

TCM MERIDIAN, ELEMENTS & ORGANS

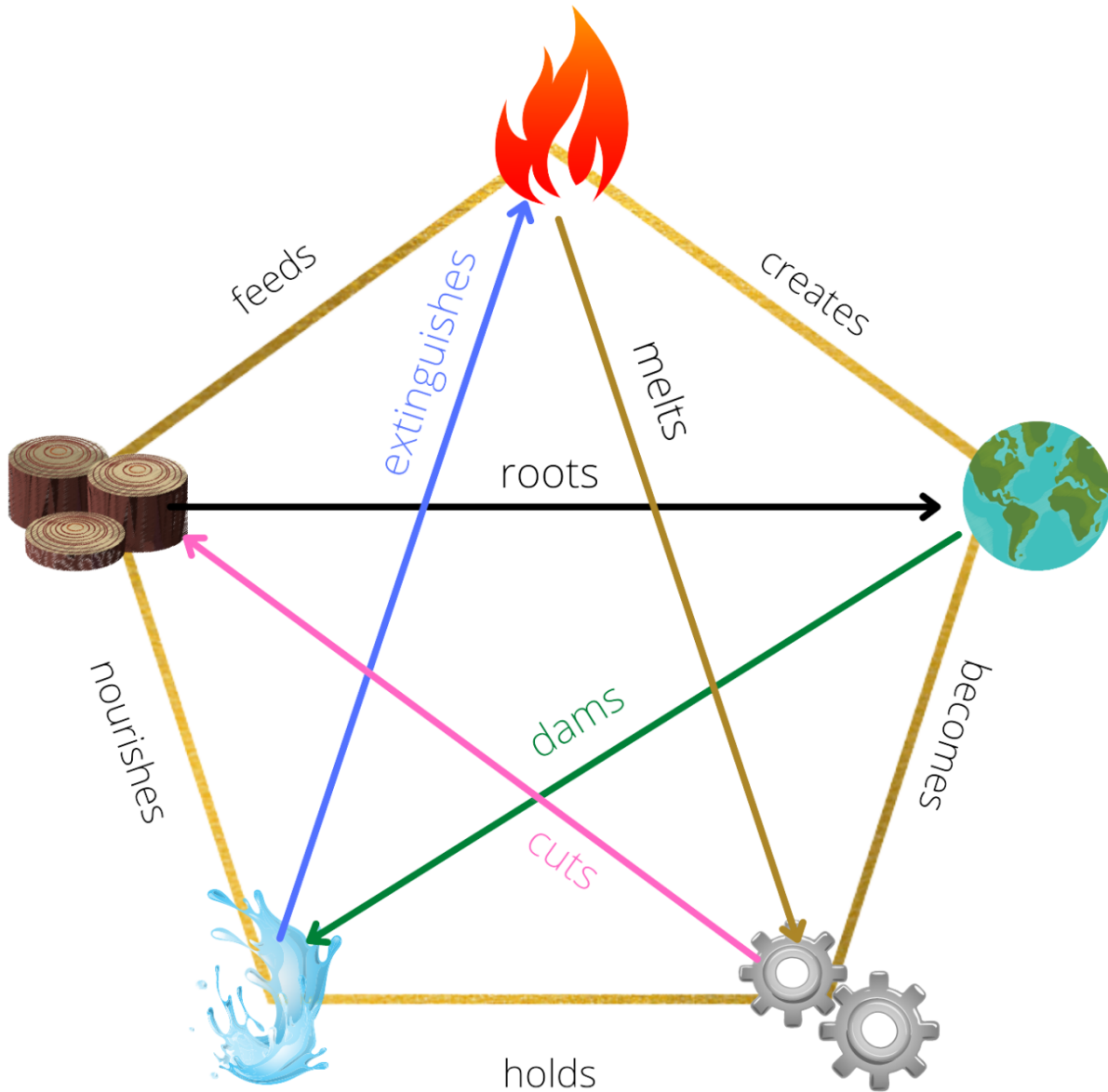
Meridians are invisible pathways in your body that carry energy, or Qi. Yin Yoga works with the the long held-deep postures to balance the meridians to boost your overall health and wellbeing. However, other styles and other postures can also benefit the 5 Elements.

Each of the 5 Elements are connected to both a yin/yang meridian, as well as an organ.

Meridians:

- Are channels inside your body that transport energy from one part to another.
- There are no anatomical structures to these channels and can only be felt through our subtle senses and self-inquiry.
- Meridians have a deep impact on how you think and feel, and your overall health and wellbeing.
- These channels of energy are also popularly called, Qi, life force, prana and healing energy.
- According to Traditional Chinese medicine and the philosophies of Yin yoga, any obstruction in your energy pathways can result in imbalances in your physical, emotional and/or mental health.
- Meridian blocks are often caused by stress, trauma, injuries, poor diets and lack of rest, and not exercising enough.
- When your meridian channels are open, the unobstructed flow of life force inside your body will lead to increased balance and positive energy.
- Your body has 12 major meridians, out of which twelve are paired and the other two are single pathways. In a pair, there's always one meridian that's a Yin, where energy flows up the body, and Yang, where energy flows downward in the body. Yin and Yang are dual, yet opposite forces which converge as one.

