western medicine tried but could not fix her problem. The mother presents with chronic irritable bowel syndrome. The child's abdomen was very tense.
- Treatment was Tui Na, Chinese pediatric massage, meaning mild acupressure and massage along the channels, particularly the Spleen Meridian. After the first treatment, the parents reported the child was without pain symptoms for 5 days. At the second treatment, assessment included a slightly flushed face with small red dots, restlessness, and irritability. In addition to Spleen & Stomach Qi Deficiency, the child now had a slight heat condition. Treatment adjusted and this dissipated. Constipation appeared in the third week, followed by occasional diarrhea (a sign of cold in the abdomen). An herbal remedy was added to the treatment (scallion and ginger based), which dispelled the cold. The child likely inherited this Spleen & Stomach weakness, necessitating a constitution-strengthening program. After several weeks without symptoms (or treatment), an emphasis was placed on the breast-feeding mother's understanding of the energetics of foods.

Part 4: How Can Acupuncture Help Adults?

- Acupuncture is very effective for adults, as well.
- I treat everything from stress & anxiety to pain anywhere in the body, including headaches & migraines, carpal tunnel, arthritis, plantar fasciitis, back pain, neck pain, shoulder pain, knee pain, etc.
 - Any kind of pain
- Infertility, Pregnancy, Labor, & Postpartum
- Weight Loss
- Addiction and Smoking Cessation
- Eye Diseases, such as Macular Degeneration
- Hypertension & Hyperlipidemia
- Parkinson's & Movement Disorders
- Cancer Pain & its Drug Side-Effects



Part 4: More Ways Acupuncture Can Help Adults

- Menopause, Night Sweats, or Hot Flashes
- Hair Loss
- Incontinence
- Eye Twitches
- Autoimmune Disease
- Depression
- Facial Rejuvenation
- Sciatica
- Stroke
- Stress & Relaxation
- Sleep Problems
- And More...



Want to Live Longer, in a Healthier Body?

- Acupuncture balances the body. It unblocks the energy stagnations that interfere with our daily living skills, our enjoyment of life, and our pursuit of anything we love doing, emotionally or physically.
- Don't settle for feeling bad. Don't accept unnecessary limitations.



Remember That Acupuncture is More Than Needles



- It's Electro-Acupuncture & FSM
- It's Acupressure, Tui Na & Gua Sha
- It's Celluma Light Therapy
- It's High Frequency Vibration Therapy
- It's Herbal Medicine, Internal as well as Topical
- It's Tai Chi & Qi Gong
- It's Feng Shui
- Treatment options keep expanding

Come Experience The Healing Power Of Acupuncture!

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Questions?

