



Curando Temores y Sustos con Acupuntura

Dr. Monica Lucero DOM

Red Root Acupuncture & Herbs



ADDICTION FREE TEA



ZHI GAN CAO
KUDZU
KUDZU FLOWER
LEMON BALM
MIMOSA FLOWER
ROSEBUDS
LOBELIA
MULLEIN
SCHIZANDRA



What is Susto

Fear is Rooted in the
Kidney

Trauma changes our
internal hormonal culture

Prolonged susto can
create chronic disease

, *Tlazolli*-dirt or filth



How do we heal susto?

Assessing the body

What are their tells-
symptoms, sayings

Be Curious

What are the areas of hot
and cold

What channels are effected

Consciousness behind action,
is hitting the target vs the
bullseye

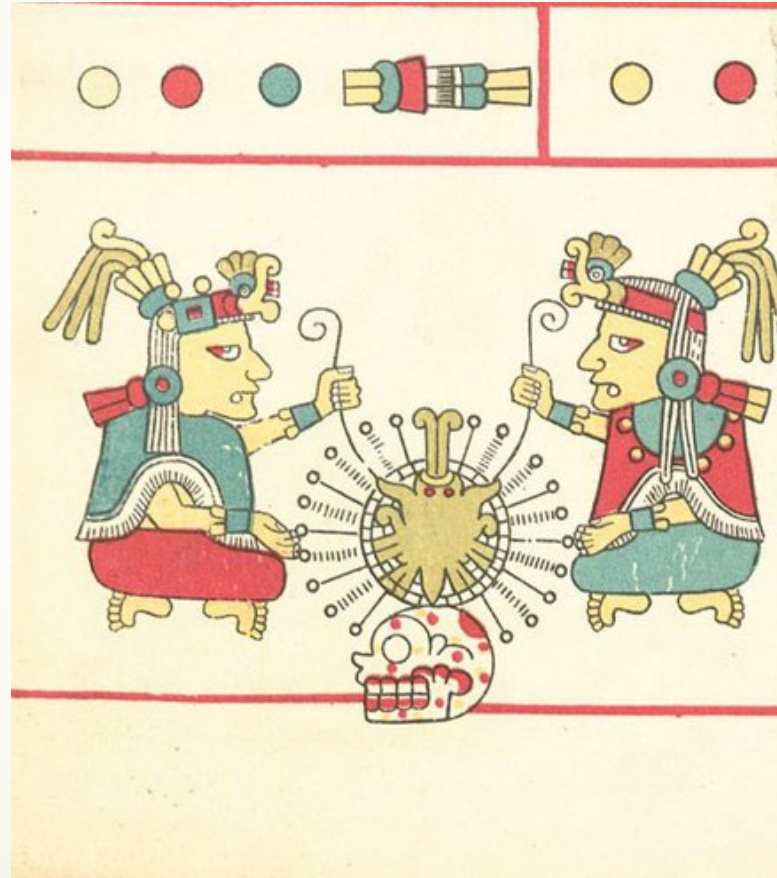
Choose a modality, any
modality



Understanding Duality

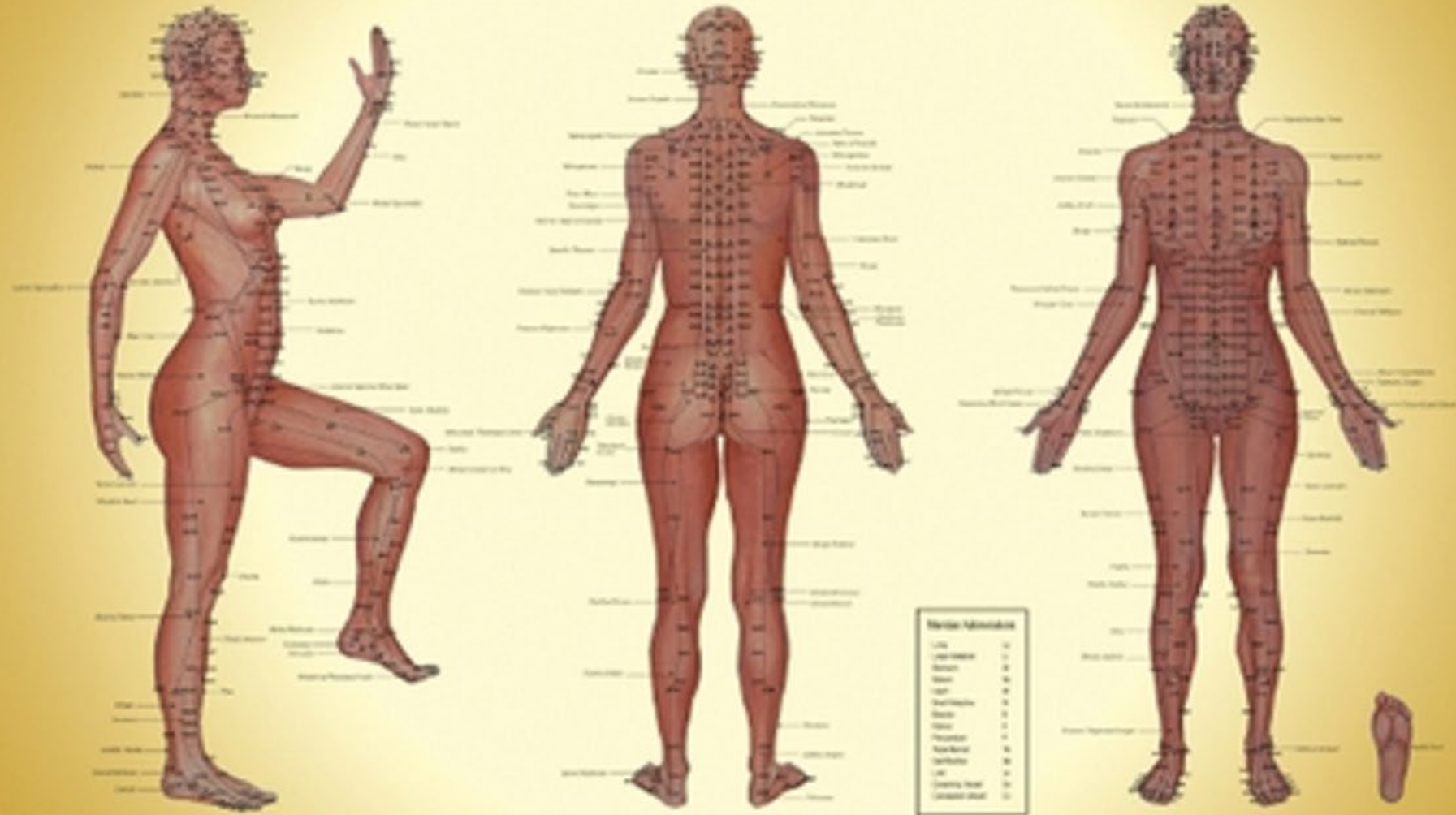
Ometeotl & The Dao

Ome-Two or Dual
Teotl-god
Ometecuhtli and
Omecihuatl
Also known as
Tōnacātēcuhtli and
Tonacacihuatl



