

Qigong Massage and more for Nontypical Neurodevelopment

My hope is to open your mind to better health through wholistic education and choice empowerment.

Some of the below may need professional testing and assistance. But the choice is yours. Don't be ruled by fear. Tap into your intuition.

First look to spinal trauma-Chiropractic adjustments, Craniosacral Massage or Osteopathy.

The energy, blood & lymph must flow freely between brain and body. Interruption may trap or cutoff nerve supply, nutrition and fluids. This could lead to toxicities, infectious agent growth &/or deficiencies.

Nutritional Thoughts:

Eating plan options:

The Blood Type Diet and/or The Phenotype Diet by Dr. Peter D'Adamo are my best choices.

Supplement Interventions:

This is a complex issue to be resolved on an individual basis. However, a few highlights will stress the importance of examining deficiencies and toxicities.

Vitamins:

A-Skin, eyes and immune system

B complex-countless enzyme activities, nerve health, amino acid and fatty acid metabolism

C-immunity and liver health, helps recycle glutathione and other antioxidants instrumental to liver health, strong, flexible blood vessels

D3-immunity, hormones, bone health

E-antioxidant in liver functioning, vasodilator, anticoagulant, formation of red blood cells

F-minimizes negative effects of cholesterol, may protect against x-rays, helps burn saturated fats for weight loss

K-needed to synthesize clotting proteins and blood proteins that regulate calcium

T-assists in blood coagulation and formation of platelets

Other supplements:

Possible IV administration-Magnesium, Alpha lipoic acid, N-acetylcysteine, Glutathione
Herbal Thoughts:

Nervines-Linden flower, Skullcap, Chamomille, Passionflower, Bacopa

Adaptogens-Licorice (DGL), Ashwagandha, Ginseng, Schisandra

Immune modulators-Astragalus, Reishi Mushroom, Gotu cola, Turmeric, Boswellia

Alteratives-Cleavers, Corn silk, Dandelion root or leaves, Cilantro

Antioxidants-Rosemary, Green Tea, Blueberry

Liver Detoxifiers-(increase Glutathione)-

Turmeric, Milk Thistle seeds

Carminatives-Ginger, Chamomille, Fennel seed

GI Antispasmodics- Wild yam, Hops, Catnip

Type of massage touch for reverse page=energy, tapping, pressing & cupping.

References:

Qi Gong Massage for Your Child with Autism: A Home Program from Chinese Medicine. Louisa Silva. 2011. Singing Dragon.

Autism Breakthrough: The Groundbreaking Method That Has Helped Families All Over the World. Raun K. Kaufman. St. Martins Press. 2014.

Smart Medicine for a Healthier Child. Janet Zand, Rachel Walton, Bob Rountree. 1994. Avery Publishing Group.

Healing the Symptoms Known as Autism. 2nd ed. Kerri Rivera. 2014.

Copyright Nurse NaturalPath-Cynthia Graham RN, BSN April/2017. The information and materials expressed in notes and workshops are for educational purposes only. Please consult your personal healthcare practitioner before applying knowledge. Neither Nurse NaturalPath or venue operators assume any responsibility.

1st Movement Face Down-3x

- Start cupping on top of head (Bai wei point) and base of neck (Wind Pillars, Wind gate)
- Once this area starts to relax, follow the spine cupping to just above coccyx, one hand cups down right leg and one down left leg off outside of ankles

2nd Movement Face Down - 3x

- Move 1 to 2 inches from center of head on either side (Gallbladder channels) gently cup around head, down neck, both sides of spine 1 -2 inches out (Bladder channels), one hand cups down each leg of outsides of ankles

3rd Movement Face Up-3x

- Turn head to side, tap around and behind ears, down side of neck, over shoulders, under arms down sides, off outside of ankles

4th Movement Face Up-3x

- Cup over the full ear, if irritating just lay Loa gung point over center of ear and fill with energy until

calm, down the neck, over shoulder, down outside of arm, off finger tips

5th Movement Face Up-3x

- Hold thumb to back of webbing of thumb and below knuckles, slow gentle shaking while moving arm up and down

6th Movement Face Up-3x

- Squeeze and wring each finger from base to tip, if too sensitive, pinch each finger on sides of nails, both hands

7th Movement Face Up-3x

- Lightly pump in and release, starting just below collar mid-collar bone to above diaphragm both sides of chest. With girls use their own hands for touching to avoid awkwardness.

8th Movement Face Up

- Circle around the navel at a distance of about 2-3 inches depending on size of client. 9x each direction
- Should constipation be an issue, 9x right to left, 9x left to right then 9x right to left again. This follows

the natural energy of the ascending colon, transverse colon and descending colon. If diarrhea reverse above technique.

9th Movement Face Up-3x

- Cup from groin crease down top of legs off toes.

10th Movement Face Up-9x each leg

- Lift and Support leg, one hand above back of knee crease, one hand under ankle, Start sweeping under leg alternating hands, or squeeze slide whichever meets needs of client

11th Movement Face Up-3x each toe

- Rub twist each toe or pinch sides of nails, whichever meets needs of client

12th Movement Face Up-9x each foot

- Place thumbs at Kidney 1 point, in center of feet just below the two balls
- Fingers around foot, on top Liver 1 & 2 +
- One of your feet in front of the other for balance
- Slowly pump into the Kidney 1 point, may stretch heel.