Your elements and meridians are linked as follows:



Metal: Lung (yin) and Large Intestine (yang)

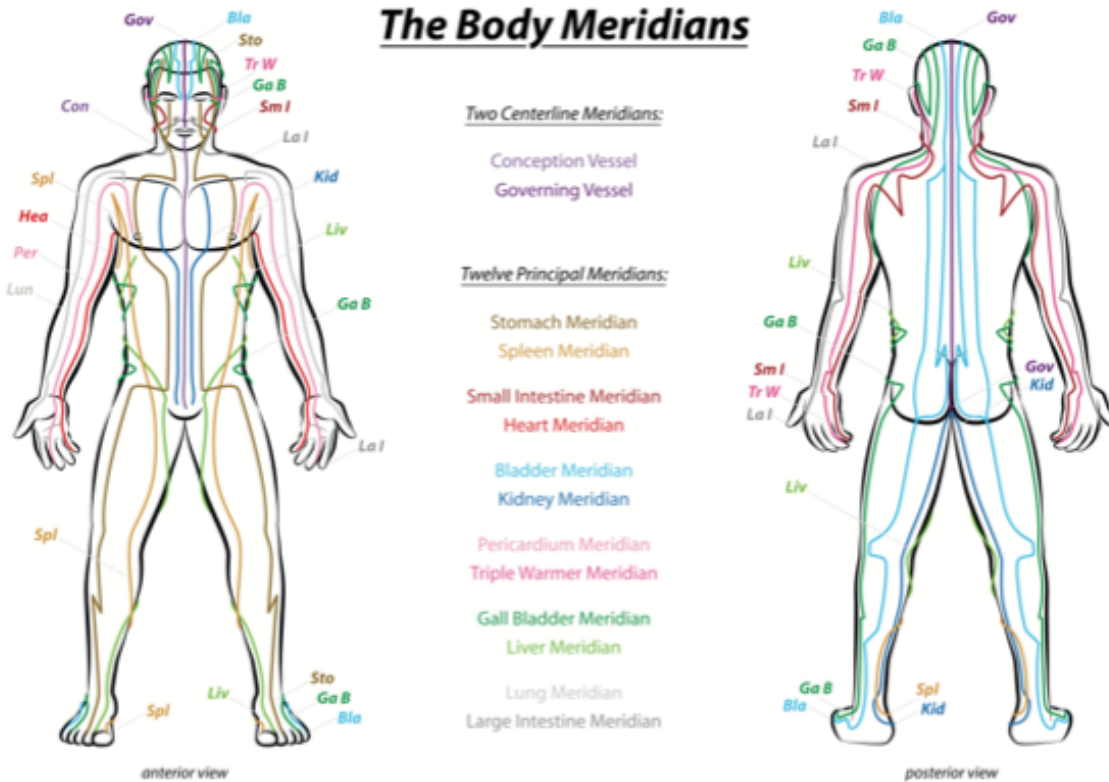
Earth: Stomach (yang) and Spleen (yin)

Fire: Heart (yin) and Small Intestine (yang) + Pericardium (yin) and Triple Heater (yang)

Water: Bladder (yang) and Kidney (yin)

Wood: Gall Bladder (yang) and Liver (yin)

The Body Meridians



Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian

Five Primary Functions of the Meridian System:

- Animates the body
- Keeps the organs up
- Warms the body
- Protects the body from external influences
- Transforms one substance to another

The 12 regular meridians connect internally to the organs and externally to the surface of the skin. Each meridian is distributed bilaterally, and is named after its respective associated Organ. The meridians are divided equally into Yin or Yang groups, and are associated with different emotions (i.e. anger, fear, anxiety, worry, and excitement). Regular meridians are often used for physical/emotional healing purposes, and commonly used in acupuncture or acupressure. When practiced correctly, the meridians can be stimulated through thoughts, touch, and movement.

One of the meridians, called The Triple Burner, which begins at the outer tip of the ring finger and goes along the back of the hand, wrist, forearm and upper arm, until it reaches the shoulder region where it branches off. This meridian is unique, as it gets its name from its 3 parts (or burners), known as the upper, middle, and lower burners: Located above the diaphragm, the upper burner regulates intake. It includes the head, heart, pericardium, throat, and lungs. Any time you are working these areas, you are working the triple burner meridian. The TB is responsible for our immunity, peace, clarity and consistency. There is a specific way to balance this meridian (set out below).

The Conception and Governing Vessel are the two centre line meridians that are responsible for carrying ancestral Qi. They affect consciousness and the spiral of our genetic code. This is a direct parallel to the complexity of the Nadi system. Both systems have different ways or structures to explain similar concepts of energy flow and movement. The Conception Vessel has a constant interplay with all aspects of the body, similar to how the nadis flow into and out of the Shushmna.

The Governing Vessel is the first energy current which develops after conception. It serves to govern the development of the other meridians, chakras, organs and the rest of the body's physiology. The spine itself is the material manifestation of this governing vessel energy.

The conception meridian runs along the front of our body, from the top of our spine, to the bottom of our spine, The Governing vessel runs along the back body.

When continuing through this manual, the YIN meridian is mentioned first, followed by the YANG meridian.

EARTH: SPLEEN / STOMACH

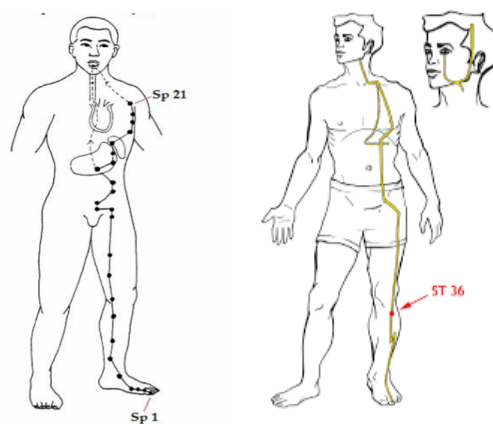
Spleen - Confidence Creator / Earth Meridian / Worry, discontentment

Location: Begins at the tip of the great toe. From there it runs along the medial aspect of the foot and continues up the inner leg, up across the groin, the stomach, through the diaphragm. It connects with the stomach and heart meridian. The spleen meridian is exclusive to the front body, it does not run through the back body.

Yang organ: Stomach: This meridian runs downward from the center of each eye, through your face, down the sides of your throat, across the inner part of your collar bones, through the center of your pectorals, down your abdomen, through hip flexors, down center of thighs, past knees, through ankles and connects with the second toe.

When the spleen energy is blocked:

- digestive and stomach problems
- worry, poor concentration
- forgetfulness
- a cloudy thought process
- addiction
- attachment
- obsession
- gluttony
- jealousy
- self-pity
- strong concern about opinions of others
- stubbornness, low self-esteem, poor self image



Spleen meridian is responsible for

- The Official of Transportation and Distribution.
- The spleen transforms food and drink, extracting Qi and essences
- Distributes these essences to to the other officials.
- It houses our "thought" - it influences our capacity for thinking, concentrating, memorising and even worry.

