

Acu^oil Alchemy

Integrating the power of TCM & Essential Oils for Holistic Practitioners

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Fragrance Categories & Qi Movement



Pungent and **lemony** are **top** tones that raise and expand qi
Sweet and **green** are **middle** tones that circulate the qi
Woody and **rooty** are **base** tones that sink the qi



Rosemary

Fragrance Category: Mostly pungent, warm

Organs: Lung, Spleen, Heart, Kidney

Functions: Tonifies Lung and Spleen Qi and strengthens the mind; warms the interior, dispels cold, and wind-cold, opens sinus and expels phlegm.

Notes: Good for overall qi tonification – strengthens immune system, is an excellent tonic for body yang energy. Good for physical & mental Malaise (dis-ease)

Syndromes: Qi deficiency with mind weakness, Heart and Kidney Yang deficiency, Lung phlegm cold/damp, eternal wind cold with deficiency

Indications: Weak and cold conditions with mental deficiencies, fatigue, cold extremities, liver congestion.

Try Rosemary on ST 36 for overall
tonification/strengthening/immune support



ST36

ST40

Location: 4 fingers breadth below the inferior/lateral border of the patella, in a depression 1 finger-breadth lateral from the anterior crest of the tibia.

Actions: Benefits and regulates qi and blood, regulates and strengthens the Spleen & Stomach, Strengthens weak & deficient conditions, tonifies qi and blood, tonifies wei qi.

Indications: General tonic pt., use for most any digestive and stomach issues

Oils: stomach issues use **Ginger, Fennel, and Peppermint**, for tonification use **Rosemary, Black Spruce, Melaleuca**



Melaleuca (Tea Tree)

Fragrance Category: pungent, neutral to cool temp

Organs: Lung & Heart

Functions: Tonifies the Lung, augments the qi, strengthens the mind, dispels wind heat and releases the exterior.

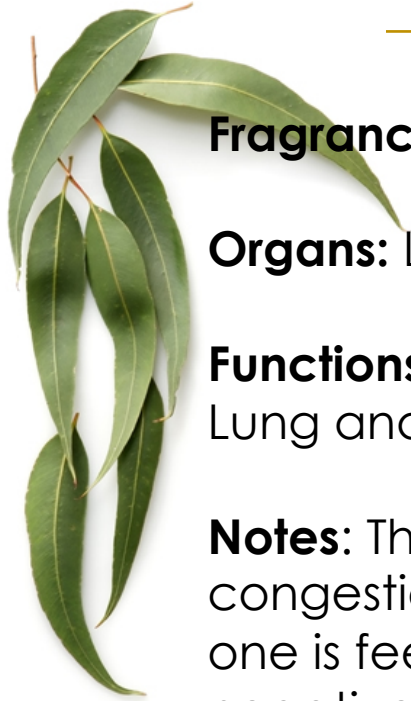
Notes: Strengthens Wei qi (defensive qi) Supports Immune system. (side note, also great for supporting low self-worth and low self-confidence as well as good boundaries)

Syndromes: Lung qi deficiency, Yin deficiency with empty heat, external wind-heat with qi deficiency

Indications: Weak conditions with fatigue, depression & chronic infections

Use on Lung 9 (radial side of wrist crease) to tonify Lung qi.

Eucalyptus - Key ingredient in Breathe



Fragrance Category: pungent, green, cooling

Organs: Lung, bladder

Functions: releases the exterior, dispels wind-heat & stops coughing; clears heat, cools the Lung and expels phlegm, drains damp-heat in the lower burner.

Notes: This blend/oil moves lung qi, it's dispersing nature helps clear dampness and congestion, clears lung phlegm; enhancing breathing. Another interesting and timely note: if one is feeling "hemmed in" or constricted by environment, eucalyptus helps to disperse these negative feelings and gives us inwardly room to breathe

Syndromes: External wind-heat, Lung wind-heat, Lung phlegm heat, bladder damp heat.

Indications: Viral and bacterial upper and lower respiratory infections.

use on LU 7 for coughs & lung congestions
LU 11 for fever



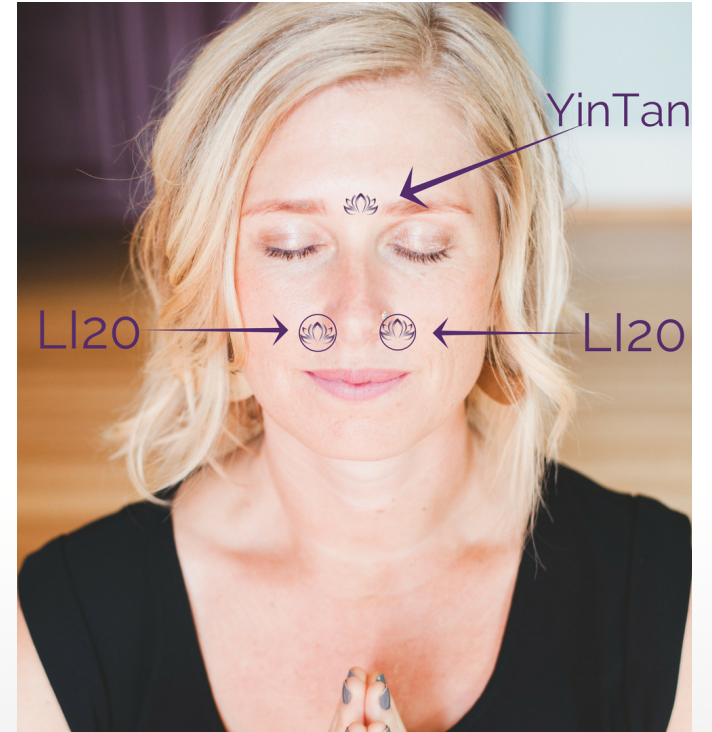
Lung 7

Location: superior to the styloid process of the radius

Actions: Circulates and regulates Lung qi, Strengthens the descending and dispersing function of the Lungs, Stimulates the wei qi.

Indications: cough, cold, flu, asthma, bronchitis, chest congestions, SOB

Oils: Eucalyptus, Rosemary, (LU9) Siberian Fir, Cypress.





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