

## Growth of brain cells and Intelligence

Our parents will often question their doctors: "What is a child's intelligence dependent on? Is there anything that can be done to promote intelligence?"

TCM believes genetics, education, and health care all affect a child's intelligence. Health care includes providing a correct nutrition and special dietary plans to help the kidney jing to improve the brain function. Ox-tail, animal bone marrow, walnuts, sesame seeds, and Chinese Herbs such as shouwu, gou qi, cong rong, bu gu zi, are commonly used to help brain cells grow in children. New research indicates that intelligence is linked with a healthy physical condition, life style and properly nutrition. It works holistically to makes children physically strong, their intelligence will develop and their studying will be more effective. Scalp acupressure and specific foot reflexology are the best ways to help the brain cells develop and promote circulation to the head.

The recommended TCM treatment schedule is a half-hour session, once a month employing acupressure, herbal formulas in capsule or soup form taken daily as a general tonic.

For children with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder), the recommended treatment frequency will vary according to each particular case. Reflexology, in conjunction with scalp massage is a beneficial therapy for children with ADHD. Ming Qi Natural Healthcare Center has the distinct advantage of a cooperative relationship with a neurologist, chiropractor, nutritionist, and learning disability therapist to combine Acupuncture/Acupressure with other therapies achieving good results.

## Health concerns for children's Preventive care

- Skeletal Development
- Improved Digestion
- Immune System Maintenance
- IQ & Personality Concerns
- Respiratory Ailments
- Cough
- Asthma
- Allergy
- Diarrhea
- Indigestion
- Obesity
- Hyperactivity
- Stress
- Enuresis
- Myopia
- Skin Problems/Eczema
- Infantile Anorexia
- Epidermal Parotitis



## 儿童保健

- Physical Development
- Intelligence Improvement
- Immunity strengthening
- Nutrition Digestion

[www.drmingqi.com](http://www.drmingqi.com)

[www.mingqicent@aol.com](mailto:www.mingqicent@aol.com)

161 madison Ave, 12th floor Phone: (212) 686-8689  
New York, NY 10016 Fax: (212) 686-8968



Ming Qi  
Natural Healthcare Center



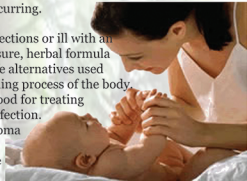
## Introduction

The physical and emotional health needs of children are given a high priority at Ming Qi Natural Healthcare Center. Programs are structured to provide enhancement of the child's physical development, intelligence, personality, and general well being. Gentle supportive treatments are offered to bolster the child's immune, nervous, digestive, and skeletal systems. Tui-na/Acupressure and Herbs are administered, with obvious therapeutic effects on the prevention and treatment of asthma, allergy, diarrhea, indigestion, myopia, myogenic torticollis, and enuresis.

## Regulating the Immune System

Children commonly suffer from colds, bronchitis, coughs, asthma, ear infections, urinary tract infections, and weak digestive systems. Frequent use of antibiotics or steroid does not solve these problems because it could be a cause of the unbalance immune system. Tui-na/acupressure and herbal remedies are effective treatment used to enhance and regulate children's immune system and prevent disease from occurring.

When children catch infections or ill with an allergy, Tui-na/acupressure, herbal formula and moxibustion are safe alternatives used through the natural healing process of the body. Herbal tea drinking is good for treating both viral or bacterial infection. Gargling with herbal-aroma products is the fast and effective way to treat the sore throat, swelling gland and ear infection. Acupressure with herbal aromatherapy will ease the acute asthma / allergy attack immediately. Summer moxibustion is the traditional effective preventive care method to balance immune system. Herbal tonic taken in winter is the best way to boost immunity and prevent disease in following season.



The treatment would include twice a week when patients in acute condition and once a month for preventive care. If children have chronic ear infections, before or after swimming or traveling on a plane, they should receive preventative treatment. If a child is ill with asthma or allergies, he or she should receive preventive care with Summer Moxibustion every year.

## Developing the Skeletal System

For children, good nutrition digestion is especially important in the development of the skeletal system. Chinese medicinal dietary practices are highly recommend our children to have oxtail bone soup, chicken broth, and whole fish (cooked with bone and head) soup as their major diet to build up the bone structure.

For proper development of the skeletal system, a soft mattress is not recommended for children because it may contribute to spinal curvature, as children get taller. Spinal and joint Acupressure is a common therapy in TCM to work on the back, wrist, shoulder, hip, knee, and ankle joints to help develop well. This therapy is usually done once a month from ages 2 to 13.

Skeletal development and spinal care is very important for children who have family history of osteoporosis or osteoarthritis. These children require special care to strengthen the bone structure. Children are recommend to receive bone strengthening care if their parents is not tall enough because jing (essence) is inherited from the parents. Further more, if the parents conceived the child after 40 years of age, their kids are also advised to receive the bone and physical development care since calcium levels decline as people age. For children who are active with ballet, ice-skating, or sports, special care should be taken to look after the joints and soft tissues according to each activity.

TCM theory also claims that hormonal development is based on the body substance of kidney jing. For girls who practice strenuous activities like gymnastics, dancing, or sports, special attention must be taken to care for regulating their hormone to develop their normal menstrual cycles and prevent the irregular and cramping periods. Special herbal formulas can help supplement of the kidney jing, which aids in both bone marrow growth and hormone balance.

## Improving the Digestive System

TCM divides children's digestive problems into two types: indigestion and obesity. For indigestion problem, Tui-na/ acupressure is applied on the back, abdomen, and leg for approximately half-hour each session, once a week for six weeks. This treatment can stabilized the nervous system, regulate the stomach and intestinal movement, and strengthen the absorptive and digestive functions. It is very helpful for children who have gas, bloating, constipation, diarrhea, or vomiting.

If rich and unhealthy foods are consumed in excess, children can become overweight at a very early age. Overweight children may also suffer from hormone imbalance, stress, and nervousness. A girl overweight often developing or suffering the abnormal menstruation cycle. A weight loss plan must be based on the health needs of the developing child first since children need protein and a nutritious diet to meet their growing needs.

Children who are overweight should receive treatment as early as possible to control their weight, as it is not good for their health to stay on a restricted diet for long. Diets should be taken slowly in short intervals. Tui-na/acupressure therapy on the scalp, neck, back, and feet is used to balance the metabolism and regulate the pituitary function. This treatment, given once or twice a week for a one-hour session, plus a special diet and exercise plan can help the child lose weight safely and effectively.