Yin-Yang
Yin-Female/Front
Yang-Male/Back

ACUPOINTS OF TRADITIONAL CHINESE MEDICINE



H
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G

Yerbera/o/x Huesera/o/x Consejera/o/x

Sobadora/o/x

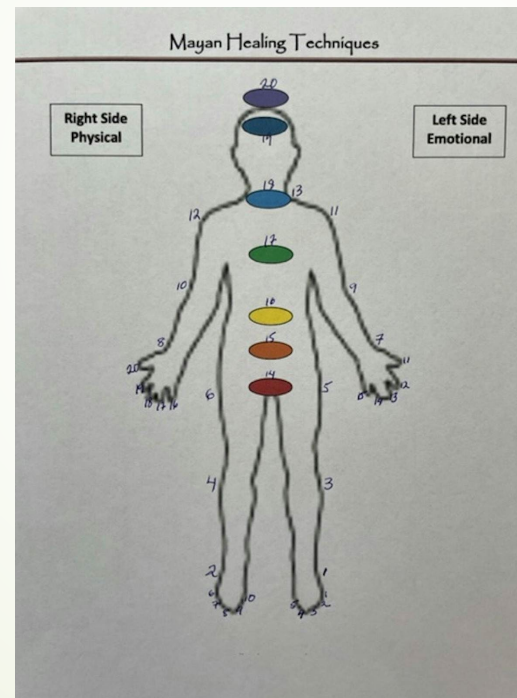
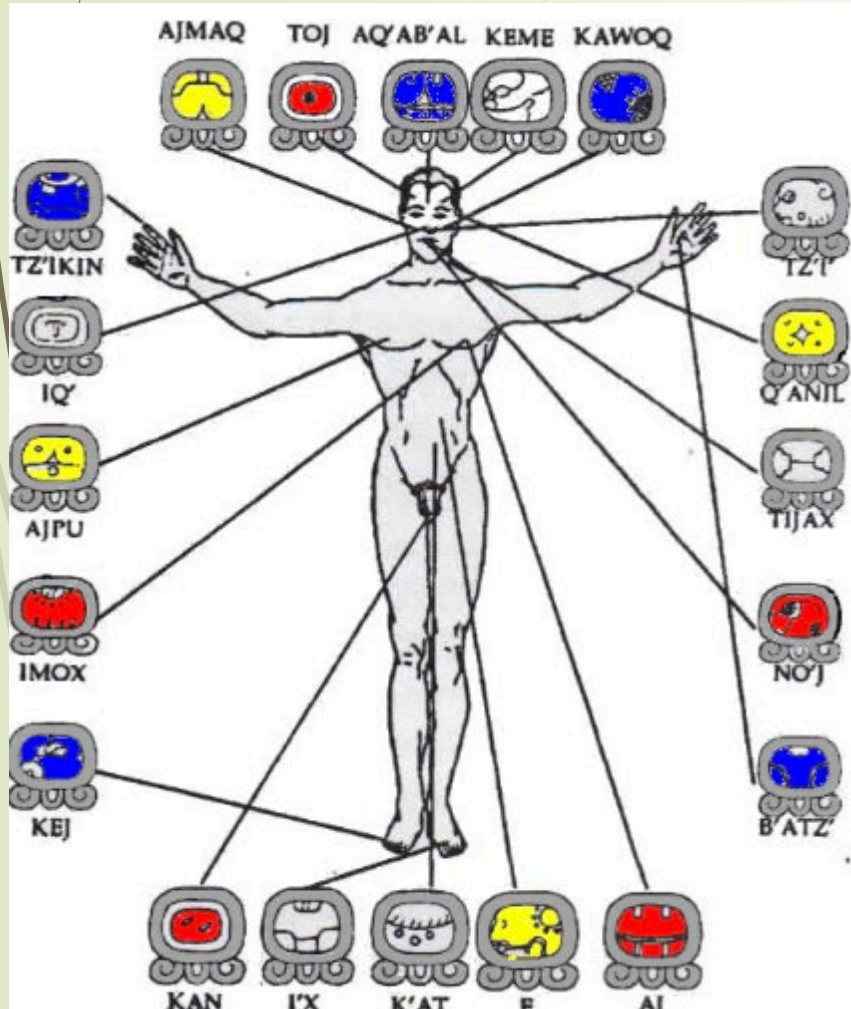
Partera/o/x

