



*Chapter 6*

*Emotional Problems*

## ***Chapter 6 - Emotional Problems***

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## ***Introduction to the Treatment of Emotional Problems***

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### ***i. General***

In Chinese medicine, the body and the soul are intertwined. As a result, physical ailments and emotional problems are intertwined as well. Balancing the emotional level is an important component of all treatment of systemic problems. When the soul is balanced, it balances the body, and vice-versa. Strictly symptomatic treatment of a systemic problem without balancing the emotional level is liable to result in the symptom's recurrence or manifestation

in a different form. Emotional imbalance is the root of imbalance, and physical manifestations are its branches.

Treating the emotional level corresponds with the desire to achieve balance on a deep and basic level, as emotions are associated with the deep levels of the body. The treatment of symptoms often ends up expanding to include treatment on the meridian level or localized treatment to alleviate symptoms.

Emotional treatment stems more from a desire to balance a child's emotional state than his or her physical symptoms. The practitioner should assess treatment progress with parents in light of the child's emotional state. Although it is important to provide solutions for symptoms that are acute and particularly troubling, treatment should remain focused on the child's emotional state.

In children, the emotional level is not hidden behind walls and mental blocks. It is exposed, facilitating precise assessment of the child's emotional state and its relatively easy balancing.

The emotional state of children is characterized by instability from the outset. Their emotional state is also characterized by yang and dynamism, and their emotions swing back and forth like a pendulum. This dynamism also has a rapid impact on the physical realm, and the body can lose balance relatively easily.

Classifications of emotional states are less precise than classifications of physiological states. Anxiety, for example, may be expressed in weakness, but may also find expression in manifestations of aggression. Pulse diagnosis lends order to the confusion and helps us

understand the energetic imbalance. The treatments for emotional states recommended below must be substantiated by a corresponding pulse diagnosis, especially when using dispersion technique. This rule is applicable to all treatments, but infinitely more so to treatments of the emotional level.

## ***ii. The Emotional Level: Excess versus Deficiency***

Treatments of the emotional level can be divided into two basic categories: treatments of emotional states associated with excess and treatments of emotional states associated with deficiency.

The emotional level in children tends toward externalization and radicalization due to its yang and dynamic nature. States of excess tend to manifest themselves in internal heat, anger, violence, hyperactivity, the inability to concentrate, impatience, etc. States of deficiency are characterized by passivity and general weakness, and find expression in lack of confidence, introversion, aversion, fears, and anxieties.

## ***iii. The Emotional Level through the Lens of the Five Elements***

### ***The Wood Element***

Yang, curiosity, exploration and investigation, emotional development, and the discovery of new areas within the emotional world are all related to the Wood element. Most problems associated with excess are related to Wood by virtue of their connection to the yang and heat that are typical of childhood.

The dynamic nature of emotional states, the split-second transition from laughter to crying, and the powerful externalization of emotions are clear indications of the role played by the Wood element.

### ***The Fire Element***

Along with the Water element, the Fire element is linked to the Life Axis and is therefore extremely stable. The Fire element is responsible an individual's development on all levels: the physical, the emotional, the mental, and the spiritual. Intelligence enables the individual's development from a child into an adult, which is attributed to the Fire element. Children possess an internal compass that guides them and their emotions toward this development with certainty. Many emotional phenomena that appear at first glance to constitute problems of imbalance eventually turn out, in retrospect, to be systemic needs leading to development and movement to a new level. The terrible twos, adolescence, and other minor crises along the way turn out to be essential for healthy development. The Fire element is representative of the process of emotional development in its entirety.

Children frequently suffer from sleep-related problems, which are sometimes linked to the Fire element. In children, however, such problems tend to be symptoms accompanying other common childhood ailments, such as stomach aches, infant spasms, teething pains, ear infections exacerbated by lying down at night, conditions of excess phlegm that intensify while lying down, coughing, shortness of breath, and sleep apnea due to enlarged adenoids. Such problems disrupt normal sleeping patterns but are not a manifestation of imbalance of the Fire element.

During adolescence and the transition from the Wood phase to the Fire phase, teens undergo changes in their sleeping habits. The many hours of sleep that are characteristic of adolescence are apparently meant to facilitate the physical and emotional development typical of this stage of life. In this way, it can be compared to infancy, which is also characterized by major physical and emotional changes.

### ***The Earth Element***

The Earth element is weak in children. On the emotional level, this weakness is manifested in the child's complete dependence on his or her mother. This dependence begins during the fetal stage, when the fetus, connected to the mother through the umbilical cord, shares all of her emotional experiences. Indeed, many traumas in young children are rooted in traumas experienced by their mothers during the fetal stage. Even after birth, children remain connected to their mothers on an emotional level. Mothers serve as their children's link to the world, and children at this early stage do not recognize the separation between them and their mothers that has taken place. Over time they become independent and establish their own sense of security and confidence, as well as an ability to interface with and react to the emotional world around them. On this basis, they begin to establish their own emotional world.

See:

Ultimately, the Earth element is the foundation on which our emotions develop. The stability of Earth is critical to the relationship between emotional state and reality. The weakness of the Earth element causes emotions to be scattered and unstable.

Although virtually all imbalances in this book are defined on the organ level, treating the emotional level requires the balancing of Earth in general, due to the close relationship between the stability of Earth and the emotional level.

(see: Strengthening Earth on the Emotional Level, p. 000)

### ***The Metal Element***

The Metal element is weak during childhood, as a result of the imbalance of the Life Axis that develops over the years. From an emotional perspective, the Metal element helps distinguish between things of critical importance and things of secondary importance, and between the child's sense of self and his or her surroundings. It also facilitates restraint and internalization when necessary. All of these abilities are weak in children. In children, the weak Metal element faces the bursting Wood element, and the natural control that Metal is supposed to exert over Wood is too weak. In everyday life, it is the parents who compensate for this weakness by supplementing Metal's control of Wood, as manifested in their setting of boundaries for their child, who is naturally influenced by Wood's overflowing nature.

Sadness is the emotion associated with the Metal element. Sadness in children is temporary, and happiness pushes them forward. Children who appear to be sad and depressed typically suffer not so much from an imbalance of the Metal element but from general weakness.

## ***The Water Element***

The fears and anxieties that are related to weakness of the Water element are typical of childhood. During this period of development, the vast majority of children suffer from fears and anxieties to such a point that fears are considered to be a natural element of childhood not requiring treatment.

The Water element is associated with the Creation Axis. It is strong, stable, and abundant in children. Theoretically, the entire range from self-confidence to fear and insecurity is also supposed to be stable. In practice, however, a large portion of the emotional problems related to deficiency and weakness are related to the Water element.

Man is an animal whose basic and primal instinct is survival. Like most other animals, with the exception, perhaps, of apex predators, our primal and basic perception is the fear of being eaten. We first take measures to avoid danger and only then concern ourselves with finding food and reproducing. As a creature of survival, fear is built into us. It is an emotion that, beginning at a young age, we develop and enhance and attempt to bring into balance.

### ***iv. Organs Involved in Emotional Instability***

***a. LIVER***

***b. KIDNEY***

***c. HEART***

***d. PERICARDIUM***

***e. STOMACH***

***f. SPLEEN***

***g. SMALL INTESTINE***

***h. BLADDER***

### ***a. LIVER***

Emotions are manifested via the LIVER, and children are in the phase of Wood. For this reason, the LIVER, the yin organ of the Wood element, is generally related to balance on the emotional level. Many manifestations of emotional imbalance, such as anger, frustrations, restlessness, nightmares, and the inability to concentrate, are related to the LIVER. The same is true of other more physical manifestations: symptoms such as runny noses, coughing, shortness of breath, ear infections may also be products of a child's emotional state, as manifested in the mucous membranes connected to the LIVER.

Most states of emotional imbalance of the LIVER are states of excess:

#### ***1. Heat in the LIVER***

Heat in the LIVER is a common facet of many of the pathological conditions typical in children, both due to the heat that is characteristic of children and to the LIVER's natural tendency to fall out of balance in states of heat. Emotional symptoms typical of this condition include griping, anger, restlessness, violent behavior, difficulty concentrating, over-activeness, difficulty falling asleep, and interrupted sleep.

This is the most common imbalance encountered in the clinic and is also the easiest to treat. On the whole, states of excess respond well to acupuncture, as acupuncture stimulates movement and is extremely effective in releasing excesses and clearing obstructions.

See: Balancing Heat in the LIVER, p. 000.

## **2. Emotional wind (gui) in the LIVER**

This refers to a condition in which LIVER qi is not effectively anchored and moves in an unstable manner. Children suffering from this condition are generally restless and overly active and have difficulty concentrating. It is difficult for them to develop stable emotional relationships, and their emotional world is easily swept up in external whirlwinds. For this reason, they find themselves rising and falling, subject to the influence of the events going on around them, with little ability to adapt themselves to their surroundings. Emotional wind (gui) is typically caused by a trauma or emotional crisis that knocks the child out of center and disconnects him or her from Earth. The weakness of earth is a consequence of instability. The unstable functioning of the emotional level allows the child no rest, trapping him or her in a never-ending whirlwind of internal emotional movement. This continuous emotional activity results in the production of excess heat, and for this reason the symptoms of emotional wind (gui) in the LIVER include all the symptoms of heat in the LIVER. Nightmares and involuntary movements, such as eye tics, are key signs of emotional wind (gui) in the LIVER and are reflective of the child's lack of control of his or her emotional state.

For a more detailed explanation of emotional wind (gui), see the section addressing the link between trauma and emotional wind (gui) on p. 000 below. See also: Balancing emotional wind (gui) in the LIVER, p. 000.

## **3. Excess Dryness in the LIVER**

This condition is typical of adults who tend to repress their emotions but can also appear in children. The energetic movement of excesses produced by the LIVER is pushed inward instead of outward,

resulting in a large and concentrated excess. Typical symptoms include anger, frustration, bitterness, and introversion. On a physical level, it is common to observe stiff body movements, thin tightly closed lips, furrowed eyebrows, and an overall expression of anger and constriction.

See: Balancing Excess Dryness in the LIVER, p. 000.

## **4. Weakness of the LIVER**

This condition is less common in children and is sometimes part of overall weakness or weakness of the KIDNEY. The weakness is manifested in difficulty getting started in general, waking up in the morning, and concentrating in class; a tendency to lay around watching television; and a general lack of desire to make an effort and to engage in social activity.

See: Tonifying the LIVER, p. 000.

