

Chinese Wellness Self-Care

Food Therapy, Foot Baths, Gentle Acupressure,
and Emotional Balance for Everyday Life

Expanded Starter Guide - v1.2

By a Licensed TCM Practitioner

For general wellness education only.
Not medical advice.



Disclaimer

This book is for general wellness education only. It does not diagnose, treat, cure, or prevent any disease or mental health condition. It is not a substitute for professional medical advice, diagnosis, therapy, or treatment. If you are pregnant, have a medical condition, take medication, or have any concerns about your health, consult a qualified healthcare professional before trying any new self-care practice. If you experience discomfort while following any content in this book, stop immediately.



Read with safety in mind

This guide is for everyday self-care education. Use gentle routines, skip what is not right for you, and seek professional care for health concerns.



Contents

An expanded safety-first guide to Chinese wellness self-care - food, warmth, gentle pressure, emotional rhythm, and clear boundaries.

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Chapter 8: Understanding Emotional Tension in Chinese Wellness



Emotional balance, explained safely

Traditional pattern language for ordinary stress-like tension, not diagnosis or treatment.

This chapter adds a deeper layer to the book: how Chinese wellness traditions describe emotional tension. It is included because many readers do not only want recipes, foot baths, and pressure points. They want to understand why stress feels different in different bodies.

Read this chapter with a clear boundary. It is not a guide to diagnosing anxiety. It is not a treatment plan for anxiety disorders, panic attacks, depression, trauma, insomnia, or any mental health condition. It is a traditional pattern-language overview for self-care awareness only.

The liver and emotional flow

In Chinese medicine, the liver is traditionally associated with smooth movement and emotional flow. This does not mean your physical liver is causing anxiety in a modern medical sense. It means TCM uses the liver as a way to talk about constraint, pressure, and blocked movement.

A helpful image: a traffic jam inside the body. Breath, digestion, movement, and emotion all want to move. When pressure builds and there is no release, TCM may call this liver qi stagnation.

People often describe this kind of ordinary stress as:

- Chest or rib-side tightness
- Frequent sighing
- Irritability or emotional sensitivity
- Feeling stuck, blocked, or unable to unwind



Chapter 13: Quick Reference Checklists and Weekly Tracker



Quick reference and email support

Checklists, a weekly tracker, and 5 educational email questions included.

This final chapter turns the guide into something you can actually use during a normal week. It is not a scoring system, diagnosis tool, or treatment plan. It is a simple way to choose gentle practices, stay within safety boundaries, and notice what feels supportive.

Included email support: 5 practical questions

Your purchase includes up to 5 email questions about how to understand or use this PDF. Send questions to hello@chinesewellnessselfcare.com and include your PayPal order email or order reference.

This email support is for general education about the guide only. It can help with questions such as where to start, how to choose a gentle routine, how to understand a TCM wellness concept in the book, or how to adapt the timing of a non-medical self-care practice.

It does not include diagnosis, treatment plans, herbal prescriptions, supplement advice, emergency support, therapy, crisis care, or personalized medical consultation. If your question involves symptoms, medication, pregnancy, a medical condition, severe anxiety, panic attacks, depression, trauma, insomnia, self-harm, or anything urgent, please contact a qualified healthcare professional or local emergency service.

If your body feels cold or tight

Choose the gentlest warming options:

- A plain warm foot bath, if foot baths are safe for you
- Ginger & Scallion Noodle Soup or another warm, simple meal
- Light foot massage after bathing