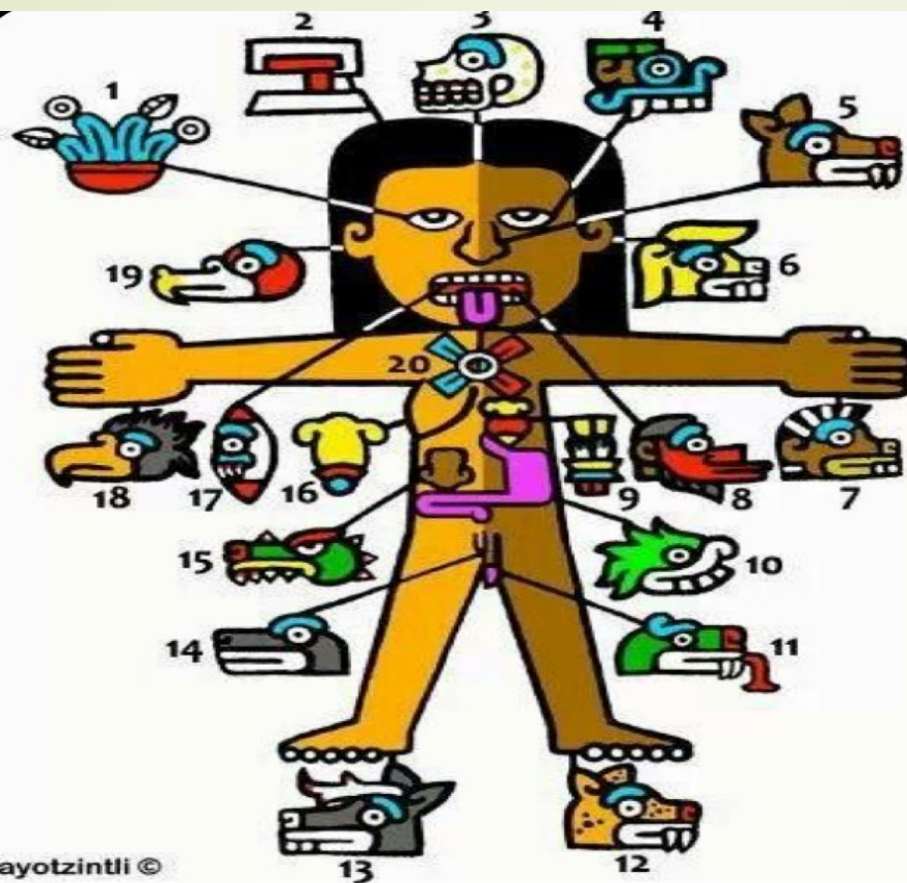


H
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S

Smoke as Medicine

13 Joints /20 Nahualli





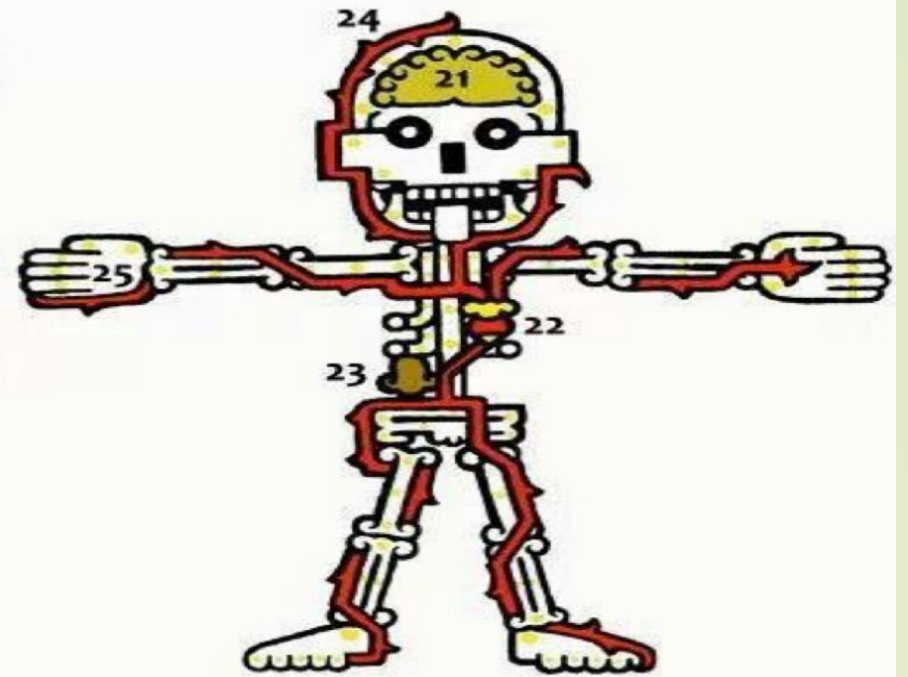
ayotzintli ©

NAHUALLI

1. Atl (Water/Agua) Right Eye/Ojo Derecho
2. Kalli (House/Casa) Hair/Cabello
3. Mikiztli (Death/Muerte) Head/Cabeza
4. Kiahuitl (Rain/Lluvia) Left Eye/Ojo Izquierdo
5. Itzkuintli (Dog/Perro) Nose/Nariz
6. Tochtli (Rabbit/Conejo) Left Ear/Oído Izquierdo
7. Ozomatli (Monkey/Mono) Left Hand/Mano Izquierda
8. Ehekatl (Wind/Viento) Breath/Aliento
9. Akatl (Reed/Carrizo) Heart/Corazón
10. Malinalli (Ivy/Enredadera) Stomach/Estómago