### **b. The KIDNEY**

In contrast to the emotional problems related to the LIVER which are manifested in excess and activeness, imbalances related to the emotional aspect of the KIDNEY find expression in problems characterized by weakness and passivity. The most common manifestations of KIDNEY imbalance are fears and anxieties.

Many children suffer from fears. The qi of Water and KIDNEY qi are strong in children, which means that, theoretically, they are not supposed to suffer from fears. In practice, however, fear is a fundamental aspect of childhood from which many children suffer (this issue has already been discussed in the present chapter, in the section on the Five Elements – see: The Water Element, p. 000).



Fear is the product of two factors: the intensity of an experience and the strength and fortitude of the person experiencing it. This helps explain why a fetus or a baby can be traumatized by an event which in the world of adults would be considered marginal and insignificant. When fear reaches the level of trauma and leaves an imprint on the body, it becomes part of a person's everyday existence.

Fear refers to the experience of someone who is scared of something that is clear and defined, such as darkness, animals, strangers, etc. Anxiety is a state of underlying fear that can surface in different contexts unrelated to a specific event, such as a general sense that something is not right or that something bad is about to happen. It is a state that causes overall weakness, as there is no specific threat to confront; rather, fear is everywhere. Many parents relate to fear and anxiety in children as "childhood fears" – that is, as a necessary part of a child's development that does not require treatment. Such an approach is misguided, as fear and anxiety weakens the child and delays development and should therefore be the first priority for treatment. Moreover, anxiety that goes untreated at a young age emerges as an integral part of the emotional foundation on which a child's personality develops. The fear, along with the structured system of balances that serves to repress it, will ultimately become part of the child's future personality as an adult.

In the clinic, children with fears typically display a weak KIDNEY pulse or emotional wind at the KIDNEY pulse position. In such cases, parents should be asked whether the child suffers from fears, due to the close relationship between pulse and emotional state. As noted above, most parents do

not regard fears as a problem that requires treatment. For us as practitioners, however, treating fears is the key to treating the physical problems for which the child was brought in for treatment.

States of deficiency in the emotional balance of the KIDNEY:

### ***1. Weakness of the KIDNEY***

This condition is typical of mild cases of fear, and the body usually overcomes this temporary weakness and the passing emotional state. For example, post-illness weakness sometimes finds expression in fears and a sense of insecurity that subside after a short time. Weakness of the KIDNEY can also emerge in the context of a major challenge with which a child finds it difficult to contend, such as an exam or a competition of some kind, or a state of uncertainty caused, for example, by moving into a new house or a different school.

See: Tonifying the KIDNEY, p. 000.

### ***2. Emotional wind (gui) in the KIDNEY***

In this condition, a child suffers from fears and anxieties following a trauma that is related to fear. The child's coping with this sense of fear can be manifested in two basic forms, related to the sympathetic and parasympathetic nervous systems. When the parasympathetic nervous system is active, the child suffers from passivity and acts out of a sense of fear and anxiety. When the sympathetic nervous system is involved, the child is active and behaves violently and aggressively. As reflected energetically in the Five Elements, the emotional wind (*gui*) in the KIDNEY continues along the *Sheng* Cycle and causes an emotional wind (*gui*) in the LIVER. In such cases,

the child displays concurrent symptoms of an emotional wind in the KIDNEY and an emotional wind in the LIVER. For example, a violent child who is the terror of the classroom may sometimes be scared to walk home in the dark.

See: Balancing Emotional wind (*gui*) in the KIDNEY, p. 000.

### ***c. The HEART***

The HEART, which is responsible for the shen, is part of the Creation Axis and is characterized by abundance and stability. Because the HEART is well protected and safeguarded in children, it is unusual to find imbalance at the HEART pulse position. Unlike sleep-related problems in adults which are related to the HEART, in children they are related to more local, symptomatic ailments, such as stomach aches, tooth eruption, excess phlegm, and other such conditions.

Emotional wind (*gui*) in the HEART

This is a relatively rare condition in which emotional wind (*gui*) penetrates all the defenses and invades the HEART. In such cases, the cause of imbalance is trauma, symptoms are not focused, and their impact is systemic and powerful. Diagnosis is based primarily on pulse. A stutter is reflective of a trauma that has detrimentally impacted the HEART, as the tongue is the sprout of the heart.

See: Balancing Emotional wind (*gui*) in the HEART, p. 000.

### ***d. The PERICARDIUM***

PERICARDIUM qi serves as a connection between the child and his or her environment. This role evolves over the years and

constitutes an important component of the child's sense of security. PERICARDIUM qi becomes even more active with hormonal changes and sexual maturity. Metaphorically speaking, PERICARDIUM qi can be thought of as the window to the emotional world around us. When something is extremely important to us on an emotional level (falling in love, an exam, a legal trial, an argument with a friend, etc.), we open an emotional window by directing emotional attention outward. When we are emotionally hurt (as a result of abandonment, disappointment, separation, hurt feelings, etc.), we close our emotional window to avoid further injury.

States of imbalance in the PERICARDIUM include:

#### ***1. Excess in the PERICARDIUM***

This condition is reflective of environment-related emotional stress.

See: Balancing the PERICARDIUM, p. 000.

#### ***2. Weakness of the PERICARDIUM***

This condition is reflective of withdrawal and introversion due to past emotional injury.

See: Balancing the PERICARDIUM, p. 000.

### ***e. The STOMACH***

The STOMACH is associated with Earth on the element level and on the level of the Seasonal Energies. Emotional problems tend to be manifested in the stomach and the digestive system.

#### ***Emotional wind (gui) in the STOMACH***

An emotional wind (*gui*) in the STOMACH is a condition in which Earth is detrimentally impacted by a trauma that subsequently

positions itself in the digestive system, manifesting as chronic unexplained stomach aches.

See: Balancing Emotional wind (*gui*) in the STOMACH, p. 000.

### ***f. The SPLEEN***

As the yin organ of the Earth element, the SPLEEN plays an important role in the overall balancing and stabilization of the emotional level, as part of the balance provided by Earth.

#### ***1. Weakness of the SPLEEN***

From an emotional perspective, weakness of the SPLEEN may be expressed by difficulty concentrating, absentmindedness, and a general lack of motivation.

#### ***2. Emotional wind (gui) in the SPLEEN***

In this condition, trauma has caused an emotional wind in the digestive system. It presents itself with chronic stomachaches.

See: Emotional Wind (*gui*) in the SPLEEN/STOMACH, p. 000.

### ***g. The SMALL INTESTINE***

The SMALL INTESTINE is the paired organ of the HEART on the element level and is associated with Earth on the level of the Seasonal Energies.

The mother supports and nourishes the child's SMALL INTESTINE *qi*.

See:.....

### ***h. The BLADDER***

The father supports and nourishes the child's BLADDER *qi*.

See:.....

## ***v. Emotional wind (gui) – The Connection between Trauma and Emotional Problems***

### ***a. Trauma***

### ***b. Past Trauma***

### ***c. Ongoing Trauma***

### ***d. Emotional wind (gui)***

### ***e. Do all past traumas cause emotional wind (gui)?***

### ***f. What is the origin of the term emotional wind (gui)?***

### ***g. The Connection between Trauma and Emotional Wind (gui)***

### ***h. Common Causes of Emotional wind (gui)***

### ***i. Diagnosing Emotional Wind (gui)***

### ***j. Explaining the Concept of “Emotional wind (gui)” to Parents***

### ***k. What is The Meaning of Balancing an Emotional wind (gui)?***

### ***l. Treatment to Balance Emotional wind (gui)***

### ***m. Pointers and Warnings for Treatment Using the Technique of Balancing an Emotional Wind (gui)***

### ***a. Trauma***

Trauma is an event in which the child experiences distress to the point of losing his or her center and becoming partially detached from Earth – from reality. When we are walking along the sidewalk with an ice cream cone in our hand and a large frightening-looking dog pounces on us, we are paralyzed by fear. Within a few seconds, however, we realize that although the dog looks frightening, it is actually

friendly and only after a lick of our ice cream. During the minute it takes us to calm down, we can feel the vibration of the waves of our fear subsiding slowly but surely, as our weak, shaky legs begin to stabilize. We were panicked, but now we are calm. Particularly sensitive people might remain tense for a few days after such an experience, and may be alarmed by subsequent sudden movements.

Within a short time after such minor traumatic experiences, the body usually manages to regain balance. However, when an event is more severe or when the child experiencing it is particularly sensitive or weak, trauma can persist for a longer period of time. In extreme situations, it can leave its mark on us for the rest of our lives.

In more severe instances, or when the child experiencing the trauma is very young and lacks the means to calm himself, he is forced to repress it. Identifying the imbalance in children is extremely easy. It appears in different ways and is clearly reflected in the quality of sleep, as sleep reflects the emotional state. A state in which the body is experiencing ongoing tremors of repressed imbalance is manifested in an emotional wind (gui).

See:

### ***b. Past Trauma***

Past trauma is passed down in the family and therefore may begin even before the fetal stage. Trauma can be transmitted on the cellular level, based on the notion that the trauma was experienced by every cell of the body. From this perspective, the sperm

and the ovum also carry the frequency of the trauma and pass it on to the fetus. Past trauma can also be passed on by parents, who radiate its impact during their ongoing physical closeness to the child.

During pregnancy, the fetus is subject to the influence of the emotional state of the mother. When the mother experiences trauma, the fetus experiences it along with her. However, when the mother calms down after the trauma, the fetus is unaware that calm has returned. The understanding that the danger has passed and that calm can be restored is a product of the logical, rationalistic, experience-based level, which is why the fetus is completely devoid of this ability.

Consider for example a pregnant woman who suddenly loses her footing and trips, landing on her stomach on the sidewalk. Frightened that the fetus may have been injured by the fall, she panics for a moment until she feels a return of the fetus's normal movements. Relieved that no damage was done and that everything is fine, she gets up, dusts herself off, and continues on her way. Like its mother, the fetus also experienced panic and anxiety, and the frequency of fear continues to reverberate within it. The phenomenon can be compared to an abused dog, which, despite many years with a loving family, is still paralyzed by fear every time a hand is extended to pet him. Because the trauma was deeply ingrained, the dog continues to carry it with him and is unable to resolve it.

Trauma can occur at any age. But the younger you are when you experience it, the more emotionally vulnerable you are and the deeper the trauma can penetrate and assume a permanent presence.

### ***c. Ongoing Trauma***

A child in a state of ongoing trauma suffers continuously from emotional stress. The stress may be related to his or her childcare framework (as in the case of a child experiencing emotional abuse at preschool), to pressures within the family, or to pressures stemming from any other factor that continues to be active in the child's life. When a child is treated repeatedly and treatment results in only a brief improvement in his or her condition, the imbalance is most likely being caused by a factor that is constant and active in his or her life. In such cases, there is no reason to continue treating the child over and over again: at this point, treatment should be focused on accurately identifying the cause of the problem.