Stomach meridian is responsible for

- Our ability to take things in.
- This may be the pure Chi of food or our ability to absorb information or even to receive love.
- Affects our ability to nurture ourselves, others and our ability to feel full and satisfied.

Earth Element

- At the center of the elements.
- Earth element people are seen as the peacekeepers of the elemental types and tend to have round smiley faces.
- Can be voluptuous and may have a darker complexion.
- Enjoy showing how they care through food and tend to be great listeners and friends.
- Earth element's main focus is on digestion and overall energy production.

When in balance

- Strong, grounded, happy people that like to connect with people through food.
- They are often the ones that make sure everyone is having a good time.
- They tend to be closer to the ground, with thicker thighs.
- A smile predominates their round face.
- Creative and productive.
- Worry, anxiety, stress and overthinking are emotions and behaviours that are common for people of this element.

Season & Life Stage

All elemental types would benefit from spending more time outdoors, but especially the earth type. Late summer and early fall is the time of year associated with the earth element and an earth element person should be feeling their best during this time of year. Adulthood is the period of life that correlates with earth element and is the time of life when it feels normal to cultivate a life.

Strengths

Realistic, stable, persistent, wise, trustworthy, kind, understanding, open minded, friendly, supportive, capable, creative, productive, peaceful, maternal, intuitive, patient, and strong digestion.

Weaknesses

Stubborn, indecisive, perfectionist, emotional, loners, inconsistent, moody, sacrificial, possessive, controlling, dependent, stubborn, spoiled, pessimistic, incessant worry, food sensitivities and digestive complaints.

How to Nourish your Earth Element

This element loves to be people pleasers. They want to be sure that everyone is happy and having a good time. They love to show their affection through food. Worry can be a detrimental emotion to earth element people. Over thinking about everything and everyone else can lead to digestive complaints. Earth element people would benefit from journaling, talking about and releasing their worries.

Essential Oils

Cardamom, frankincense, lemon, marjoram, myrrh, patchouli, peppermint, sandalwood.

Additional ways to nourish

- Consume a diet of well cooked foods including grains, root vegetables, and small amounts of meat.
- Get out and connect with the earth on a regular basis - A walk in nature, gardening or other earthing techniques, like bare feet directly on the earth's natural surface; there is emerging research that shows connecting to the planet with bare skin is a beneficial health practice that helps to strengthen the immune system and improves the function of red blood cells.
- Let go of worry and doubt.

Recommended Food

Alfalfa sprouts, carrot, cauliflower, celery, daikon radish, mushroom, potato, seaweed, snow pea, spinach, yam, sweet potato, hawthorn berry, guava, persimmon, strawberry, papaya, blueberry, pearl barley, tofu, bamboo shoot, bok choy, cilantro, lotus root, pumpkin, squash, soybean, golden apple, grapefruit, lemon, lime, eggs, turnip, prune, fig, barley, rice, buckwheat, millet, oat, yellow bell pepper, green bean, kale, lotus seed, mustard green, parsley, red grape, cherry, jujube date, mango, pineapple, plum, garbanzo bean, adzuki bean, lima bean, pea, beef, fish, lamb, basil, fennel, dill, cayenne, cumin, ginger, brown rice vinegar, mustard seed.

Foods to Avoid

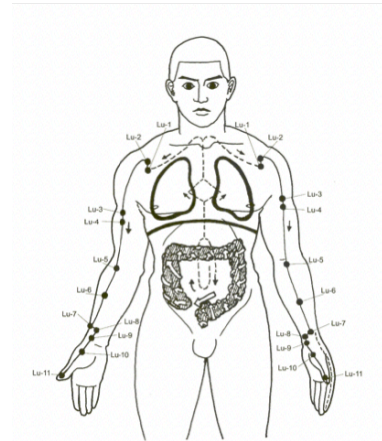
Iced drinks, raw vegetables and fruits, dairy, alcohol, caffeine, refined sugar, deep fried and fatty foods, processed and refined foods, wheat, yeast, pork, melon, artificial sweetener.

METAL: LUNG / LARGE INTESTINE

Lung - Inner Strength / Metal Meridian / Grief, depression, sadness

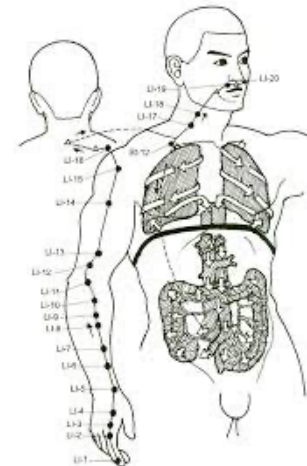
Location: The lung meridian passes up the middle of throat the front of the shoulder, down the front of the arm along the outer border of the bicep muscle, to the base of the thumb, to finish at the corner of the thumbnail. The Lung Meridian is also exclusive to the front body.

The Lung Meridian is the receiver of pure Chi. It is our connection to the heavens and all that is spiritual. This meridian helps us to see and appreciate the quality in ourselves, others and the outside world - it is the source of true self esteem.



Yang organ: Large intestine

The Large Intestine Meridian has a similar path as the Lung Meridian, however runs down both the front and the back of each arm to the front and back of the index finger, as well runs deep in the solar plexus region, winds up past the stomach, crosses the diaphragm, divides, and enters the lungs. It is in charge of the waste system for the body, mind and emotional self. It ensures we have space for the new by getting rid of the old. This meridian affects our ability to let go of what is no longer needed in all aspects of our life.



Blocked lung energy will result in: Breathing issues within nose throat and chest.

Lung Meridian is responsible for

- Known as the 'Prime Minister'
- Control breath and energy and assist the 'King' heart with the circulation of blood.

