

TRADITIONAL CHINESE MEDICINE GUIDE

Beating Burnout and Fatigue with TCM



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INTRODUCTION

Don't Let Low Energy and Burnout Stop You

Hi everyone, I'm Li Duggan of Li Duggan Acupuncture and Traditional Chinese Medicine. I run clinics in Ireland, and many of my clients come to me feeling exhausted, drained, and struggling with burnout.

Do you often wake up tired, rely on caffeine to get through the day, or feel like you're running on empty? Occasional tiredness is normal, but when low energy becomes a daily struggle, it can affect your mood, focus, and overall well-being.

Instead of pushing through exhaustion, it's important to restore balance and recharge naturally.

This handy guide will introduce you to the wisdom of Traditional Chinese Medicine, helping you combat fatigue, boost your energy, and feel like yourself again.



CHAPTER 1

What is Low Energy and Burnout in TCM?



What is Low Energy and Burnout in TCM?

In Traditional Chinese Medicine (TCM), low energy and burnout are often signs of deficiencies or imbalances in the body's vital substances—Qi, Blood, Yin, and Yang.

Rather than treating fatigue as a simple lack of sleep, TCM aims to identify the underlying disharmony that is draining the body's energy and restore balance for sustained vitality.

CHAPTER II

Common Causes of Burnout in TCM

You may already have some suspicions about why your energy is low and why you are burning out. It could be stress, your eating habits, or your lifestyle. In the view of Traditional Chinese Medicine, insomnia can be caused by imbalances of **qi** or the life force in certain body parts, namely:

Qi Deficiency

A lack of vital energy (Qi) results in physical and mental exhaustion, sluggish digestion, and frequent illness.

Blood Deficiency

Without sufficient Blood to nourish the organs and tissues, symptoms like dizziness, pale complexion, poor concentration, and fatigue arise.



Yin Deficiency

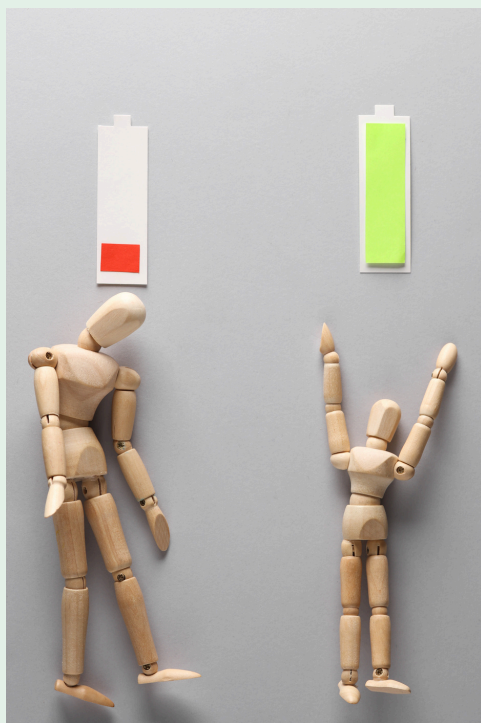
When Yin is depleted, the body overheats, leading to restlessness, night sweats, and difficulty staying relaxed.

Yang Deficiency

A lack of Yang energy results in chronic coldness, sluggish metabolism, and an overall lack of motivation.

Liver Qi Stagnation

Stress and emotional suppression can block the flow of Qi, causing fatigue, frustration, and irritability.



CHAPTER III

Symptoms of Low Energy and Burnout Based on TCM



There are many symptoms of burnout and energy based on patterns from Traditional Chinese Medicine. We have categorised these symptoms according to explanations based on TCM:

Qi Deficiency

Because of qi deficiency, you may experience fatigue, shortness of breath, poor digestion, weak immune system.



Blood Deficiency

You may experience dizziness, pale complexion, memory issues, and weak muscles.

Yin Deficiency

Symptoms include restlessness, night sweats, dry skin, and difficulty winding down.

Yang Deficiency

If you have Yang deficiency, you may have sensitivity to cold, sluggish metabolism, and persistent tiredness.

Liver Qi Stagnation

Emotional tension, mood swings, tightness in the chest, low energy despite rest are some of the symptoms of liver qi stagnation.



In Traditional Chinese Medicine, Yin and Yang represent the body's dynamic balance—**Yin** is cool, nourishing, and passive, while **Yang** is warm, active, and energizing. Health depends on their harmony; an imbalance can lead to illness or discomfort.



CHAPTER IV

Dietary and Lifestyle Adjustments for Restoring Energy

One of the most important things to realise about burnout is that your diet and lifestyle is directly affecting your sleep.

As mentioned in the previous chapters, according to Traditional Chinese Medicine, certain body parts become imbalanced, contributing to low energy and burnout

In this chapter, we will mention food you can eat to restore balance to the relevant body parts. As always, make sure to consult your doctor before consuming any of these foods, fruits, and herbs, and make sure that you are not allergic to any of these too.