### ***d. Emotional wind (gui)***

Wind is symbolic of dynamism, instability, dislocation from the ground (reality), and chaotic and sometimes cyclical movement without a center that repeats itself purposelessly.

The term “emotional wind” refers to a state of instability on the deep emotional level – feelings that are not well grounded and that the child fails to synchronize with reality. It is characterized by frequent changes in emotional state, which is weak and easily distracted from external influences due to the child's weak connection with reality. The spectrum of instability can range from an inability to concentrate and temporary detachedness to obsessive behavioral disorders.

The imbalance is firmly established as part of the body's regular functioning. It is difficult for the body to achieve balance without help, as the imbalance has become part of it.

### ***e. Do all past traumas cause emotional wind (gui)?***

Absolutely not. Children possess the natural capacity to process traumas and achieve on their own. However, in most cases that reach the clinic and that are diagnosed as emotional winds (*gui*), we can identify a significant past trauma.

### ***f. What is the origin of the term emotional wind (gui)?***

Emotional wind is a parallel term for the Chinese term *gui* (“ghost”). When explaining the condition to parents, however, use of the term *gui* is problematic.

Better understanding of the significance of *gui* in Chinese culture requires us to journey back to ancient China, with its dominant “tradition of the ancestors.” The Chinese social order assigns deceased ancestors a dignified role of importance in preserving harmony and balance with the afterlife. Many villages in ancient China were based on familial and blood relations. As in other cultures with large family clans that inhabit entire villages, both the elderly and the dead were treated with much respect and honor. Deceased ancestors were important because they preserved balance within the village on the heavenly level. In every home, daily plates of rice were prepared in honor of deceased ancestors, incense was burned, and their welfare was prayed for. Ritual ceremonies were meticulous, and one mistake or neglected element was cause for divine punishment on the part of the deceased ancestors – or so believed the living. Whenever something went wrong—such as a natural disaster, a drought, a flood, or the illness of a family member or a villager—the first explanation was that the divine energies

were out of order and that something was disturbing the ancestors, who expressed their anger by punishing living family members. When illnesses were emotional and psychological in nature, it was believed that a restless ghost had entered the body and was disrupting its sense of rationality. The treatment of a person whose body had been entered by a *gui* involved its expulsion through a variety of rituals. Acupuncture also has tools to expel *gui*.

The *gui* points of acupuncture are attributed to Sun Simiao (581-682 AD), a 6th century traditional Chinese medicine physician who was the first to assemble the points for treating emotional winds (*gui*).

### ***g. The Connection between Trauma and Emotional Wind (gui)***

The term *gui* refers to a state in which the emotional layer is suffering from imbalance. Trauma is also a factor that causes imbalance of the emotional layer.

See: Appendix 10: "On Spirits, Ghosts, and Children," p. 000.

### ***h. Common Causes of Emotional wind (gui) In the Fetal Stage***

Trauma in the fetus is the result of trauma or an emotional crisis experienced by the mother. This may include an automobile accident or near accident, university exams, an argument with a spouse, an unwanted pregnancy, concern for the health of the fetus due to problematic prenatal test results, stress at work, economic pressures, and other emotionally traumatic experiences.

See:.....

### ***During Birth***

Birth is a dramatic process replete with possible mishaps. During birth, trauma can be caused by a significant drop in heart-rate, having the umbilical cord wrapped around the neck, being stuck in the birth canal, the use of obstetric forceps or a vacuum extractor, or the ingestion of amniotic fluid. Although Caesarean sections may be regarded as traumatic because they are unnatural, there is no strong correlation between this procedure and symptoms of trauma.

### ***At a Young Age***

Traumas experienced at a young age may include inter-parental tension or divorce, the illness of a family member (from the immediate or extended family), mourning, social difficulties faced by the child or by a sibling, financial problems in the family, a fall or accident, hospitalization, serious medical procedures, a home break-in, or even a frightening movie.

### ***i. Diagnosing Emotional wind (gui)***

On a behavioral level, emotional wind is typically characterized by symptoms that are either difficult to control or uncontrollable, such as eye tics, involuntary body movements, involuntary throat clearing and other vocal noises, nightmares and fears while sleeping or awake, obsessions of various kinds, and other phenomena reflecting psychological or emotional imbalance and, in most cases, a degree of lack of control.

The *shen's* radiation from the body, the face, and the eyes is extremely clear. In the eyes, we can observe the panic, fear, and confusion that are reflective of

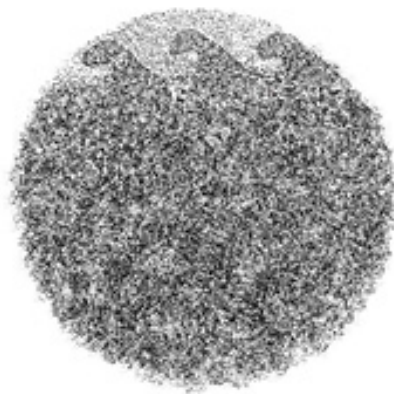
the person's overall condition. When a patient's body has been invaded by a *gui*, their face emanates more than just a clear diagnosis – it also reflects a double image of sorts, something evasive that is there one moment and gone the next.

Pulse, the third manifestation of *gui*, is of critical importance because it allows us to feel the *gui* in a clear manner. The pulse of a person with a *gui* differs from all other kinds of pulses. Whereas in a normal pulse we feel the pulsation moving up and down, the pulse of someone with a *gui* feels as if it is also moving from side-to-side, like waves moving in the distal direction toward the thumb. The feeling is one of a wind or a wave moving widthwise. The pulses that are typical of the different pulse positions are different in *gui* states. Sometimes, an emotional wind pulse manifests itself in other ways, such as the feeling of an electric current, a pain in the finger, a strong roughness, and a variety of other descriptions characterized primarily by strong movement and instability.

### ***j. Explaining the Concept “Emotional wind” (gui) to Parents***

Use of the term *gui* is problematic because it immediately raises both concerns and eyebrows. The term “emotional wind” can serve as an appropriate substitute, as it reflects the essence of the imbalance. Metaphors can be used to help parents understand this abstract concept.

Below are three examples for optional metaphoric explanations:



#### ***Reflection of Internal wind (gui) in the pulse***

##### ***Description 1***

An emotional wind is a condition in which the body expends *qi* in an inefficient and unfocused manner for an extended period of time. It can be compared to a person who does not know how to swim well and therefore uses much energy making little progress, with powerful yet ineffective arm movements, bobbing his head wildly from side to side and breathing in a shallow and rapid manner. Despite his best efforts, he makes almost no progress and increases his sense of frustration, fear, and panic.

##### ***Description 2***

Imagine that you are floating five centimeters above the ground, like a helium-filled balloon. Because you are not connected to the ground, you are shaken by even the mildest emotional breeze. You are being constantly moved around by the wind and are unable to find a place of emotional stability.

##### ***Description 3***

When a top is spinning quickly, it is stable and hardly moves from its spot. The moment it is touched and thrown off center by an external force (in our case, a trauma),

it begins to rotate around its center in increasingly widening circles, quickly loses energy, and falls.

Emotional wind is highly correlated with past trauma, and an understanding of the connection between the past trauma and the present condition is what facilitates the beginning of recovery. Once parents understand and accept the condition as described by the practitioner, they are calmed and reassured. After all, if the condition has a cause it probably also has a solution. Being in a state of uncertainty has an extremely weakening impact because it prevents coping with difficult situations. The restoration of certainty is accompanied by the ability to contend with even the most challenging situations.

### ***k. The Meaning of Removing an Emotional wind (gui)***

When people undergo trauma there are two possible outcomes. In one, they are able to regain balance and recover, leaving the trauma behind as a forgotten memory. In the other, the trauma proves too powerful to overcome, and the individual is unable to regain balance and recover. In the second case, the individual has no choice but to repress the trauma and to minimize its importance in order to go on with his or her everyday life. Metaphorically speaking, in order to prevent the repressed feelings from causing trouble, they are stored away in a closet that cannot be locked but must always be kept shut. When difficulty or weakness arises in the form of an illness, a crisis, or a problem of some other kind, the body is unable to keep the closet door closed and the imbalance reemerges.

### ***l. Treatment to Balance Emotional wind (gui)***

The treatment of emotional wind involves intentionally opening the closet door with the goal of bringing the trauma to the surface, reprocessing it, and removing it from the body. This is an act that the body is incapable of doing without assistance, as it runs counter to its natural functioning. This is also the strength of the points for balancing emotional winds (gui) – the ability to bring the trauma to the surface and reprocess it. The response is dramatic. The treatment results in overreaction, resulting from bringing the trauma to the surface and reprocessing it, but also in the achievement of extremely significant balance.

The treatment to remove emotional wind is based on the gui points designated by Sun Simiao. According to the writings of Sun Simiao, men should undergo acupuncture first in their right arm. Aside from this, there are no other instructions regarding how to use gui points. Based on my own experience over the past 15 years, treatment using dispersion technique achieves the clearest results.



<b>Gui Points</b> Sun Simiao (581 - 682 AD)	
GALLBLADDER	GV-23
LIVER	GV-16
LUNG	GV-26
COLON	CV-24
STOMACH	ST-6
SPLEEN	MHN-37*
HEART	LU-11
SMALL INTESTINE	PC-8
BLADDER	PC-7
KIDNEY	CO-11
PERICARDIUM	BL-62
TRIPLE HEATER	SP-1
* - Treatment using this Extra Point on the two dark blood vessels located below the tongue is usually performed using bleeding technique.	

***m. Pointers and Warnings for Treatment Using the Technique of Balancing an Emotional Wind (gui)***

- ☉ These treatments are performed using dispersion technique.

See: Pointers and Warnings regarding Dispersion Treatments, p. 000.

- ☉ Parents should be informed of the possibility of overreaction that may develop following the treatment. See below.

***vi. Overreaction to Emotional Treatments***

In many treatments of the emotional level, we make use of dispersion treatments or treatments for the removal of emotional wind. These treatments, which may have side-effects, release the pathological *qi* from the deep emotional level and cause repressed emotions to rise to the surface, allowing the processing and the restoration of balance.

Two out of every three children treated using this process experience a flood of emotions that gives the appearance of temporary restlessness and regression (aggravation of the symptoms exhibited by the child) that can last for up to three days.

Parents should be informed and consulted to ensure that treatment is properly timed. This renewed effort puts children through a difficult and bumpy emotional period that is not recommended for weak children.

