Question: What patching protocol can address an enlarged uterus, heavy menstrual bleeding, and cramping?

Answer: To address these concerns, access the Qi going to the uterus through the Chong Mai channel. Use [Energy Enhancers](https://www.matthewtweediehypnosis.com.au/energy-enhancer-lifewave-patches) with Tan on the left foot and White on the right wrist or left **Spleen 4** and right **Pericardium 6** on the right wrist. Alternatively, consider Zigong for menstrual clotting with Aeon on the right and [SP6C](https://www.matthewtweediehypnosis.com.au/sp6-complete-lifewave-patches) on the left. For pain, use IceWave with White on the right and Tan on the left. Additionally, address blood support with **Bladder 17** on the back

<https://synergyacupunctureandwellness.com/blog-feed/2017/3/what-does-that-point-do-pericardium-6.>

Pericardium 6 is located on the palm side of the wrist a couple of inches toward the body in between the two tendons (palmaris longus & flexor carpi radialis) that run approximately down the center of the forearm.   An easy way to find the point is to place three fingers across your wrist starting at the wrist crease, then look at the point where this line crosses between the two tendons.  (*Note: a small percentage of people only have one of these two tendons, if you are one of this lucky group, locate PC6 just to the little finger side of the tendon).*

*What does Pericardium 6 do?*

PC6 has a couple of functions which are particularly useful.

First, PC6 is a primary point for treating nausea, no matter the cause.  Its effect on nausea is what has earned PC6 the rare distinction of being able to treat a condition without the addition of other points.  Whether it is post-operative opioid-induced nausea, motion sickness, pregnancy-related nausea or simply indulging a bit more than you should have at that killer party the night before PC6 is the place to start.  Some of you may be familiar with the popular "Seabands,"  Seabands use magnets to activate PC6 and help fight motion sickness.

Another use for Pericardium 6 is to "calm the Shen."  In more common language, this translates to calming the mind and reducing anxiety.  PC6 also "opens and unbinds the chest."  This refers to some of the types of physical symptoms that can be experienced with anxiety such as tightness in the chest and palpitations.  Sometimes anxiety can produce nausea as well, in which case PC6 can help on both fronts.

The next time you are feeling anxious or nauseous, try massaging Pericardium 6 to feel better.

**BL 17 Acupuncture Point Indications:**

* Acute epigastric pain, hiccup, dysphagia, blood in the stools
* Cough, asthma, hematemesis, hectic fever and night sweating

**BL 17 Acupuncture Point Benefits:**

Invigorates the Blood, cools the Blood, nourishes the Blood, stops bleeding, descends rebellious Qi, harmonizes the diaphragm, calms the Shen.