Qi Deficiency

Eat warm, cooked foods such as congee, root vegetables, and whole grains. Avoid **raw** and **cold** foods.

Blood Deficiency

Incorporate dark leafy greens, red meat (in moderation), black sesame seeds, and bone broth.

Yin Deficiency

Hydrate with cooling, moistening foods like pears, seaweed, and almonds. Avoid spicy and fried foods.

Yang Deficiency

Consume warming foods such as ginger, lamb, cinnamon, and walnuts. Dress warmly and avoid cold beverages.

Liver Qi Stagnation

Include sour and bitter foods like citrus fruits, dandelion greens, and peppermint tea. Engage in relaxation techniques to release stress.

CHAPTER V

Acupressure for Boosting Energy

Acupressure is a healing technique in TCM that involves applying gentle pressure to specific points on the body to restore balance, relieve pain, and improve overall well-being. It works by stimulating the body's natural energy flow (Qi) to promote relaxation and healing.

To stimulate acupressure points:

- **Press or massage** the point using your thumb or index finger with firm but comfortable pressure.
- **Hold or rub** in a circular motion for 30 seconds to 2 minutes on each point.
- Repeat **1–3 times daily** for best results.
- Apply pressure on **both sides of the body** if applicable for balance.



Here are the acupressure points and how to find them. Look at where the red dots are located. These are the points you need to stimulate.

Stomach 36
Zusanli 足三里



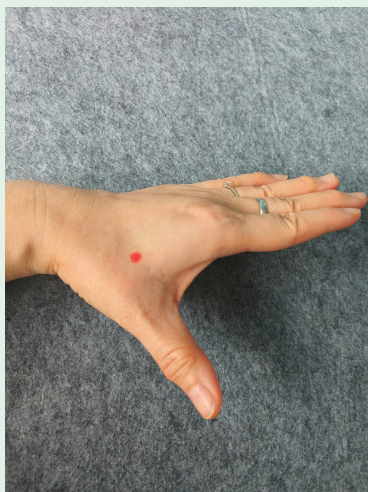
Spleen 6
Sanyinjiao 三阴交



Kidney 3
Taixi 太溪



Large Intestine 4
Hegu 合谷



CHAPTER VI

Herbal Remedies for Low Energy, Burnout



TCM herbs can help replenish Qi, Blood, Yin, and Yang to support overall energy levels. They can be made into tea for drinking or consumed as an ingredient for your meals.

- **Huang Qi (Astragalus):** Strengthens Qi and immunity.
- **Dang Shen (Codonopsis Root):** Boosts digestion and energy.
- **Gou Qi Zi (Goji Berries):** Nourishes Blood and Yin, promoting vitality.
- **Shu Di Huang (Rehmannia Root):** Supports Kidney and Blood health.

CHAPTER VII

Final Tips for Overcoming Burnout



By addressing the root causes of low energy and burnout through TCM principles, you can regain vitality, improve resilience, and maintain long-term balance in your body.

- Establish a **consistent sleep routine** and go to bed before 11 PM.
- Engage in **gentle movement** like Tai Chi, walking, or stretching.
- **Take breaks** throughout the day to prevent mental and physical exhaustion.
- **Avoid over-reliance on caffeine**, which can further drain Qi.
- Practice **deep breathing and meditation** to calm the mind and restore energy.

CHAPTER VIII

Activity To Help You Build Healthy Habits



The hardest part of burnout is pulling yourself out of bed and doing the healthy routines mentioned above such as having a sleep routine or doing some form of exercise every day. And they say that it takes 21 days to build a habit so feel free to use this tracker by doing a check mark for every habit mentioned here if you did a specific habit per day.

Use the Healthy Habits tracker on the next page to keep track of your daily activities. Feel free to print the next few pages and stick them to your wall or include it in your journal. Put a checkmark on the box provided to indicate that you have completed that activity.

DATE	SLEPT ON TIME	8 HOURS OF SLEEP	EXERCISE	RELAXING ACTIVITY
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				

DATE	SLEPT ON TIME	8 HOURS OF SLEEP	EXERCISE	RELAXING ACTIVITY
DAY 12				
DAY 13				
DAY 14				
DAY 15				
DAY 16				
DAY 17				
DAY 18				
DAY 19				
DAY 20				
DAY 21				

CONCLUSION

What's next?

We hope this guide has been helpful to you. From incorporating a holistic approach with diet and even exploring how Traditional Chinese Medicine can be incorporated into your lifestyle, these tips will surely be a step towards beating burnout and having high energy again.

Remember, there's no one-size-fits-all approach. Find what works for you and consult a healthcare professional for personalised guidance.

If you're in Ireland and interested in exploring acupuncture and other Traditional Chinese Medicine techniques to improve your energy, consider contacting us at Li Duggan Acupuncture and Traditional Chinese Medicine. If you're not in Ireland, we also offer video consultations.

Our team of experienced practitioners can provide a personalised consultation to discuss your specific needs.



Thank you and see you soon!

Foxrock Clinic

Opening Hours

Wednesday: 10am–Flexible

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