See: .....

***vii. The Child-Parent Relationship***

- a. The Child as Part of the Family*
- b. Parental Attitudes to Emotional Imbalance*
- c. Involving the Parents*
- d. Attempting to Identify the Connection between Emotional State and Past Trauma*
- e. Attempting to Assess Whether the Child is Suffering from Ongoing Emotional Trauma*

### ***a. The Child as Part of the Family***

During the treatment of children, it is important to draw parents' attention to the major influence of the family environment on the physical health and emotional state of the child. Although some parents possess a clear awareness of this relationship, many others, due to their own personal difficulties, relate to their children as autonomous entities that are not affected by their surroundings. This is perhaps most conspicuous in broken homes, where parents are focused on their own personal pain and troubles and less on the emotional state of their children.

It is remarkable to observe the rapid emotional and physical changes that can occur once parents understand their role in the child's problem. In some cases, awareness itself is enough to bring about a change, even before the parents actually begin making efforts to change the situation. Today, many parents who visit the clinic are open to such ideas. When drawing parents' attention to such a connection, the practitioner must do so using the utmost sensitivity, and only in the event that the parents themselves express willingness and interest. It is important to remember that many parents are extremely sensitive and are likely to be resistant if a practitioner arouses their sense of guilt.

### ***b. Parental Attitudes toward Emotional Imbalance***

Parents sometimes have difficulty providing effective solutions for the emotional problems of their children. Instead, they accept the situation and attribute them to the caprices of childhood that do not require treatment and will pass as they

grow older. Situations such as ongoing anger or anxiety often go untreated unless the situation is extremely difficult, and even then the treatment sought is typically psychological or medicinal. Many parents come into the clinic to treat an ear infection or a respiratory problem and are unaware of the possibility of treatment to balance their child's emotional state. It is therefore important to question them and to be attentive to the emotional state of the child, whatever their primary and secondary complaints may be.

### ***c. Involving the Parents***

In every treatment of children, parents must play an active role. This is particularly important in the case of treatments with emotional elements. The practitioner should explain to the parents that the Chinese form of treatment differs from Western medical treatment, in which parents bring their child to the doctor and are not required to be actively involved in the treatment (except for giving them medicine when necessary). It is a form of treatment in which parents are required to play an active role in providing the child with the emotional support that he or she needs.

In a large percentage of cases, the child's emotional state is a reflection of the emotional situation at home or the emotional state of one of his or her parents. For this reason, parental involvement and understanding is a critical element of treatment.

***d. Attempting to Identify the Connection between Emotional State and Past Trauma***

From a clinical perspective, past traumas are similar to one another, and their specific causes and the times at which they took place are unimportant. The manner in which a child is treated will be the same whether he is suffering from a trauma experienced by his mother during pregnancy or from distress he himself experienced during childbirth. Nonetheless, it is still recommended to try to work with parents to identify a possible cause. After all, in such situations, uncertainty can be the most troubling factor of all. Understanding that the problem has a cause reassures and calms both parents and child. Sometimes, this alone is enough to resolve the problem.

***e. Attempting to Assess Whether the Child is Suffering from Ongoing Emotional Trauma***

When we treat an emotional problem and the treatment proves effective for only a limited period of time followed by recurring reemergence, the child may be suffering from ongoing trauma. This possibility must be explained to the parents and a joint attempt must be made to try to assess whether the child is experiencing ongoing emotional distress, and if so, to identify its cause.

After explaining this approach to the parents, the practitioner should wait for confirmation (either explicit or implied by silence) that they also think that their child may be suffering from emotional distress of some kind. If this direction of inquiry appears acceptable to the parents, a joint effort should be made to identify the cause

of the problem. This conversation with the parents presents a particularly delicate situation in which the practitioner must exercise extreme caution, as some parents have feelings of guilt with regard to their children and may be upset by the discussion. This is especially true of young mothers soon after giving birth. In some cases, the parents themselves are the source of the problem, which may be difficult for them to see or to face. This component of the treatment is a potential minefield through which the practitioner must proceed with great care and sensitivity.

For this reason, the questions the practitioner asks the parents must be sensitive and not personal: Is there something in the child's everyday life that may be causing him emotional distress? Is the child subject to peer pressure or ongoing pressure of some other kind in his or her preschool or school environment? Is someone with whom the child has a close relationship experiencing some kind of distress which the child may be reflecting (for example, is his grandfather ill)? Is there tension between the parents? Is the family facing financial problems that might be manifesting themselves in parental anxiety? Is one of the parents worried about the child to an unusual degree?

From the moment the practitioner and the parents agree that there is no use in continuing treatment without identifying the root of the problem and that it is necessary to look for the problem in the child's surroundings, the practitioner must be as passive as possible with regard to the continuation of the process. Some parents seek help or counseling regarding how to proceed. In other cases, one parent seeks treatment after understanding his or her role in the problem.

And in still other cases, this juncture will actually mark the end of treatment.

Subjects of this kind must be broached and discussed with a great sense of love and care, without ever passing judgment. A parent who feels that he is being admonished will not cooperate, bringing the treatment to a quick end. The practitioner must also refrain from suggesting that the parents seek treatment, even if they themselves have reached the conclusion that the root of the problem lies with them, and must instead wait for them to choose that option on their own.

### ***viii. Diagnosis***

#### ***a. General***

#### ***b. The Importance of Pulse Diagnosis in Treatments of the Emotional Level***

#### ***c. Treatment of Emotional Problems without a Precise Pulse Diagnosis***

#### ***a. General***

Diagnosing emotional problems is somewhat more complicated than diagnosing problems with clear symptoms. Emotional states can be mixed and are sometimes intertwined with one another. For example, anxiety and aggression can appear intermittently. Verbal communication with parents can also create obstacles that may interfere with diagnosis, from misunderstandings stemming from terminology to the emotional involvement of parents that makes it difficult for them to see things as they truly are. In such contexts, when the symptomatic diagnosis is problematic, pulse diagnosis takes on greater importance, and its weight as a component of the overall diagnosis increases.

#### ***b. The Importance of Pulse Diagnosis in Treatments of the Emotional Level***

A precise pulse diagnosis allows us to administer precise treatments. In emotional treatments, the symptoms do not provide a precise indication of what is causing the problem. A pulse diagnosis does this with precision and shortens the process. For example, restlessness and nightmares lead us to a diagnosis of emotional wind (gui) in the LIVER. Based on pulse diagnosis, it is not surprising to find that some such children are suffering from emotional wind (gui) in both the LIVER and the KIDNEY. Although the visible symptoms appear to be the reflective of emotional wind (gui) in the LIVER alone, its source is in the KIDNEY. The anxieties experienced by the child are expressed in anger, aggression, and violence. In this case, of course, the treatment will focus on the KIDNEY, despite the visible symptoms.

#### ***c. Treatment of Emotional Problems without a Precise Pulse Diagnosis***

If the practitioner has not yet learned how to identify emotional wind (gui) or pathological excesses using pulse diagnosis, it is recommended to administer treatment using a reinforcing technique alone. See below: Treatment of Emotional Problems Using Reinforcement Technique Alone.

## ***ix. Methods of Treatment***

### ***a. Acupuncture Techniques for Treating Emotional States***

#### ***b. Treatment of Emotional Problems Using Reinforcement Technique Alone***

### ***a. Acupuncture Techniques for Treating Emotional States***

#### ***Reinforcement:***

- ② Using yuan and Earth points – To strengthen and to calm.
- ② Strengthening Earth – For stability, calming, and balance.
- ② The external BLADDER points – To treat the organ's emotional aspect.

#### ***Dispersion:***

- ② Dispersion treatments – To remove pathological qi related to emotional problems.
- ② Reinforcement of luo points and dispersion of jing points – To cleanse the organ and the emotional level.
- ② Points for the removal of emotional wind (*gui*)

### ***b. Treatment of Emotional Problems Using Reinforcement Technique Alone***

The need to use reinforcement techniques alone can arise in several situations. One is when, after understanding the meaning of overreaction to treatment, the parents decide on a gentler course of treatment. Another is when the practitioner feels uncertain and hesitant about performing an intense treatment. Treatment using reinforcement technique focuses on balancing the organs

involved. They are applied using the reinforcement techniques specified above, without integrating treatments for removal and dispersion.

Treatments that do not involve the use of dispersion technique can yield positive results, but the process is longer and requires more treatments.

## ***x. Possible Points for Treatment on the Emotional Level***

**GB-34** – Earth point of the GALLBLADDER. Stimulates the flow of qi in the LIVER and calms and stabilizes the LIVER.

**GB-37** – Luo point of the GALLBLADDER. Facilitates the flow of qi to the LIVER, tonifies the LIVER.

**GB-43** – Water point of the GALLBLADDER. Cools and calms LIVER qi.

**LIV-1° Dispersion** – Wood and jing point of the LIVER. As a jing point, facilitates the drainage of the meridian when using dispersion technique and robustly stimulates the flow of qi when using reinforcement technique.

See:

**LIV-2° Dispersion** - As the Fire point of the LIVER, dispersion removes excess heat.

See:

**LIV-3** – Earth and yuan point of the LIVER. Regulates, calms, and stimulates the flow of qi in the LIVER. Anchors the *hun*.

**LIV-4° Dispersion** – Metal point of the LIVER. Dispersion reduces dryness. Releases heat and calms emotional states with attributes of excess accompanied by introversion, repression, bitterness, and frustration.

See:

**LIV-5** – Luo point of the LIVER. Has a branch extending to the organ and therefore constitutes a channel to the emotional level.

Using reinforcement technique along with dispersion of LIV-1° can cleanse the emotional level.

See: ??????????????????????, p. 000

**ST-36** – The Earth-most point of the body, this point is an Earth point that is associated with Earth on the element level and on the level of the Seasonal Energies . Stabilizes, anchors, and calms Earth and the soul. Not recommended for children who are not suffering from excess. May anchor and damage the growth of yang. For use in states of hyperactivity.

**ST-40** – Luo point of the STOMACH. Calms the soul. Effective for conditions requiring calming and the removal of phlegm.

Caution should be observed with children with a history of asthma.

**ST-44** – Water point of the STOMACH. Cools the entire body and is therefore used for calming.

**SP-3** – Earth point of the SPLEEN. Strengthens and stabilizes Earth, and calms the soul.

**SP-4** – Luo point of the SPLEEN. Strengthens Earth and stabilizes the LIVER as the master point of the chong mai.

**HT-7** – Earth and yuan point of the HEART. Calms the soul and is effective for treating sleep-related problems.

**SI-7** – As a luo point, tonifies the HEART. **The points on the outer BLADDER meridian** – All the points on the outer BLADDER meridian facilitate emotional balance of the coupled organ.

