

**Question:** I have pains that seem to move around my body. Is that normal?

**Answer:** Moving pains usually signify Liver Qi (pronounced “chee”) Stagnation (Qi is energy). I hesitate to call this *abnormal*, because it is pretty common in our society. But certainly you shouldn’t be having this type of pain. Liver qi stagnation may be caused by any number of factors, including excessive emotional stimuli, diet, other diseases, or the environment.

“Scurrying pains” are probably just the beginning, though. If Liver Qi Stagnation is left unchecked and untreated, it can develop into more serious problems. Severe Liver Qi Stagnation can lead eventually to the Liver “overacting” on the Spleen and Stomach, with symptoms such as acid regurgitation; or Liver Fire “upflaming,” with symptoms like elevated blood pressure; or Rising Liver Yang, with severe migraine-like headaches; or a variety of other problems. Treating the Liver Qi Stagnation early can help avoid these problems.

Treatment would depend on the root cause of the problem. Acupuncture and Herbs would help treat the issue and would be very helpful to you, but you should also consider some things you can do for yourself. You will probably need to make some lifestyle changes. This may be as simple as getting a weekly massage or starting to meditate or have some quiet time; or it may involve changes in diet, exercise, personal relationships, or other factors. Simply taking an analgesic to relieve the pain won’t solve the problem. You must identify and treat the root cause in order to keep the situation from worsening. You show a good awareness of your body in identifying this, and not simply dismissing it. Now reward yourself by freeing up your Liver Qi.