Large Intestine Meridian is responsible for

The large intestines are mainly for removing unwanted waste from the body. Modern research is showing that up to 60% of our immune function is based on our gut health, our microbiome, and how well we are digesting and absorbing our food. It is critically important that we take care of both the immune and digestive systems. Probiotics can be very beneficial to all elements but to metal types in particular.

Metal Element

- Metal is symmetrical and structured.
- Metal element people tend to be taller and not very curvy.
- They have lighter complexions and often have small fine hairs all over their body.
- Meticulous, organized and scheduled are words often used to describe the metal element person.
- They like to be in a supervisory position and make sure things are running smoothly.
- Like a sword, metal element people are able to reach their full potential when they are forged under pressure early in life.
- This type does well when they experience a more turbulent upbringing or experience a high pressure career early on. If their life is too easy they can become lazy and complaining.
- Metal element people tend to be very symmetrical in their physical features, they tend to have a lighter, drier skin, and square shoulders.
- Grief and sadness can be a common response to stress. However metal element people don't dwell on the past, they would rather plan for the future. The lung and large intestines are the associated organs. The lungs and the entire respiratory system are responsible for creating the defensive Qi and immune system.

When in balance

When the metal element is balanced, one will experience a peaceful feeling within themselves, about themselves and others; regardless of what the external circumstances are presenting.

Season & Life Stage

The metal element should be the strongest during the fall. The great transition of life, aka menopause or "mid life crisis", is during the time of the metal element. This is when women are going through menopause and men start to go through their transition as well. There may not yet be a name for this transition for men but there is definitely a time when men shift their thinking and feeling as well, usually somewhere between their 40's-60's. It is normal at this phase of life to shift from the desire to cultivate and build to more appreciation and enjoyment of what you have done.

Strengths

Realistic, hardworking, do well under pressure, strong, altruistic, loyal, systematic, determined, authoritative, responsible, fair, elegant, cultured, witty, eloquent, intuitive, meticulous, sensitive, multi talented, good speakers, strong voice and excellent at getting their point across.

Weaknesses

Stubborn, inflexible, judgmental, loner, over-competitive, enemy-makers, impulsive, image driven, proud, rough, show-off, vain, know-it-all, perfectionist, fickle, aloof, over-sensitive, weak digestion, allergies and chronic bronchial problems.

How to Nourish your Metal Element

Meticulous, scheduled and well thought out are ways to describe a typical metal element personality. They like organization and bring structure to any environment they are in. Grief and sadness are emotions that can damage this element. It is important for this type to release their grief and sadness when it comes up; holding onto it can lead to dis-ease. Tears, talking, and journaling are all good ways to release sadness.

Cortisol is a hormone that is produced by the body as a response to stress. When there is excess cortisol in our body it can lead to inflammation, giving the liver a lot of extra work. Tears are one way to remove the cortisol molecule from the body in its whole form. So when you are stressed, crying can be the quickest way to get past it.

Essential Oils

Cypress, clary sage, eucalyptus, pine, thyme, tea tree.

Other ways to nourish the metal element are

- Regular skin care routines such as exfoliating or body brushing
Moderate exposure to direct sunlight; (around 30 minutes a day to at least half of the body)
- Boost immune function by taking antioxidants, probiotics and vitamins, washing your hands, eating healthy, getting plenty of rest, and exercising regularly;
- Dryness can be an issue for this group so be sure to drink plenty of fluids and moisturise your skin with natural oils such as coconut.

Recommended Food

Burdock root, cabbage, carrot, daikon radish, seaweed, agar, spinach, watercress, apple, banana, prune, fig, mulberry, peach, Asian pear, Bartlett pear, persimmon, strawberry, soybean, tofu, asparagus, bok choy, beet, cauliflower, egg whites, eggplant, white potato, pumpkin, snow pea, jicama, barley, brown or wild rice, millet, mushroom, winter melon seed, turnip, cantaloupe, apricot, parsnip, scallion, onion, pine nut, walnut, ginger, horseradish, mustard greens, molasses, rice vinegar, garlic, berries, pineapple, sesame seed, fennel, okra, papaya, jujube date, cherry, peanut, pea, olive, almond, white bean, thyme, string bean, fish, chicken, turkey.

Food to Avoid

All dairy products, alcohol, overly spicy foods, iced drinks, caffeine, refined sugar, deep-fried and fatty foods, wheat, barbecued foods, red meat, dried or dehydrated products, artificial sweetener.

WATER ELEMENT: KIDNEY / URINARY BLADDER Kidney - Uniqueness / Water Element/ Fear

Location: The kidney meridian begins below the small toe, then comes across the bottom of the foot, up the inner back side of the thighs, through front of the chest, and down through the stomach to the top of the pubic bone.

Yang organ: Urinary bladder. The Bladder meridian runs through the left and right front sides of the forehead, through the top of the head, down the back of head, through the inner part of the scapula, down the sides of the spine, through the sacrum, the glute max, and piriformis, and down the center of the hamstring, through the back of the knees, the calves, lower leg, outside of the foot to the pinky toe.

Blocked energy: Feelings of fear and paranoia.

The Kidney Meridian is responsible for

The kidneys are the seat of courage and willpower, and are responsible for filtering waste metabolites from the blood and moving them onward to the bladder for excretion in urine.

The kidneys This part of us is like water; when roused nothing can get in our way, when quiet - it can still erode a mighty mountain. When the Kidney is out of balance - we may not have the will to do anything.