TONALLI

21. Kuayolotl (Brain/Cerebro) Tonalli (Heat of the Sun/Calor del Sol-Destiny/Destino)
22. Yolotl (Heart/Corazón) Teyolia (Energy of Life/Energía de la Vida)
23. Eltapachtli (Liver/Higado) Ihiyotl (Intuition/Intuición)
24. Yeztli (Blood/Sangre)
25. Omitl (Bone/Hueso)

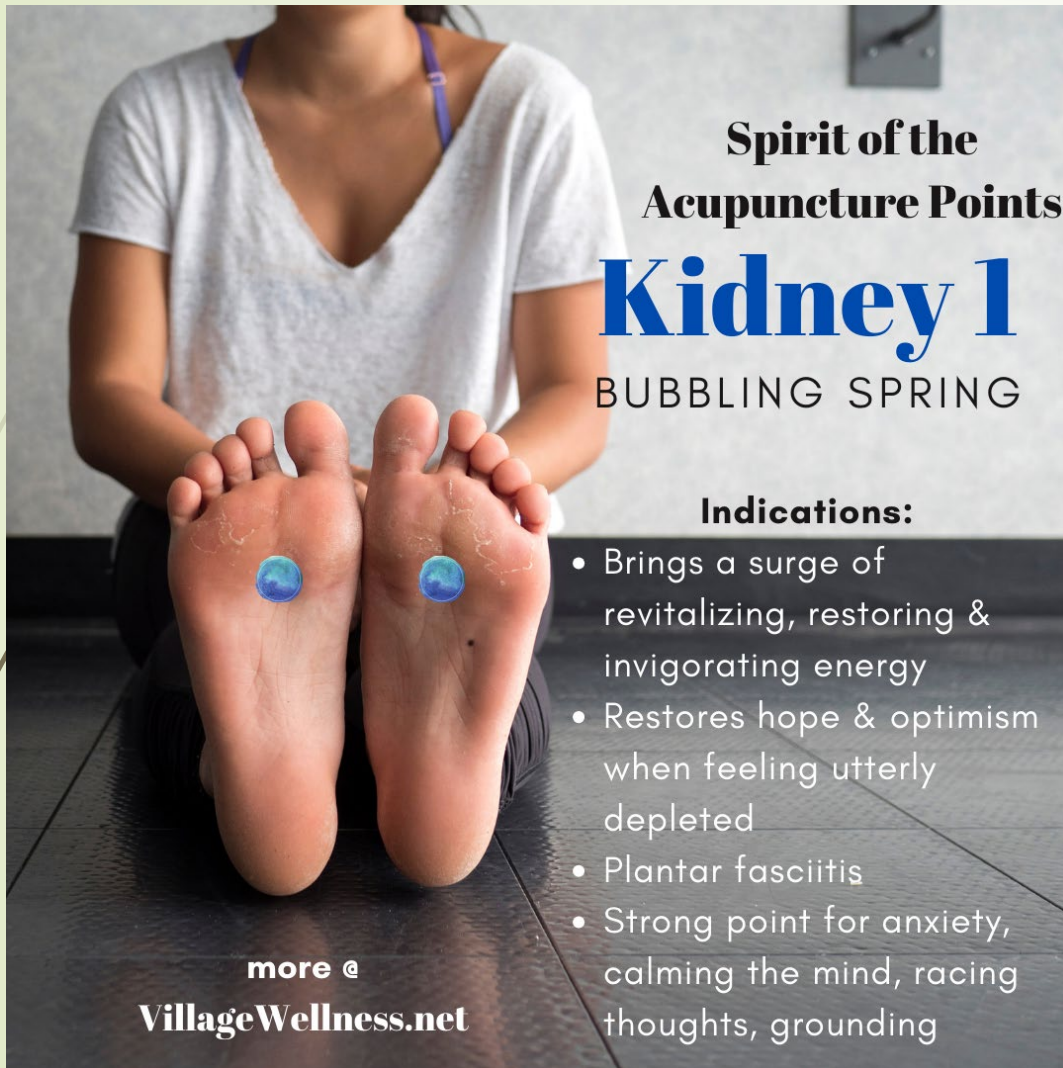


tlakuilokalli.blog.com

11. Koatl (Serpent/Serpiente) Penis/Pene
12. Ozelotl (Jaguar) Left Foot/Pie Izquierdo
13. Mazatl (Deer/Venado) Right Foot/Pie Derecho
14. Kuetzpalin (Lizard/Lagartija) Vagina
15. Zipaktli (Crocodile/Cocodrilo) Liver/Higado
16. Xochitl (Flower/Flor) Breast/Pecho
17. Tekpatl (Knife/Cuchillo) Teeth/Dientes
18. Kuauhtli (Eagle/Aguila) Right Hand/Mano Derecha
19. Kozkakuauhtli (Vulture/Buitre) Right Ear/Oído Derecho
20. Olin (Movement/Movimiento) Mouth/Boca

Healing Susto with Acupuncture





**Spirit of the
Acupuncture Points**

Kidney 1

BUBBLING SPRING

Indications:

- Brings a surge of revitalizing, restoring & invigorating energy
- Restores hope & optimism when feeling utterly depleted
- Plantar fasciitis
- Strong point for anxiety, calming the mind, racing thoughts, grounding

more @
VillageWellness.net

Spirit of the Acupuncture Points