**BL-23** – Tonifies the KIDNEY and alleviates fear.

**KID-3** – The Earth and yuan point of the KIDNEY. Tonifies the KIDNEY and supports the LIVER in accordance with the *sheng* cycle. Alleviates fears and anxieties.

**PC-6** – The “inner gate” point and luo point of the PERICARDIUM. Calms Wood, resolves unease, loosens the chest, and tonifies and regulates the PERICARDIUM and the ability to communicate on an emotional level.

### **Gui Points**

See: Gui points for the removal of emotional wind (gui) – P. 000.

## ***xi. Recommended Diet for Emotional States***

- ☯ Eating cooked orange-colored vegetables such as sweet potato, carrot, pumpkin, and butternut squash can strengthen Earth and stabilize the emotional state.
- ☯ Rice is energetically neutral and harmonizing, and calms the soul.
- ☯ Oats calm the soul.
- ☯ Chamomile tea also has a calming effect.

## ***xii. Recommended Massages for Emotional States***

In states of emotional imbalance, massages are always useful, as the physical contact alone serves to strengthen Earth qi and reinforce the child's sense of security.

- ② States of excess and heat require the dispersion of heat from the upper part of the body and the strengthening of the lower part of the body.

See: ?????????, p. 000.

- ② States of deficiency require strengthening of the lower part of the body.

See: ?????????, p. 000.

- ② Massaging the STOMACH area can strengthen Earth and facilitate general calming.

## ***47. Sleep-Related Problems***

### ***General***

Sleep-related problems are some of the most common complaints in the children's clinic. Very few parents think that their children sleep well. The younger the child, the more disorders and difficulties he or she experiences. During the first months of life, infants live around the clock and do not distinguish between night and day. They are completely connected to their mothers and do not yet feel the earthly and cosmic energies. Later, the child's balance of wakefulness moves toward daytime, but he still wakes up every few hours at night in order to eat.

Sleep-related problems may have many causes, such as hunger, thirst, stomach aches, illness, fear, tooth eruption, anger, and discomfort, to name just a few. A major factor that often causes children to wake from sleep is fears. All children wake up at various points during the night, but when a child is scared, he tends not to fall back asleep. Instead, he experiences the silence and emptiness of nighttime and remains awake. Another possible cause is general restlessness, which makes children sleep more lightly and wake up from even the slightest disturbance. These factors may also make it difficult for some children to fall asleep. Fear does not allow a child to relax and drift off to sleep and restlessness does not allow him to calm down and fall asleep. A child who was active all day, ate candy that stimulated him, and missed his afternoon nap may be unable to fall asleep precisely because he is too tired. The weakness caused by fatigue prevents him from relaxing, balancing, and falling asleep.

Some sleep-related problems, particularly difficulty falling asleep, are related to the parent-child interaction, emphasizing the importance of questions such as: How is the child put to sleep? Is it done in a relaxed atmosphere? Do the parents help the child fall asleep without making him dependent on them to fall asleep?

Sleep-related problems are typically secondary complaints and are usually only presented as a primary complaint in extremely difficult cases, and only after the parents have exhausted all other avenues without success. In a substantial number of cases, treatment fails to reach the root of the problem, which ultimately resolves itself over time.

During adolescence, sleep-related problems are indicative of imbalance on the emotional level and must therefore be treated. At this age, the emotional level undergoes significant development and therefore requires rebalancing. Western medicine identifies a correlation between sleep-related problems during adolescence and the development of psychological problems.

### ***A Chinese Description***

Falling asleep represents a state of balance between *yin* and *yang*. If there is an excess of *yin*, the child will not be tired enough to fall asleep. If there is an excess of *yang*, the child will have difficulty falling asleep due to the *yin*'s failure to ground the *yang*.

Conditions of excess in children are typically manifested in excess heat and an inability to appease excess *yang*. The inability to appease *yang* prevents the balancing of *yin* and *yang* and, as a result, the transition into a state of sleep. States of



deficiency are usually manifested in fear, which dictates a desire for control stemming from the desire for stability. The state of falling asleep is characterized by relaxation and release from the need for control and requires the ability to relax and to enter the unknown without fear. In such states of deficiency, the child must reach a state of total exhaustion in order to fall asleep.

The transition to sleep requires balance between yin and yang. In the case of excess yin, the child will not be tired enough to fall asleep. In the case of excess yang, the child will have difficulty falling asleep because yin will not be able to anchor yang.

On an energetic level, sleep is related to the Fire element and to HEART qi. However, most sleep-related problems are linked not to imbalance of the HEART but to other problems that find expression at night.

Sleep-related problems are related to the LIVER because emotional problems are reflected during sleep. At night, the LIVER is engaged in internal processes and balancing of its emotional element. If a child is suffering from emotional problems, they will also find expression when he sleeps.

Sleep-related problems are also linked to the KIDNEY, as a large share of such problems stems from fear.

### ***The Energies Involved***

***LIVER Qi*** – Related to excess yang, which prevents the balancing of yin and yang and the transition to sleep. Imbalance of the LIVER may cause emotional difficulties that find expression at night, as the LIVER processes emotions.

***KIDNEY Qi*** – Related to fear and self confidence. Fear prevents the child from giving up control and achieving the relaxation necessary to transition into sleep.

***Earth Qi*** – When Earth is weak, *yang* increases and the body is unable to balance *yin* and *yang* in order to facilitate the transition into sleep.

***HEART Qi*** – Sleep is a mental process controlled by the HEART.

### ***Miscellaneous***

The practitioner should ask the parents what they do to help the child fall asleep and attempt to suggest relevant issues with which they may not be unfamiliar. Is the bed positioned within the room in the best way possible? Have they tried to change it's location? How do they part with their children when the need arises? How do they relate to the expression of fear on the part of their child? Do they understand why it is difficult for him or her to fall asleep?

### ***Pointers for Treatment***

Treatments should be carried out on two fronts: identifying and treating the source of the problem, and, at the same time, strengthening Earth.

***Sleep-Related Problems – Common Imbalances, States of Excess***

	<b><i>Heat in the LIVER</i></b>	<b><i>Emotional Wind in the LIVER</i></b>	<b><i>Emotional Wind in the KIDNEY</i></b>
<b><i>Common Causes</i></b>	<ul style="list-style-type: none"> <li>☯ Excess heat</li> <li>☯ Stress</li> <li>☯ Minor illness, post-illness</li> <li>☯ Vaccinations</li> </ul>	<ul style="list-style-type: none"> <li>☯ Stress</li> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>	
<b><i>Common Attributes</i></b>	<ul style="list-style-type: none"> <li>☯ Movement during sleep</li> <li>☯ Night sweats</li> <li>☯ Refusal to be covered during sleep</li> </ul>	Nightmares	<ul style="list-style-type: none"> <li>☯ Waking up at night and moving to parents' bed</li> <li>☯ Tendency towards fear</li> <li>☯ Panic at noises</li> <li>☯ Tendency to suffer from fear</li> </ul>
<b><i>Treatment</i></b>	<b><i>Balancing Heat in the LIVER, p. 397.</i></b>	<b><i>Balancing Emotional Wind in the LIVER, p. 385.</i></b>	<b><i>Balancing Emotional Wind in the KIDNEY, p. 396.</i></b>

***Sleep-Related Problems – Common Imbalances, States of Deficiency***

	<b><i>Weakness of the KIDNEY</i></b>	<b><i>Excess Yang Based Weakness</i></b>
<b><i>Common Causes</i></b>	<ul style="list-style-type: none"> <li>☯ Congenital tendency</li> <li>☯ Following a severe or ongoing illness</li> </ul>	<ul style="list-style-type: none"> <li>☯ Post-illness weakness</li> <li>☯ Great excitement</li> </ul>
<b><i>Common Attributes</i></b>	<ul style="list-style-type: none"> <li>☯ Fears</li> <li>☯ Waking up at night and moving to parents' bed</li> </ul>	<ul style="list-style-type: none"> <li>☯ Restlessness</li> <li>☯ Inability to concentrate</li> </ul>
<b><i>Treatment</i></b>	<b><i>Tonifying the KIDNEY, p. 395.</i></b>	<b><i>Strengthening Earth, p. 388.</i></b>

## ***48. Sleep Talking or Excessive Dreaming***

### ***General***

Night is the time during which the body processes emotions and balances itself for the next day. Heavy emotional burdens often manifest themselves during sleep. The following three symptoms reflect emotional states during sleep:

1. Sleep characterized by a great deal of movement – Indicative of minor restlessness.
2. Mumbling or talking in one's sleep and excessive dreaming – Indicative of more significant restlessness.
3. Nightmares or crying in one's sleep - Indicative of severe states of restlessness.

Excessive dreaming or sleep talking that is occasional and temporary is typically reflective of an emotional burden that is being experienced by the child. However, if excessive dreaming or sleep talking continues over an extended period of time (a number of weeks), we can assume that the child is bearing a heavy emotional burden caused not by occasional experiences but rather by emotional difficulty on a deeper level.

### ***A Chinese Description***

According to Chinese energetics, processing emotions is the responsibility of the LIVER. For this reason, excessive dreaming is related to LIVER function and usually indicates an excess in the LIVER. In states of excess dreaming, possible excesses in the LIVER can range from slight heat in the LIVER in simple cases, to emotional wind (gui) in the LIVER in more chronic cases.

The nature of the child's sleep talking itself can help us understand the nature of the imbalance and the context in which the child is experiencing stress. Is he struggling in some way during the dream? Is he screaming? Is he conveying a sense of distress?

### ***The Energies Involved***

***LIVER Qi*** – The LIVER is responsible for processing emotions.

***HEART Qi*** – Responsible for sleep.

***Earth Qi*** – Reflects the emotional level in general.

### ***Pointers for Treatment***

Treatment revolves around balancing the LIVER. In cases that do not respond to treatment, the HEART can be strengthened using the Earth and yuan point HT-7.