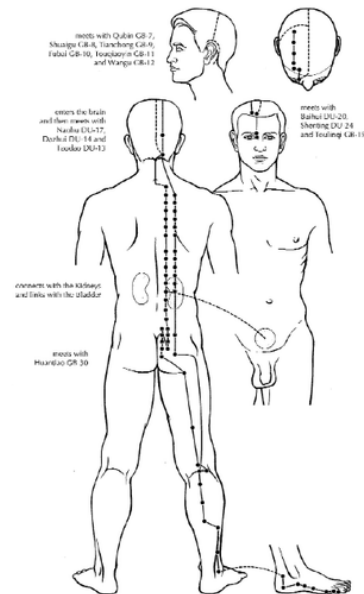
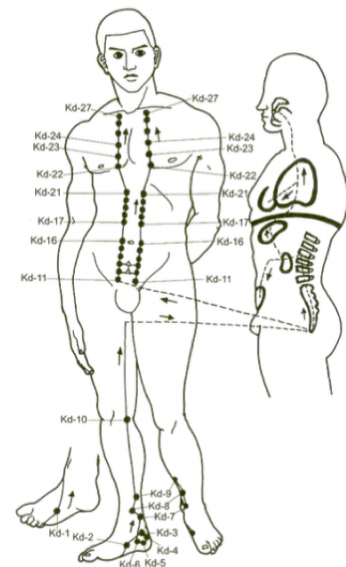
The Urinary Bladder Meridian is responsible for

The Bladder Meridian is where our vital energy is stored for times of need. This is our ability to hold on to ideas, to stay with things and to retain vital chi itself. If we are tired, it is good to look at the Bladder meridian.

The Water Element

Flowing, compassionate and having great depth of character describe the water element personality. They tend to be quiet and reserved, and conserve their energy. They prefer not to force themselves or their ideals on others. They tend to be tall with long fingers, toes and earlobes. They can detox easily through their skin and tend to sweat more than the other elements.

Fear is the emotion commonly associated with the water element and fear may be a common response to stress for water element people. The kidneys and urinary bladder are the representative organs for the water element; you can see why as they are chiefly responsible for water regulation in the body in both eastern and western medicine.



When in balance

In the flow; moving forward, responsible expression for emotions, fearless.

Season & life stage

Winter is the time of year for the water element. The phase of life is after one has completed the transition in life until death. The kidneys are where our ancient or genetic information is stored. If creating humans is on your to do list, you will want to do all you can to nourish your kidneys. Your willpower is also said to come from your kidney energy and water element. If you feel you are lacking willpower, add some kidney nourishing activities to your routine.

Strengths

Innovative, courageous, realistic, adaptable, intelligent, adventurous, sociable, visionary, precise planners, out of the box thinkers, great debaters, idea generators, strong knees and backs, and the ability to flow with any situation.

Weaknesses

Drifter, easily unfocused, selfish, easily influenced, overly independent, moody, pessimistic, extremist, loner, easily unfocused, unpredictable, weak knees and back, and can be paralyzed by fear.

How to Nourish your Water Element

Water people can be elegant, graceful and easy going. When in good health they are great at facilitating the flow of energy and conversation between people. They make great negotiators because they are receptive as well as persistent and persuasive. Mountains are turned into sand by water. When out of balance water element people can be fearful. They might find themselves frozen or stuck in their life, paralyzed by fear.

Essential Oils

Cedar wood, geranium, ginger, juniper, thyme.

Here are some ways to nourish the water element

- Be sure you are consuming enough sea salt in your diet;
- Protect your low back and knees;
- Stay hydrated;
- Detoxify your kidneys occasionally, and be mindful of your urogenital health.
- Become conscious of your fears, acknowledge and release them through talking, journaling, meditation or ceremony.

Recommended Food

Broccoli, carrot, celery, blue corn, cucumber, daikon radish, eggplant, lotus root, seaweed, snow pea, soybean, avocado, spinach, zucchini, watercress, watermelon, mulberry, pear, millet, pearl barley,

amaranth, quinoa, black bean, bamboo shoot, blueberry, blackberry, cabbage, leek, shiitake mushroom, potato, squash, winter melon, cantaloupe, chives, shallot, jujube date, green bean, mustard greens, parsnip, grape, raspberry, black bean, cashew, chestnut, walnut, sesame seed, venison, livers, chicken, beef, lamb, fish, adzuki bean, peanut, pea, lotus seed, coconut, black rice, wild rice, oregano.

Food to Avoid

Overly salty foods, alcohol, caffeine, fatty and deep fried foods, iced drinks, raw vegetables, and fruits, dairy, refined sugar, deep-fried and fatty foods, wheat, yeast, artificial sweetener.

WOOD ELEMENT: LIVER / GALBLADDER

Liver - Growth & Renewal / Wood Element / Anger, frustration, aggression, annoyance

Location: The Liver Meridian starts inside of the big toenail, crosses the top of the foot, passes in front of the inside ankle and the inner aspect of the leg. It continues upwards, passes the knee, continues along the inner thigh to the groin and pubic region. It connects with the conception vessel in the lower abdomen and further up enters both the liver and gallbladder, then dips into the rib cage, runs up through the throat, opening the eye, and ends at the crown of the head.

Yang organ: Gallbladder: This meridian travels from the front of body from around the 5th rib to the 8th rib, and top of the iliac crest, and then to the back body of the same location, through glute med, down the outer thigh.

The Liver Meridian is responsible for filtering, detoxifying, nourishing, replenishing, and storing blood. It regulates the amount of blood circulating, withdrawing and storing it when resting or sleeping, and releasing it during exercise.

Blocked energy: A lack of creativity, and feelings of anger, jealousy and rage.

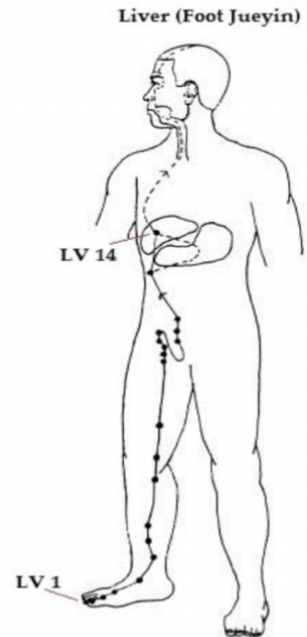
The liver meridian is responsible for

The Liver Meridian is the meridian of planning and action. It is like the general of the army, it plans what needs to be done to move forward and does it! If we have problems getting things done or procrastinate with our decisions this can come from the Liver meridian.