PERICARDIUM 8

PALACE OF WEARINESS

勞宮



Heart/Spirit

Level Indications:

- Rekindles a weary Heart
- Increase feelings of Bliss
- Restores Trust, Safety, and Joy.

more spirit of the points
at villagewellness.net

A Tale of Two Moxas

Estafiate-Mugwort
(Iztauhyatl-Nahuatl,
Artemisia MexicanaZizm-Maya

Category: Regulate Blood, Stop Bleeding

Meridians Entered: Stomach, Kidney, Bladder,
Lung

Taste: Sweet, Bitter $\frac{3}{5}$

Temperature: Warming

Typical Dosage: 3-9gm daily

Contraindications: Heat from yin deficiency

Artemisia Vulgaris
Ai Ye (Chinese), Chinese moxa,
Common wormwood, wild wormwood

Category: Regulate Blood, Stop Bleeding

Meridians Entered: Spleen, Liver, Kidney

Taste: Bitter, Pungent

Temperature: Warm

Typical Dosage: 3-9gm daily

Contraindications: Heat from yin deficiency

Cigar/Pole/Rolled Moxa



Other offerings for Modalities Using Acupuncture Points

- Healing our Ancestors- Healing Ourselves Du Points-Liquid Moxa/ Pinch Push (cupping)
- Unveiling our Body's Cosmology !3 Joints/Smudging
- Cleansing the-20 Nahualli with Huevo/Egg Cleansings
- The Great Openers~ Acupressure points to prepare for healing. Sacred Smudge- RN 17, Du 20, SP 21, KD 1

