

MOVE QI



CAUSE

- *feelings that are repressed*
- *lack of movement*

GENERAL SIGNS & SYMPTOMS

- *frustration*
- *distension of throat / abdomen*
- *wandering / distending pains*
- *depression / irritability*
- *frequent sighing*
- *symptoms worse for stress*

WHAT CAN YOU DO?

lifestyle

- *don't overeat*
- *avoid sugar & stimulants*
- *chew food properly*
- *include pungent foods to disperse stagnant qi*
- *movement*

meat eater

- *turn vegetarian*

vegan

- *carrot*
- *fennel*
- *garlic*
- *grapefruit*
- *peach*
- *plum*
- *radish*
- *squash*
- *turmeric*
- *turnip*