The gallbladder meridian is responsible for

The Gallbladder is the meridian of judgment and vision. It helps us to see the future, to have flexibility and hope. If we are having trouble with seeing things or if we are rigid in our attitudes this can come from the Gallbladder. With no vision for the future - there is no hope.

Wood Element

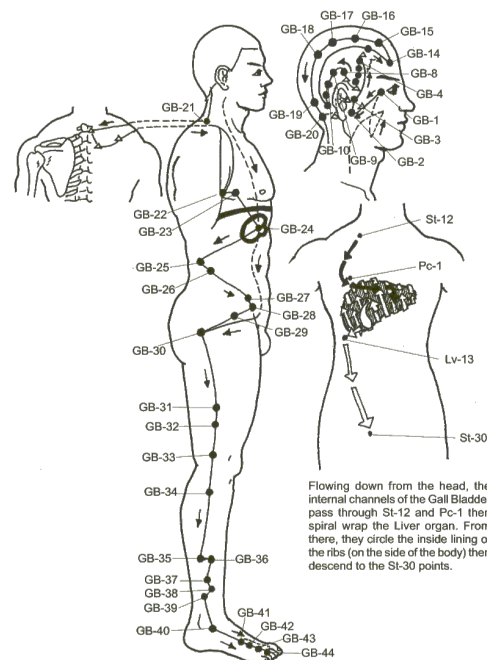


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Like bamboo wood element people can be strong and flexible. They tend to be thinner with chiseled features and well defined muscles. They can be short tempered and prone to emotional outbursts as well. Wood elements tend to have more olive toned and oily skin than the other elements. The liver and the gallbladder are the organs related to the wood element. The liver is in charge of storing and moving the blood. It plays a big role in sleep and in the menstrual cycle of women. The gallbladder is seen as the judge of the body. When you are having difficulty making decisions in life it can be related to a gallbladder deficiency.

The Wood element rules the ligaments and tendons. It is said to flower in the eyes. The associated emotions are anger, resentment, jealousy, envy and frustration. Overindulgence is a problem for people of this element and they may tend to overdo things in many aspects of their life.

You can hear an excessive wood element person when you enter a crowded room as they are often the loudest ones. Spring is the time of year when this element should be its strongest. Birth to adolescence is the developmental phase of life that is dominated by the wood element.

Below is a brief list of traits that are associated with the wood element. The weaknesses of each element become more prevalent when a person is out of balance, sick, run down, not taking care of themselves, and has little introspection or understanding of the world around them.

When in balance

Healthy, living a balanced life, and has a good understanding of themselves and the world around them.

Season & life stage

Wood's season is spring, the time of planting seeds, beginnings, and new growth and the warming up from complete Yin-cold to Yang-hot (i.e. from Water to Fire); life stage is birth

Strengths

Resilient, quick witted, flexible, resourceful, shrewd, detailed, fierce, independent, determined, kind, loyal, generous, protective, physically strong, athletic, and persevering.

Weaknesses

Stubborn, manipulative, dependent, lazy, superficial, attention seeking, melodramatic, too sensitive, low self esteem, selfish, rigid, aggressive, vain, critical, weak ligaments and tendons, eye problems and addiction.

How to Nourish your Wood Element

Bamboo is a representative symbol for the wood element. Wood element people are strong, flexible and able to withstand the occasional storms that blow through life. They are versatile and sturdy. Because the liver and gallbladder are the representative organs for this element; wood element

people need to take care of their liver and gallbladder. They can be prone to overindulgence in substances and behaviours; so they need to be mindful of their life choices.

Essential Oils

Bergamot, chamomile, grapefruit, sweet orange.

Best ways to nourish the wood element

- Decrease your intake of toxic chemicals;
- Avoid alcohol and stimulants;
- Do a liver cleanse once or twice a year;
- Get at least 6 hours of uninterrupted sleep each night;
- Be asleep between 1am and 3am;
- Exercise moderately to vigorously at least 3 times a week;
- Stretch your body gently everyday; and
- Release any anger, resentment, jealousy or frustration; held, these turn into toxins

Recommended Food

Beet, carrot, collard greens, Swiss chard, kale, mustard greens, parsley, dandelion, spinach, turnip, yam, sweet potato, tomato, asparagus, corn, pearl barley, barley, Brussels sprouts, broccoli, rhubarb, squash, winter melon, zucchini, pumpkin, (and seeds), flaxseed (and oil), sunflower seed, olive (and oil), honey, seaweed, mushrooms, bamboo shoots, peppermint, spear-mint, lentil, split pea artichoke, mung bean, soybean, black bean, grape, loquat, kiwi, nectarine, litchi fruit, plum, raspberry, blueberry, cranberry, strawberry, basil, sesame seed (and oil), rice vinegar, sage bran, chicken, turkey, fish, egg whites.

Foods To Avoid

Deep fried and fatty foods, alcohol, caffeine, sugar, overly sour foods, iced drinks, dairy products, wheat, barley, yeast, pork, red meat, peanut, banana, fruit juice, orange, artificial sweetener.

FIRE ELEMENT: HEART / SMALL INTESTINE Heart - Expression / Fire Element/ Joy

Location: The heart meridian originates from the heart, passes through the diaphragm to connect with the small intestine. It runs to the lung, then turns downward along the arm. It ends in the inner tip of the little finger. The heart meridian is exclusive to the front body.

Yang organ: Small intestine. The SI meridian runs from the pinky finger nail, up the back inner side of the arm, through the scapulas, and up the last part of the traps.

Blocked energy: Will result in sleep issues, anxiety, shortness of breath, excessive sweating. The heart meridian reveals itself through the brightness in the eyes, rules the blood and directs circulation - it is the House of the Spirit.

The heart meridian is responsible for

The Heart Meridian is like the king or queen. It is the ruler of the kingdom and as such, holds the space for the other officials to do their job. As with any government if it is weak the whole kingdom feels insecure and on shaky ground. For us this may feel like anxiety, as nothing feels safe or secure.