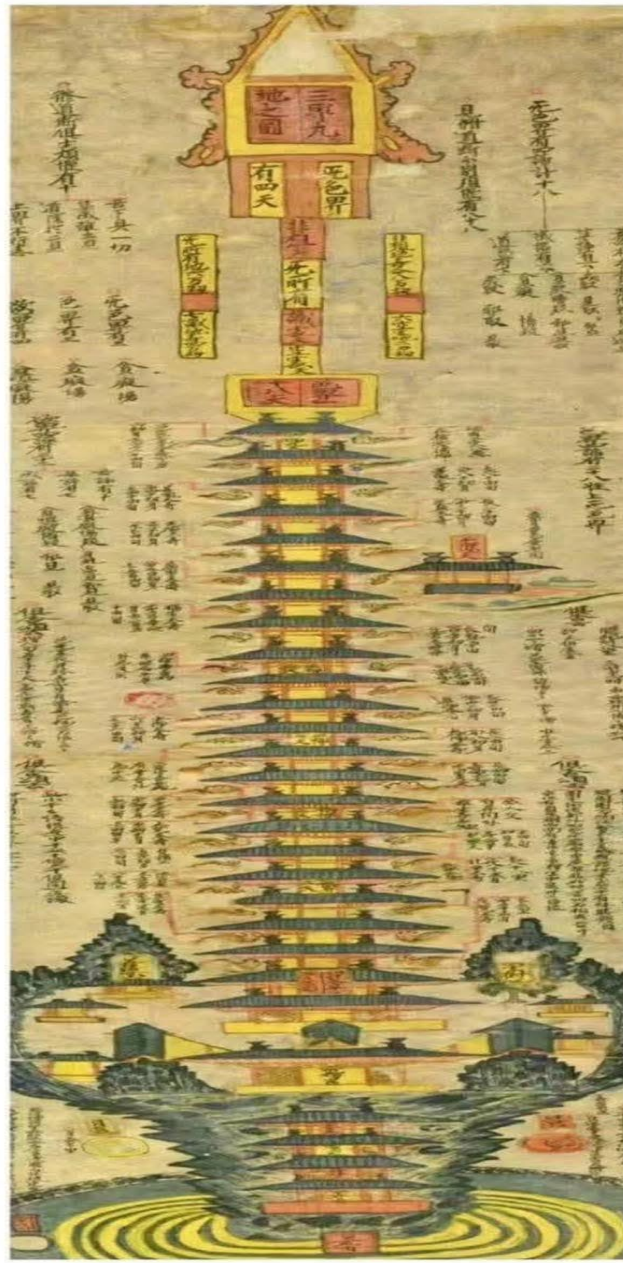


Healing our Ancestors Healing Ourselves

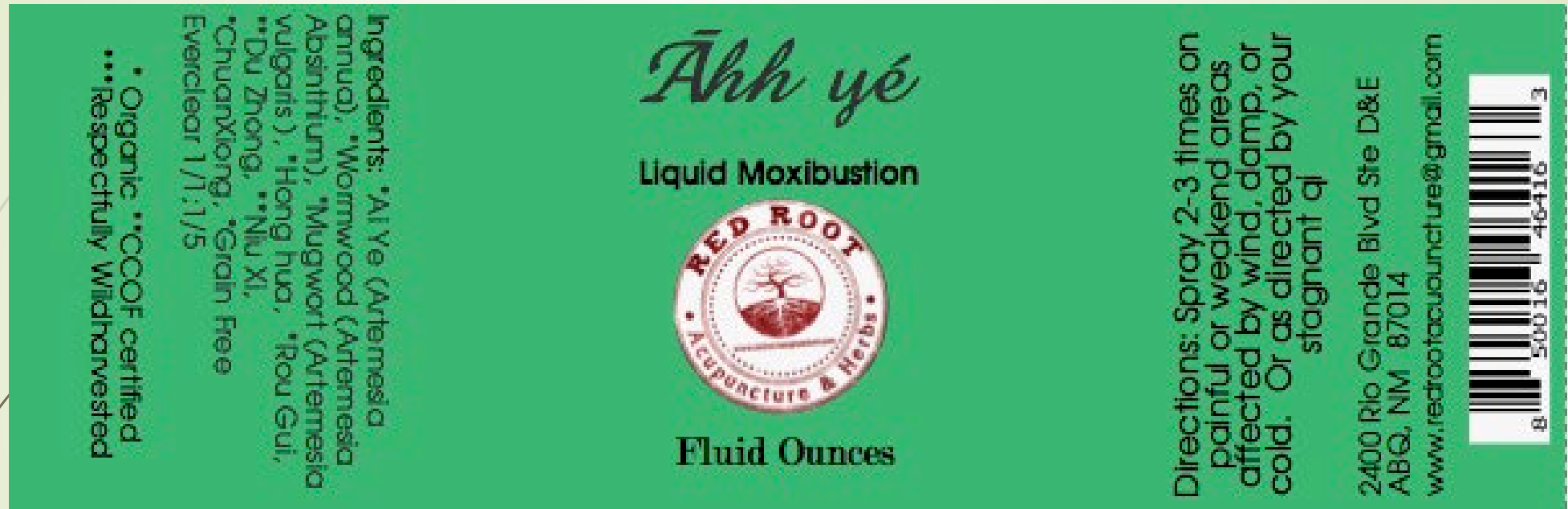
Du Channel

Home of Ancestral
points

& Shu Points



LIQUID MOXA



Ai Ye-Artemesia Annua, Wormwood, Artemesia absinthium, Artemesia vulgaris /mugwort, Hong hua, Rou Gui, Du Zhong, Niu Xi, Chuan Xiong