## *Sleep Talking and Excessive Dreaming – Common Imbalances*

	<i>Heat in the LIVER</i>	<i>Emotional Wind in the LIVER</i>
<b><i>Common Causes</i></b>	<ul style="list-style-type: none"> <li>☯ Stress</li> <li>☯ Emotional burden in daily life</li> </ul>	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>
<b><i>Common Attributes</i></b>	<ul style="list-style-type: none"> <li>☯ Movement during sleep</li> <li>☯ Night sweats</li> <li>☯ Refusal to be covered while sleeping</li> </ul>	<ul style="list-style-type: none"> <li>☯ Movement during sleep</li> <li>☯ Restlessness</li> <li>☯ Difficulty concentrating</li> </ul>
<b><i>Treatment</i></b>	<b><i>Balancing Heat in the LIVER, p. 397.</i></b>	<b><i>Balancing Emotional Wind in the LIVER, p. 385.</i></b>

## **49. Nightmares**

### **General**

Nightmares are a manifestation of arduous emotional coping. The body's daily processing of emotions represses emotional problems with which it is difficult to contend consciously and leaves this task to the sub-conscious during the night. This coping, however, is difficult and becomes yang and violent to the point of waking up in the midst of the process. One-time nightmares are common and require no treatment. If nightmares are a permanent phenomenon, however, the child should be treated and balanced.

### **Common Causes**

- ☯ Trauma
- ☯ Emotional crisis

### **Common Attributes**

- ☯ Restlessness
- ☯ Difficulty concentrating
- ☯ Movement during sleep
- ☯ Sleep talking

### **A Chinese Description**

Nightmares are typically manifestations of emotional wind (gui) in the LIVER caused by past trauma or emotional crisis.

### **The Energies Involved**

**LIVER Qi** – The LIVER is responsible for processing emotions.

**HEART Qi** – Responsible for the sleep process.

**Earth Qi** – Reflects the emotional level in general.

### **The Common Imbalance**

Emotional wind (gui) in the LIVER

### **Treatment**

Balancing Emotional wind (gui) in the LIVER, p. 000.

## ***50. Nighttime Bedwetting (Nocturnal Enuresis)***

### ***General***

Nighttime bedwetting is a common phenomenon that is more characteristic of girls than boys. Before treatment, it is important to confirm with the parents that a physiological problem has been ruled out. Parents who have reached this point are typically helpless, because the problem has no clear solution.

In states of tension, all the muscles in the body contract. The sphincter muscles are the most flexible and therefore respond intensely to this contraction.

At night the body is relaxed. Children who suffer from nighttime bedwetting typically sleep deeply, and their bodies are relaxed to compensate for the high level of tension and the state of contraction they maintained throughout the day. When they sleep, their sphincter muscles, which were contracted during the day, relax.

Western medicine offers a number of devices and methods for addressing the problem, but the recommended treatment is primarily symptomatic, from devices that wake the child with the onset of urination to medications. No effort is made to contend with the emotional level because Western medicine as a whole does not recognize any emotional link to the problem.

Chinese medicine links the emotional state with the phenomenon and offers a combined treatment that is long in duration due to the complexities stemming from emotional involvement.

### ***A Chinese Description***

This condition reflects tension that is manifested in the LIVER, usually as heat in the LIVER.

Weakness of the KIDNEY may also play a role. As the yin organ of the Water element, the KIDNEY nourishes the BL.

Nighttime bedwetting usually reflects the build-up of emotional tension during the course of the day and its release for balancing at night.

According to the energetic nourishment provided by the parents, the father is responsible for yang qi and the mother is responsible for yin qi. The mediating qi between the maternal qi and the child is the SMALL INTESTINE, and the mediating qi between the father and the child is the BLADDER. Both add to the external defensive tai yang division that protects the body from its surroundings. When problems arise in the parents' energetic nourishing of their child, their manifestation may be related to the mediated qi. Some cases of nighttime bedwetting may be linked to a lack of energetic or physical availability on the part of the father. When parents split up, children typically spend most of their time with their mother. The resulting separation from the father, and the tension surrounding the difficult situation caused by the breakdown of the family unit, increases the likelihood of nighttime bedwetting.

### ***The Energies Involved***

***LIVER Qi*** – The great tension during the day is reflected in an imbalance of the LIVER. The sphincter muscles are linked to the LIVER by virtue of the fact that they are muscles.

***KIDNEY Qi*** – The imbalance of the bladder is related to KIDNEY qi, which nourishes the BL.

**BLADDER Qi** – Reflects the functioning of the bladder.

**Pointers for Treatment**

The treatment focuses concurrently on the lack of emotional balance and on strengthening KIDNEY qi.

Concurrent with acupuncture-based balancing, practitioners may use a number of other techniques that can help the child. Begin with a table of each day that reflects whether the child slept through the night without wetting his or her bed. The table is meant to create positive motivation for the child, and the challenge is how to construct it in such a way that the child will experience a sense of success in any event.

The child should drink as little as possible after dinner and should be woken up during the night to urinate. When doing so, it is important that he or she be woken up completely to ensure that the urination is done consciously as opposed to while sleeping.

**Effective Points for Treatment**

**CV-3** – The mu point of the bladder. Strengthens and regulates bladder function.

**GV-20** – The body’s highest point. Increases awareness during sleep as well.

**LU-8** – The Metal point of the LUNG. Reflects a high level of Metal due to the LUNG’s association with Metal on the element level. The high level of metal strengthens the bladder’s ability to contract.

<b>Nighttime Bedwetting (Nocturnal Enuresis) – Common Imbalances</b>				
	<b>States of Excess</b>			<b>State of Deficiency</b>
	<b>Heat in the LIVER</b>	<b>Emotional Wind in the LIVER</b>	<b>Emotional Wind in the KIDNEY</b>	<b>Weakness of the KIDNEY</b>
<b>Common Causes</b>	☉ Tension ☉ Stress	☉ Trauma ☉ Emotional crisis		Fears
<b>Common Attributes</b>	☉ Signs of heat ☉ Restlessness ☉ Anger	☉ Restlessness ☉ Difficulty concentrating	☉ Fears and anxieties	☉ Fatigue ☉ Decreased appetite ☉ Tendency to suffer from fears ☉ Feeling of cold
<b>Treatment</b>	<b>Balancing Heat in the LIVER, p. 397.</b>	<b>Balancing Emotional Wind in the LIVER, p. 385.</b>	<b>Balancing Emotional Wind in the KIDNEY, p. 396.</b>	<b>Tonifying the KIDNEY, p. 395.</b>

## ***51. Lack of Daytime Bowel and Urinary Control***

### ***General***

If it is not the result of physiological problems, the lack of daytime bowel and urinary control is usually the product of great tension during the day, combined with a sense of frustration and protest regarding a situation that is uncomfortable for the child but is beyond his or her control. The tension and contraction caused by the frustration results in tight closure of the sphincter muscles to the point that the child loses control of them. In this state, when the bowel or the bladder needs to be emptied, the need is immediate and uncontrollable.

In some cases, the child is so focused on playing or watching television that he or she puts off going to the bathroom until the point that they can no longer control it due to the great pressure on the sphincters. Bowel movements and urination requires relaxing the sphincter muscles, even if only temporarily. However some children find themselves in a state of persistent tension, and as the stress increases, so does the pressure on the sphincters, preventing the child from relieving himself until an uncontrolled and unavoidable release.

The ongoing contraction of the sphincter muscles is reflective of the child's state of tension and frustration. On a subconscious level, the control of bowel movement and urination becomes a manifestation of frustration and protest against something that is bothering the child but that he or she cannot change. The parents' concern regarding hygiene only intensifies the tension surrounding this issue and serves as

a focal point for the child's struggle with authority or with a reality that he or she is unable to accept.

The inability to control bowel movements and urination is typically indicative of immense tension or of a child's difficulty with some aspect of the process. Sometimes, early or forced toilet training can focus a child's tension on bowel movement control.

### ***A Chinese Description***

On an energetic level, this condition is similar in essence to nighttime bedwetting in that the problem is rooted in great tension, although lack of daytime control is reflective of a more severe case and of immense apparent tension.

The tension is usually manifested in the LIVER, as is the child's sense of anger, frustration, and protest. The child is caught between his or her lack of desire to surrender and the heavy burden of reality. The emotional obstruction produces excess that can range anywhere from heat to emotional wind (gui) in the LIVER, according to the intensity of the struggle.

Treating a child under such circumstances is difficult because the problem is rooted in the child's relationship with his or her surroundings, over which the practitioner has no direct influence. The practitioner can, however, work delicately and sensitively with parents to help them understand the situation.

### ***The Energies Involved***

**LIVER Qi** – Related to the great tension and frustration that is characteristic of the problem. Like all muscles, the sphincter



muscles are controlled by the LIVER and respond to imbalance on the emotional level.

**COLON Qi** – Responsible for the functioning of the colon.

**KIDNEY Qi** – The yin organ of the Water element nourishes the yang organ, the BLADDER.

**BLADDER Qi** – Reflects the functioning of the bladder.

**Earth Qi** – Reflects the emotional level in general.

**Pointers for Treatment**

Due to the fact that this is a tension-related problem, it is important to clarify from the outset the likely cause of the child’s sense of tension and to address its sources.

<b><i>Lack of Daytime Bowel and Urinary Control – Common Imbalances</i></b>				
	<b><i>Heat in the LIVER</i></b>	<b><i>Emotional Wind in the LIVER</i></b>	<b><i>Emotional Wind in the KIDNEY</i></b>	<b><i>Weakness of the KIDNEY</i></b>
<b><i>Common Causes</i></b>	<ul style="list-style-type: none"> <li>☯ Tension</li> <li>☯ Stress</li> </ul>	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>		Fears
<b><i>Common Attributes</i></b>	<ul style="list-style-type: none"> <li>☯ Symptoms of heat</li> <li>☯ Restlessness</li> <li>☯ Anger</li> </ul>	<ul style="list-style-type: none"> <li>☯ Restlessness</li> <li>☯ Difficulty concentrating</li> </ul>	Fears and anxieties	<ul style="list-style-type: none"> <li>☯ Fatigue</li> <li>☯ Decreased appetite</li> <li>☯ Tendency to suffer from fears</li> <li>☯ Feeling of cold</li> </ul>
<b><i>Treatment</i></b>	<b><i>Balancing Heat in the LIVER, p. 397.</i></b>	<b><i>Balancing Emotional Wind in the LIVER, p. 385.</i></b>	<b><i>Balancing Emotional Wind in the KIDNEY, p. 396.</i></b>	<b><i>Tonifying the KIDNEY, p. 395.</i></b>

## 52. Restlessness

### General

This is a relatively mild condition experienced by all children at one stage or another. Restlessness can stem from a physiological cause, such as illness or tooth eruption. It can also emerge after a vaccination or in reaction to tension related to the child's surroundings. It all depends on the age of the child and the circumstances at hand.