The small intestine is responsible for

The Small Intestine is the sorter of pure from impure. Whether that is from food, sound around us or the nightly news; it sorts out what we need to take in. It helps us not be in a muddle.

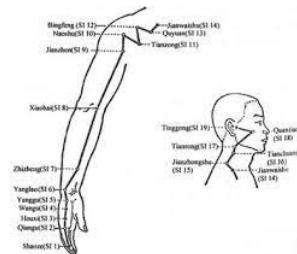
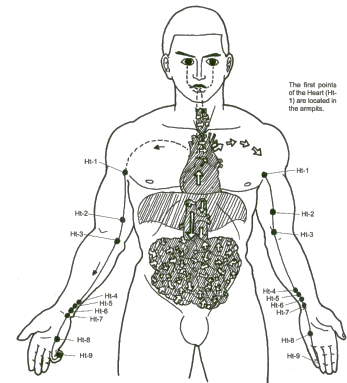
Fire Element

Fair skinned with a reddish complexion are some of the physical characteristics of the fire element. This person may have a pointier head and delicate features. Fire element types are also known for their robust personalities.

The fire element is unusual in that it has four organs associated with it: Heart, Small Intestines, Pericardium and San Jiao. The heart is seen as the emperor in Traditional Chinese Medicine. You do not treat the heart directly; instead you strengthen the other organs so they will in turn nourish the heart.

The pericardium is the heart's protector. The small intestines help us to sort things out both from a nutrition and emotional perspective. The San Jiao is an organ in Oriental Medicine; described as a bag that envelops all of the organs and helps to increase communication between the organs, systems and elements.

The emotion associated with the fire element is joy and the ability to experience happiness and contentment in our lives. A fire element person can be boisterous and excitable. They tend to focus on



their own needs, they like the finer things in life, and to be the center of attention. They can have red hair, red complexion, and delicate features.

The cardiovascular system is part of the fire element. Those with heart disease have an imbalance in their fire element and would benefit from nourishing their fire element.

When in balance

Able to enjoy life, appreciate the small things, be loving and joyful.

Season & life stage

Summer is the season of the fire element. The developmental phase is from adolescence to early adulthood. Below is a list of strengths and weaknesses associated with the fire element.

Strengths

Creative, generous, expressive, optimistic, confident, friendly, energetic, committed, loyal, considerate, intelligent, loving, charismatic, and the ability to fully appreciate and enjoy life.

Weaknesses

Egotistical, cautious, unrealistic, aloof, self-centered, insensitive, habitual, narrow minded, unstable, critical, complainer, needy, and prone to cardiovascular disease.

How to Nourish your Fire Element

Fire element people can be prone to inflammation and cardiovascular disease. In order to prevent pain and disease be sure to eat cooling foods, greens and bitters. Additional ways to nourish the fire element are:

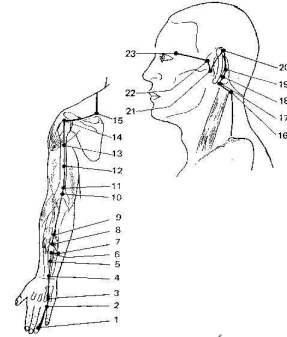
- Rest and take it easy regularly;
- Protect your cardiovascular system with essential fatty acids in your daily diet;
- Exercise moderately and frequently like walking, yoga or cycling; and
Ingest antioxidants like vitamin C, selenium and Coenzyme Q10.

Essential Oils

Cardamom, frankincense, lemon, marjoram, myrrh, patchouli, peppermint, sandalwood, Jasmine, lavender, neroli, rose, rosemary, ylang ylang.

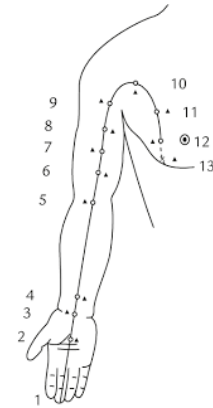
Pericardium (yin) / Triple Burner / Warmer Meridian (yang) / related to the Fire Element

The Pericardium is known as the 'King's Bodyguard', the pericardium is the heart's protective sack. In Chinese Medicine it is a Fire organ whose special job is to protect the heart. Not only does the pericardium physically protect the heart, its energy also protects the heart energetically from damage and disruption by excessive emotions from other organs and external sources. In the Chinese system of health, extreme emotional outbursts are seen as powerful disruptors of balance and a major cause of disease. Without the pericardium to protect it, the heart could be gravely injured by every-day emotional fluctuations.



The pericardium is located through the palm, inside of middle finger, up the inner arm and to the outer edge of the pectorals.

The Yang meridian: Triple Warmer (aka triple burner), runs from the nail of the 4th (ring) finger, up the forearm, where it transitions to the back body to follow the path of the Pericardium, however is slightly more toward the outer side of the body.



Pericardium Consciousness Issues

Heart Protection, Joy, Vulnerability, Love, Self Love, Self- Acceptance, Self-Expression, Relation to self, Relation to Others, Openness.

Blocked energy

Pericardium imbalance can manifest as chronic damaging relationship patterns, chest discomfort due to inflammation, or liquid around the heart; other signs of imbalance include:

- Guarded behaviour
- Relationship fears
- Excessive vulnerability
- Too much joy
- Incessant laughter
- Giggling out of control
- Mental Disturbance
- Phobias
- Sexual perversion
- Inappropriate intimacy or fear of intimacy
- Depression
- Stiff Neck
- Nausea
- Vomiting
- Vertigo

- A pericardium excess can give rise to uncontrollable laughter, while deficiency can manifest as profound sadness

The Yang Organ is called the Triple Burner (or warmer). In TCM, this is considered a meridian "special concept", as there is no corresponding organ in western medicine. The triple burner is actually a collective term for the upper, middle and lower burner. The Chinese word "triple burner" actually means "three parts which burn or scorch." The pericardium refers to the the membrane enclosing the heart, consisting of an outer fibrous layer and an inner double layer of membrane.

The triple warmer meridian starts on the outside of the ring finger, traces up the arm, over the shoulder, up the neck, to the base of the ear and around it to the temple, and ends at the outer corner of the eyebrow.