The Great Openers~ Acupressure points to prepare for healing



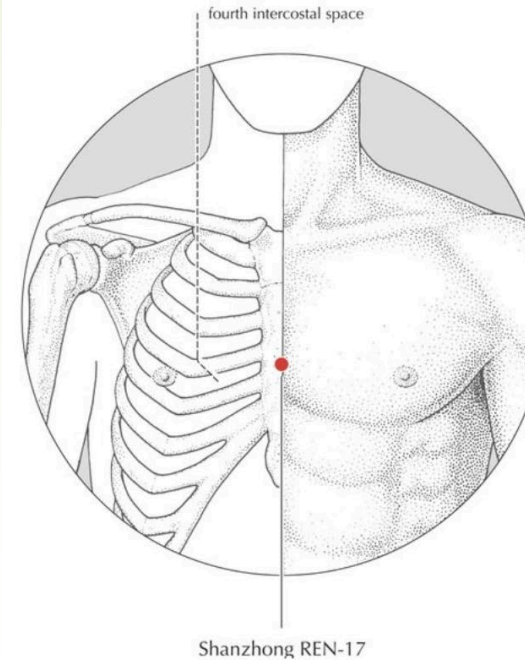
SPLEEN 21

DABAO

**GREAT WRAPPING, GREAT
ENVELOPING
GENERAL CONTROL, GREAT
EMBRACEMENT**

- Great luo-connecting point of Spleen, exit point
- Junction Point of all Junction Points
- Brings all-round harmony, uniting all meridians
- Can be combined with SP4 (Opening Point of Chong Mai) thus connecting with all three Jiao
- Helps patient feel enveloped by Mother Earth's attributes of care, support and nourishment, especially if these are lacking in their life

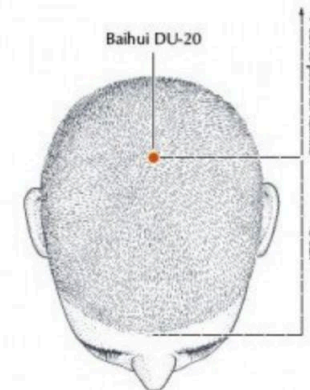
Connects to UT1



CONCEPTION VESSEL 17 (REN 17) "CHEST CENTER"

Location: At the center of the chest, midway between the nipples.

Actions: beneficial for those who tend to feel the effects of stress and anxiety in their chest, manifesting as shortness of breath, tightness, or palpitations. Relaxes and opens the chest, and releases the diaphragm. Known as the 'influential point of Qi', this is an essential point to regulate the movement of qi, which often becomes stuck with emotional distress.



GOVERNING VESSEL 20 (DU-20) "HUNDRED MEETINGS"

Location: located at the crown of the head. Place a finger at the top of each ear and follow an imaginary line upward- Du-20 is located where your two fingers meet.

Actions: regulates the movement of all yang energy in the body. Pressing on this point can both raise the yang to lift

depression and sadness, and, it can ground energy to ease anxiety and overthinking. Du-20 clears the mind to help you feel focused and present. As a "Sea of Marrow" point, Du-20 nourishes the brain and can help treat headaches, dizziness, insomnia, and other neurological conditions.

HERBALISM CLASSES

2025

With Herbalist Kate Viers at
Red Root Acupuncture & Herbs
2400 Rio Grande Blvd, ABQ, 87104

- > Tuesday, June 24th 6-8pm
Restoring Balance: Herbal Allies and Radical Practices for Nervous System Health
- > Tuesday, July 22nd 6-8pm
Herbal Support for Little Ones: Remedies for Babies and Children
- > Tuesday, August 19th 6-8pm
The Herbal First Aid Kit: Simple Remedies for Everyday Health
- > Tuesday, September 30th 6-8pm
Immune System Support: Herbal Remedies for Cold and Flu Season
- > Tuesday, October 28th 6-8pm
Empowered Change: Herbal Remedies for Peri-menopause, Menopause, and Beyond
- > Tuesday, November 25th 6-8pm
Digestive Harmony: Supportive Herbs for Gut Health

REGISTRATION INFO

Each class is \$50 and includes all materials.

Reduced-price sponsorships are available — please reach out if cost is a barrier. kviers.cmc@gmail.com

Want to support others? You're welcome to contribute more to help fund community access.



Scan to Register!



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M-F 10-5

Sat 11-4