### A Chinese Description

As a state of excess, restlessness is typically a condition of heat. States of restlessness and excess internal heat stem from a variety of causes and are manifested in many different forms. In past eras, children contracted childhood illnesses that enabled them to balance their excess internal heat by discharging large amounts of heat from the body. Because children today no longer contract these childhood illnesses, they tend to suffer from excess internal heat, which manifests itself in the LIVER.

In some cases, restlessness can be the product of false excess heat, usually after an illness, a vaccination, or excessive activity without rest.

Restlessness is most often connected to heat in the LIVER. This heat produces excess in the upper part of the body and relative weakness in the lower part of the body, causing physical and emotional imbalance. In this state, the child finds it difficult to relax and to concentrate due to the lack of balance between the two parts of the body. Restlessness may be accompanied by difficulty falling asleep, because the

transition from wakefulness to sleep occurs when the upper and lower parts of the body are properly balanced.

In chronic cases, the imbalance may be located deeper and the child may be suffering from internal wind in the LIVER. Such a state is related to past trauma or to an emotional crisis

### The Energies Involved

**LIVER qi** – Restlessness and frenetic motion are characteristic of Wood energy and LIVER qi that have fallen out of balance.

**KIDNEY qi** – Characteristic of states in which restlessness reflects false excess, which is indicative of the state of the LIVER but which stems from weakness of the KIDNEY.

**Earth qi** – Weak Earth is typical of emotional problems characterized by excess.

### Diet

As restlessness is characterized by internal heat, energetically warming foods should be avoided.

### Miscellaneous

Restless children often prefer to watch television or play computer games instead of partaking in other activities. Such activities do in fact cause such children to be less active at that particular moment in time and ostensibly serve to calm them down. From an energetic perspective, however, they actually increase the flow of qi in the upper part of the body and weaken the lower, inactive part of the body. The resulting state of excess in the upper part of

the body and deficiency in the lower part of the body is a fundamental state from which restlessness and other conditions of false excess develop. As a result, television-viewing and computer-usage only serve to increase restlessness in the long-term. It is therefore preferable to encourage such children to engage in activities that involve doing something, such as art projects, athletic activity, and other physical or cognitive activities that can make use of their excess energy.

***Pointers for Treatment***

The treatment focuses on balancing the LIVER – strengthening Earth and tonifying the KIDNEY.

Diet has significant influence on restlessness, and recommendations for dietary modification should therefore be made at the very outset of treatment. The changes should be aimed at a maximum reduction in processed sugar and other sweets, flavor enhancers, preservatives, and food colorings.

<b><i>Restlessness – Common Imbalances</i></b>		
	<b><i>Heat in the LIVER</i></b>	<b><i>Emotional wind in the LIVER</i></b>
<b><i>Common Causes</i></b>	<ul style="list-style-type: none"> <li>☯ Tension</li> <li>☯ Energetically warming diet</li> <li>☯ Daily stress</li> <li>☯ Vaccinations</li> </ul>	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>
<b><i>Common Attributes</i></b>	Manifestations of excess heat	<ul style="list-style-type: none"> <li>☯ Manifestations of excess heat</li> <li>☯ Difficulty concentrating</li> </ul>
<b><i>Treatment</i></b>	<b><i>Balancing Heat in the LIVER, p. 397.</i></b>	<b><i>Balancing Emotional Wind in the LIVER, p. 385.</i></b>

## ***53. Anger and Violence***

### ***General***

Anger and violence are similar to restlessness from an energetic perspective. The only difference is intensity. In cases involving anger and violence, the body appears to be attempting to balance its internal tensions through a focused channeling of excess qi out of the body.

### ***A Chinese Description***

This condition is characterized by a significant excess of LIVER qi that is not pushed inward but rather directed outward.

Another cause of anger and violence may be emotional wind (*gui*) in the KIDNEY. The resulting anxiety and insecurity can lead children to focus energy on situations of conflict in order to maintain balance. An emotional wind (*gui*) in the LIVER is also a typical imbalance characteristic of this condition, due to its reflection of instability and Earth deficiency.

### ***The Energies Involved***

***LIVER Qi*** – Restlessness and frenetic motion are characteristic of Wood qi and LIVER qi that have fallen out of balance.

***KIDNEY Qi*** – When KIDNEY qi is not balanced, the child may try to draw strength from harming others.

### ***Diet***

As anger is characterized by internal heat, energetically warming foods should be avoided.

### ***Pointers for Treatment***

It is essential to provide parents with instruction regarding how to deal with situations in which the child is expressing anger and violence. Once the parents understand that some elements of the child's behavior are uncontrollable and once they are provided with tools to calm the child and to avoid cycles of mutual anger, they observe an immediate improvement. In many cases, parents' reactions serve only to intensify the anger and violence. If the parents appear to be having difficulty handling the situation, they should be referred to a professional for guidance and support.

## *Anger and Violence – Common Imbalances*

	<i>Heat in the LIVER</i>	<i>Emotional Wind in the LIVER</i>	<i>Emotional Wind in the KIDNEY</i>
<b>Common Causes</b>	<ul style="list-style-type: none"> <li>☯ Excess heat</li> <li>☯ Tension</li> <li>☯ Minor illness or following an illness</li> <li>☯ Vaccinations</li> </ul>	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> </ul>
<b>Common Attributes</b>	<ul style="list-style-type: none"> <li>☯ Manifestations of heat</li> <li>☯ Difficulty falling asleep</li> <li>☯ Disturbed sleep</li> </ul>	<ul style="list-style-type: none"> <li>☯ Difficulty falling asleep</li> <li>☯ Disturbed sleep</li> <li>☯ Nightmares</li> </ul>	<ul style="list-style-type: none"> <li>☯ Fear and anxiety</li> <li>☯ Insecurity</li> <li>☯ Aversion to cold</li> <li>☯ Lack of appetite</li> </ul>
<b>Treatment</b>	<i>Balancing Heat in the LIVER, p. 397.</i>	<i>Balancing Emotional Wind in the LIVER, p. 385.</i>	<i>Balancing Emotional Wind in the KIDNEY, p. 396.</i>

## ***54. Frustration and Resentment***

### ***General***

On an energetic level, frustration and resentment are similar to the previous two entries on restlessness and on anger and violence in that they also represent an instance of imbalance and excess of the LIVER. In this case, however, the imbalance and excess is being repressed inward instead of released outward. It is a less common condition in children because they are yang and tend to externalize their emotions. In such cases, the child's facial expression may reflect restrained anger, with features such as tightly closed lips or a furrowed brow or forehead.

### ***A Chinese Description***

On an energetic level, this state of repressing inward causes a high concentration of excess. The most common scenario in such cases is one of excess dryness in the LIVER (LIVER too metallic).

### ***The Energy Involved***

***LIVER Qi*** – Dissatisfaction and the inability to solve a problem may compel a child to repress his or her emotions. This repression causes an obstruction, which halts the flow of qi in the LIVER. The resulting lack of movement is manifested as excess dryness in the LIVER (LIVER too metallic).

### ***Diet***

As frustration is characterized by internal heat, energetically warming foods should be avoided.

### ***Pointers for Treatment***

Obstruction and dryness of LIVER qi are similar in that they both reflect low mobility. Obstruction of LIVER qi is a milder condition than excess dryness in the LIVER. The distinction between the two conditions is based primarily on pulse diagnosis. In cases of excess dryness, the pulse at the LIVER pulse position is obstructed and rigid, or extremely concentrated and almost devoid of movement.

In both conditions, it is recommended to begin by stimulating the flow of qi in the LIVER. In cases that do not respond to stimulation, the excess dryness may be dispersed from the LIVER.

The change in the child's condition will be observable in a softening of the muscle tension in the face. Parents are typically unaware of such subtle changes, but the practitioner can point them out.

It is also important to clarify with the parents whether the cause of frustration is still active.

***Frustration and Resentment – Common Imbalances***

	<b><i>Obstruction of LIVER qi</i></b>	<b><i>LIVER too Metallic</i></b>
<b><i>Common Causes</i></b>	☯ Tension and stress	
<b><i>Common Attributes</i></b>	<ul style="list-style-type: none"> <li>☯ Manifestations of excess heat</li> <li>☯ Frequent constipation</li> </ul>	<ul style="list-style-type: none"> <li>☯ Manifestations of excess heat</li> <li>☯ Frequent constipation</li> <li>☯ Tightly closed lips, furrowed brow and forehead</li> </ul>
<b><i>Treatment</i></b>	<b><i>Balancing Heat in the LIVER, p. 397.</i></b>	<b><i>Balancing Excess Dryness in the LIVER, p. 385.</i></b>

## ***55. Eye Tics and Involuntary Muscle Movements***

### ***General***

This condition is a clear physiological manifestation of repressed tension. It is also particularly difficult for parents because of its highly visible and troubling nature. Such underlying tension can also sometimes take the form of involuntary clearing of the throat or a frequent dry cough that is aggravated by tense situations.

Western medicine has no means of treating the condition and classifies it as a symptom of tension.

### ***A Chinese Description***

Eye tics are a visible symptom of emotional wind (*gui*), as the instability of LIVER qi finds expression in involuntary muscle movement. On an energetic level, the eyes are linked to the LIVER. Other involuntary muscle movements, such as shrugging of the shoulder or jerking of the neck, are symptoms of the same imbalance: emotional wind (*gui*) in the LIVER.

### ***The Energy Involved***

**LIVER Qi** – Responsible for smooth muscle movement. Involuntary muscle movement over time is indicative of a lack of flow (or a lack of smooth flow) of LIVER qi.

### ***Common Causes***

- ☯ Trauma
- ☯ Emotional Crisis

### ***The Common Imbalance***

Emotional wind (*gui*) in the LIVER

### ***Diet***

Energetically warming foods should be avoided.

### ***Treatment Options***

- ☯ Balancing Emotional wind (*gui*) in the LIVER, p. 000
- ☯ Strengthening Earth on the Emotional Level, p. 000

### ***Pointers for Treatment***

Strengthening Earth on the emotional level after removing emotional wind (*gui*) from the LIVER.



## 56. *Hyperactivity*

### *General*

Hyperactivity has two major causes. The first is an organic imbalance in the deep levels of the body which is sometimes caused by genetic predisposition. The second is emotional imbalance, which results in restlessness and symptoms of hyperactivity.

In the case of great restlessness caused by emotional imbalance, acupuncture treatments can be effective and can serve to balance the child. In case of organic conditions, acupuncture can provide support for the child's emotional state but does not address the root of the problem, which is organic and not emotional. Acupuncture can support the child and help him or her cope with the immense frustration they are experiencing due to their discord with their surroundings, but only for a limited time, as the imbalance remains active.