How to soothe the triple warmer

- Place your fingers at your temples. Hold for one deep breath, breathing in through your nose and out through your mouth;
- On another deep breath, slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure;
- On the out breath, slide your fingers down and behind your neck and hang them on your shoulders;
- Push your fingers into your shoulders, and when you are ready drag them over the top of your shoulders and smooth them to the middle of your chest over your heart.
- Reduce excess energy and bring a sense of relaxation and calm to the body. It is very helpful right before going to sleep.
- Take a deep breath in; using the opposite hand, begin at the temple, trace down over ear, around to the shoulder, to the elbow and around to the 4th (ring) finger;
- Pull off 4th finger;
- Trace the meridian slowly 3 times;
- Repeat on the opposite side.

Calm anxiety and worry:

On the back side of your hand, find the groove between the ring and pinky fingers; Tap into the groove while thinking of stress; also you can simply rest your flat hand on your heart and tap in the groove.).

This exercise is helpful if one is feeling overwhelmed or not sleeping well. This exercise is good to do when you wake up in the middle of the night and cannot fall back to sleep:

Place a hand behind your neck, notice the soft spot indent in the center of your neck. Move to the outside after you go over the tendons, there is a slight indent, those are the neurovascular points; Gently hold the area with a flat hand. Do not press in. Hold the area for at least 2 minutes; Repeat with the other side.

A calming method suitable for anytime of day:

Place LEFT hand on your right rib cage (on the spleen about 6 inches down);

Place RIGHT hand on the back of the left elbow (on the triple warmer meridian);

Take several gentle inhales and exhales;

Repeat on both sides.

Recommended Food

Bok choy, red cabbage, red chard, turnip, radish, celery, spinach, red potato, red bell pepper, cauliflower, carrot, mustard greens, tomato, mushroom, buckwheat, beet root (and greens), celery, asparagus, lemon, sunflower seed, pear, pomegranate, mulberry, red apple, wheat bran, raspberry, strawberry, cranberry, brown rice, quinoa, amaranth, adzuki bean, kidney bean, soybean, tofu, red jujube date, coconut, carob, hawthorn berry, rosemary, tarragon, savory, safflower, endive, chili pepper, chicken, shrimp, fish, goat dairy, egg, olive oil, flaxseed oil, canola oil.

Foods To Avoid

Rich and greasy foods, cow dairy, deep fried and fatty foods, red meat, refined sugar, sweets, alcohol, caffeine, wheat, yeast, overly spicy foods, artificial sweetener.

ORGANS

Spleen

Part of the immune system
The largest lymphatic organ
Contains white blood cells that fight infection
Helps control the amount of blood in the body
Disposes of old or damaged blood cells

Stomach

A muscular organ
Part of the digestive system
Where the major part of digestion occurs
Receives food from the oesophagus
Secretes acid and enzymes that digest food
Contracts to churn food and enhance digestion
then passes food to the small intestine

Lungs

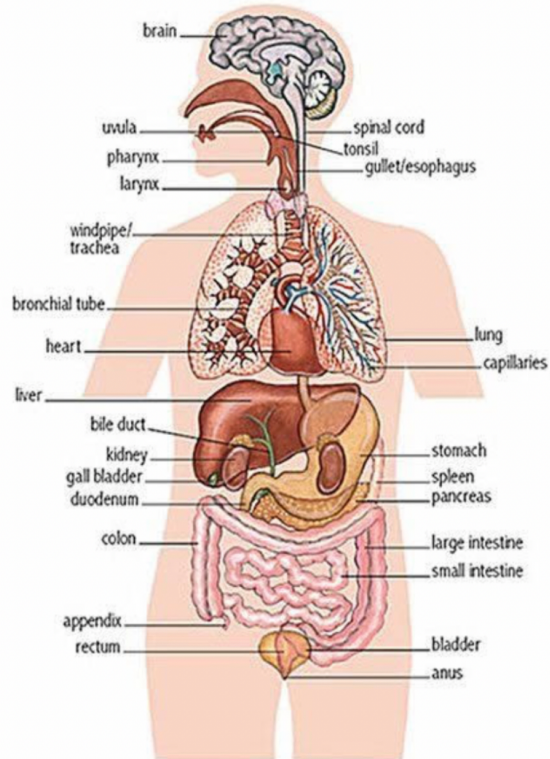
A pair of spongy, air filled organs
Expand and contract as we breathe
Help move fresh oxygen into our body, and eliminate waste gases

Large Intestine

The large bowel or colon
The last part of the digestive system
Water is absorbed here
The remaining waste is stored as x before being removed by defecation

Kidneys

Remove waste and extra water and toxins from the blood
Each kidney is a system of millions of tiny filters called nephrons
A nephron has two parts: The glomerulus (the first part of the filter), that strains the blood cells and large molecules from the toxins and fluid, the fluid and toxins then pass through then go through the tubule.
The Tubule collects minerals that the body needs and puts them back into the bloodstream and filters out more toxins



Bladder

Part of the urinary system (renal system)

Produces, stores and eliminates urine

The kidneys make urine by filtering waste and extra water from the blood, it then travels from the kidneys through two tubes (ureters) and fills the bladder

Liver

Part of the digestive system

The body's second largest organ (next to the skin) Plays an important role in detoxifying the body

Regulate blood levels of amino acids which form the building blocks of proteins

Converts excess glucose into glycogen for storage, which is later converted back to glucose for energy

Produces cholesterol and special proteins that help carry fats through the body

Produces bile

Gallbladder

Part of the digestive system

A small pouch that sits under the liver Stores bile that is produced by the liver

Heart

Responsible for pumping blood throughout our body

Pumps oxygenated blood and hormones to body

Received deoxygenated blood and metabolic waste products and sends them to the lungs for oxygenation

Maintains blood pressure

Small Intestine

20 feet long and one inch in diameter

It's job is to absorb most of the nutrients from what we eat and drink before it passes to the large intestine