I typically begin my consultations with parents of such children who are considering using acupuncture to treat their child with the above explanation. Most parents of hyperactive children prefer medicinal treatment even if

it is only symptomatic, because of its greater stability. However, in cases when a child is suffering from an emotional problem and his or her parents are motivated and understand that acupuncture is only part of a broader approach to treating the child, treatments may have positive results

Children suffering from an organic problem cannot be precisely distinguished from children suffering from emotional imbalance. However, it is nonetheless recommended to carefully review the typical symptoms of each with the parents.

### *A Chinese Description*

Frenetic motion, inability to concentrate, restlessness, and an excessively high level of activity are all symptoms reflecting an imbalance of Wood. Earth, which is responsible for stabilizing and calming, is unable to anchor the excess and the yang.

<i>Organic Hyperactivity</i>	<i>Restlessness due to Emotional Imbalance</i>
Relatively severe cases	Relatively minor cases
Genetic predisposition	No genetic predisposition
No prominent emotional problems	Prominent emotional problems
No past trauma	Past Trauma

## ***The Energies Involved***

**LIVER Qi** – Dynamism, activeness, restlessness, and an inability to concentrate are all clear expressions of an imbalance of Wood, which is manifested in the LIVER where it takes the form of emotional wind (gui) .

**Earth Qi** – The yang and dynamism find expression in a weak connection to Earth, which plays an important role in stabilizing the emotional level.

## ***Diet***

As hyperactivity is characterized by excess internal heat, energetically warming foods should be avoided.

## ***Miscellaneous***

Working in the garden can increase Earth qi and relax the child. The quality of Earth is not provided by the soil in the garden but rather by the connection to nature. The same effect can be achieved by swimming in the ocean or raising a pet.

## ***The Common Imbalance***

Emotional wind (gui) in the LIVER

## ***Common Causes***

- ☯ Congenital
- ☯ Emotional imbalance

## ***Treatment Options***

- ☯ Balancing Emotional wind (gui) in the LIVER, p. 000
- ☯ Strengthening Earth qi, p. 000.

## ***Pointers for Treatment***

- ☯ Due to the long duration of the treatment, expectations must be coordinated with parents.
- ☯ Balance the internal wind in the LIVER.
- ☯ Strengthening of the emotional level should be incorporated throughout the entire treatment.

## 57. Fears, Anxieties, and Panic

### General

The term “fear” refers to the state of being scared of a specific, defined thing, such as darkness or the neighbor’s dog. Anxiety is a more advanced condition that involves a general, all-encompassing sense of fear that is not assigned to any one specific thing. Anxiety is a state of ongoing fear with an unidentifiable cause. It is a physically and energetically exhausting condition that weakens all levels of the body. Fear is milder than anxiety, which is usually linked to past trauma or ongoing emotional crisis.

### A Chinese Description

The Water element and KIDNEY qi is associated with an entire spectrum ranging from self-confidence to fears and anxiety. A weakness of KIDNEY qi may be reflected in fears. Anxiety is a more advanced condition, and the accompanying imbalance is usually emotional wind (gui) in the KIDNEY.

### The Energies Involved

**KIDNEY Qi** – Fears and anxieties are related to the KIDNEY.

**Earth Qi** – Related to the imbalance typical of emotional wind (gui). Part of the treatment for balancing the emotional wind (gui) involves the strengthening of Earth.

### *Fears, Anxiety, and Panic – Common Imbalances*

	<i>Weakness of the KIDNEY</i>	<i>Emotional Wind (gui) in the KIDNEY</i>
<i>Common Causes</i>	<ul style="list-style-type: none"> <li>☯ Congenital</li> <li>☯ Weakness stemming from a chronic or ongoing illness</li> </ul>	Trauma
<i>Common Attributes</i>	<ul style="list-style-type: none"> <li>☯ General fatigue</li> <li>☯ Aversion to cold</li> <li>☯ Introversion</li> <li>☯ Fear of things such as the dark, animals, or strangers.</li> <li>☯ Panic caused by noises</li> <li>☯ Difficulty falling asleep</li> <li>☯ Waking up a number of times during the night</li> </ul>	<ul style="list-style-type: none"> <li>☯ Anxiety</li> <li>☯ May involve all the attributes of weakness of the KIDNEY but is manifested more clearly and distinctively.</li> </ul>
<i>Treatment</i>	<i>Tonifying the KIDNEY, p. 395.</i>	☯ <i>Balancing Emotional Wind in the KIDNEY, p. 396</i>

## 58. Anxiety Attacks

### General

Anxiety attacks are an advanced condition involving both anxiety and weakness. Attacks are accompanied by palpitations, weakness, dizziness, and tension and nervousness.

### A Chinese Description

Anxiety attacks are a combination of intensifying fear that weakens the body, and a weakness of Earth. Yang increases due to the weakness of yin, causing excess and palpitations in the Upper Heater, in contrast to the weakness in the Lower Heater. This lack of balance between yin and yang results in a momentary separation and a sense of loss of control.

### The Energies Involved

**KIDNEY Qi** – Fear and anxiety are characterized by a weakness or imbalance of KIDNEY qi.

**Earth Qi** – The imbalance underlying anxiety attacks is related to a weakness of Earth and an inability to stabilize the emotional state.

### The Common Imbalance

Emotional wind (*gui*) in the KIDNEY

### Common Causes

- ☯ Fear
- ☯ Panic
- ☯ Excitement

### Pointers for Treatment

- ☯ In an acute state, yang should be anchored by strengthening Earth.
- ☯ To help anchor yang, parents should be instructed to deeply massage the soles of the feet during the attack.
- ☯ Treatment between episodes should focus on balancing the emotional wind (*gui*) in the KIDNEY and strengthening Earth.

### Treatment Options In an acute state:

- ☯ Anchor *yang* using ST-36.
- ☯ Between episodes:
  - Balancing Emotional wind (*gui*) in the KIDNEY, p. 000
  - Strengthening Earth on the Emotional level, p. 000

## 59. *Apathy and Daydreaming*

### **General**

This section does not pertain to children who are introverted or shy by nature but rather to cases in which daydreaming and apathy are unrelated to the surroundings. Such children are lost within themselves and detached from their surroundings, and have a far-away look in their eyes. Children in this state appear as if they are in their own world. Their eyes are not focused and they appear to be gazing off into the distance.

Such a state may be experienced following an operation performed under general anesthesia. In most cases the condition fades within a period of days or weeks, although the child sometimes does not manage to fully return to reality.

This condition can be caused by a past trauma that severs the child's connection to Earth and prevents re-grounding. Another possible cause can be a conflict in the child's life. The child needs to, but is unable to choose among a number of alternatives. The inability to choose cuts the ground out from under the child, and he enters a state of uncertainty and detachment.

### ***A Chinese Description***

There are two possible explanations for this condition. The first applies to children who have just undergone a surgical procedure under general anesthesia, and stems from a lack of grounding of the *hun*. The treatment strategy in this case is to ground the *hun* by strengthening the Earth aspect of the LIVER.

The second explanation applies to children with excess yang and a weakness of Earth and is common in trauma-related states of weakness, ongoing emotional crisis, and an inability to decide.

### ***The Energies Involved***

**LIVER qi** – The *hun* is associated with the LIVER.

**Earth Qi** – The sense of detachment reflects a distancing from Earth and from reality.

### ***Treatment Options***

- ☯ Anchoring the *hun* using LIV-3.
- ☯ Grounding yang using ST-36 and strengthening Earth, p. 000

### ***Pointers for Treatment***

Usually, the pulse in this condition will be yang at all pulse positions, meaning that the pulse lacks roots at all the positions, preventing accurate diagnosis. In such cases, there is no choice but to ground the qi and perform a more accurate diagnosis during the next treatment.

***Apathy, Daydreaming – Common Imbalances***

	<b><i>Non-Grounded Hun</i></b>	<b><i>Non-Grounded Yang</i></b>
<b><i>Comments</i></b>	<i>Yang</i> and not rooted pulse in the LIVER position	<i>Yang</i> and not rooted pulse in all positions
<b><i>Common Causes</i></b>	Operation under general anesthesia	<ul style="list-style-type: none"> <li>☯ Trauma</li> <li>☯ Emotional crisis</li> <li>☯ Difficulty to decide</li> </ul>
<b><i>Treatment</i></b>	<b><i>LIV-3</i></b>	<b><i>ST-36</i></b>

## *Emotional Problems – a Comparative Table*

<i>Symptom</i>	<i>Common Imbalances</i>
<i>Difficulty Falling Asleep and Related Problems</i>	<i>Sleep-</i>
	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> <li>☯ Weakness of the KIDNEY</li> <li>☯ Emotional wind in the KIDNEY</li> <li>☯ Excess <i>yang</i> due to weakness of Earth</li> </ul>
<i>Sleep-Talking or Excessive Dreaming</i>	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> </ul>
<i>Nightmares</i>	<ul style="list-style-type: none"> <li>☯ Emotional wind in the LIVER</li> </ul>
<i>Nighttime Bedwetting</i>	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> <li>☯ Weakness of the KIDNEY</li> <li>☯ Emotional wind in the KIDNEY</li> </ul>
<i>Lack of Daytime Bowel and Urinary Control</i>	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> <li>☯ Weakness of the KIDNEY</li> <li>☯ Emotional wind in the KIDNEY</li> </ul>
<i>Restlessness</i>	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> </ul>
<i>Anger and Violence</i>	<ul style="list-style-type: none"> <li>☯ Heat in the LIVER</li> <li>☯ Emotional wind in the LIVER</li> <li>☯ Emotional wind in the KIDNEY</li> </ul>
<i>Frustration and Resentment</i>	<ul style="list-style-type: none"> <li>☯ Obstruction of LIVER <i>qi</i></li> <li>☯ LIVER too Metallic</li> </ul>
<i>Facial Tics and Involuntary Muscle Movements</i>	<ul style="list-style-type: none"> <li>☯ Emotional wind in the LIVER</li> </ul>
<i>Hyperactivity</i>	<ul style="list-style-type: none"> <li>☯ Emotional wind in the LIVER</li> </ul>
<i>Fears, Anxiety, and Panic</i>	<ul style="list-style-type: none"> <li>☯ Weakness of the KIDNEY</li> <li>☯ Emotional wind in the KIDNEY</li> </ul>
<i>Anxiety Attacks</i>	<ul style="list-style-type: none"> <li>☯ Emotional wind in the KIDNEY</li> </ul>
<i>Apathy and Daydreaming</i>	<ul style="list-style-type: none"> <li>☯ Ungrounded <i>hun</i></li> <li>☯ Excess <i>yang</i> due to weakness of Earth</li> </ul>