

HEART & SMALL INTESTINE HEALTH SHEET

Meridian Associations	
Element	Fire
Season	Summer
Color	Red
Time of Day	11 a.m.-1 p.m.
Body Tissue	Blood vessels
Voice Sound	Laughter
Sense Organ	Tongue
Reflects	Complexion
Emotion	Joy
Healing Tone	HAWWW

Functions according to Western Medicine

Heart

- Removes metabolic waste
- Pumps blood throughout the body
- Facilitates the movement of oxygen, nutrients and hormones

Small Intestine

- Supports the digestive process with the chemical breakdown of proteins, fats and carbohydrates
- Facilitates absorption of food molecules into the bloodstream
- Aids in the secretion of bile, pancreatic and other digestive fluids

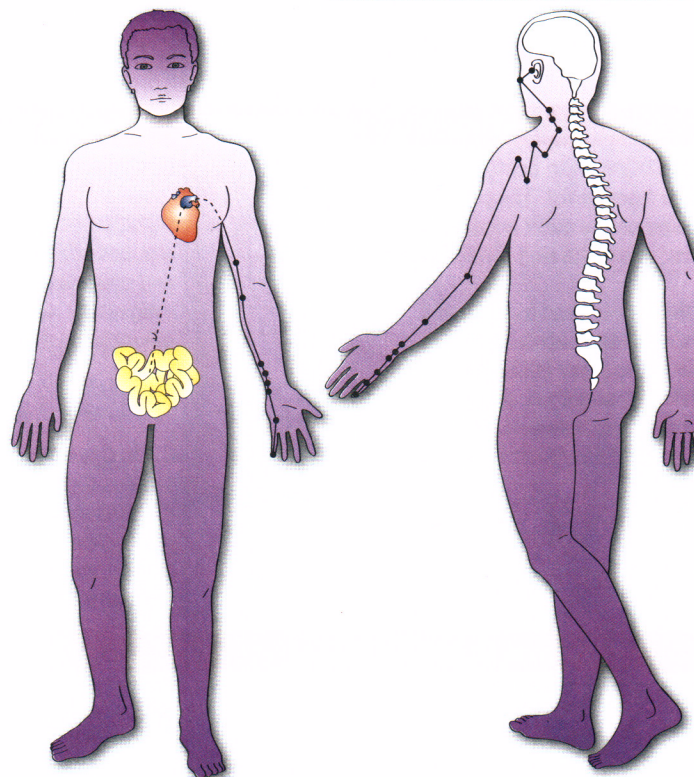
Functions according to Eastern Medicine

Heart

- Controls sweat
- Opens into the tongue, reflecting Heart health
- Controls blood vessels and circulation
- Supports and controls mental activities
- Manifests upon the complexion
- Houses the "Shen," which is equivalent to the mind

Small Intestine

- Governs ingested fluids and foods, separating the "clean" from the "impure"
- Sends food to the Large Intestine for reabsorption
- Sends impurities to the Bladder to be released as urine



PHYSICAL SYMPTOMS:

- ☐ Anemia
- ☐ Angina
- ☐ Aversion to heat
- ☐ Celiac disease
- ☐ Difficulty turning head
- ☐ Frozen shoulder
- ☐ Hardening of arteries
- ☐ Hearing problems
- ☐ Heart attacks
- ☐ Hemorrhoids
- ☐ High blood pressure
- ☐ Hot and/or painful joints
- ☐ Hot flashes
- ☐ Insomnia
- ☐ Low blood pressure
- ☐ Pain in lower abdomen
- ☐ Poor circulation
- ☐ Red/ashen facial color
- ☐ Stiff neck and/or shoulders
- ☐ Tennis elbow

- ☐ Thrombosis

- ☐ Urinary problems
- ☐ Varicose veins
- ☐ Weak, irregular pulse
- ☐ Weak abdominal tone

EMOTIONAL SYMPTOMS: (Eastern view)

- ☐ Agitation
- ☐ Anxiety
- ☐ Continuous laughter
- ☐ Critical, cynical behavior
- ☐ Excessive and/or vivid dreaming
- ☐ Forgetfulness
- ☐ Lack of joy or humor
- ☐ Lack of self-love
- ☐ Mania
- ☐ Mental confusion
- ☐ Poor self-esteem
- ☐ Restlessness

FOODS TO ADD:

- | | | |
|--|--|-----------------------------------|
| <input type="radio"/> All fruit | <input type="radio"/> Dandelion | <input type="radio"/> Olive oil |
| <input type="radio"/> Amaranth | <input type="radio"/> Dark, leafy greens | <input type="radio"/> Oysters |
| <input type="radio"/> Asparagus | <input type="radio"/> Dates | <input type="radio"/> Paprika |
| <input type="radio"/> Basil | <input type="radio"/> Dill | <input type="radio"/> Parsley |
| <input type="radio"/> Black beans | <input type="radio"/> Endive | <input type="radio"/> Persimmons |
| <input type="radio"/> Brussels sprouts | <input type="radio"/> Figs | <input type="radio"/> Quinces |
| <input type="radio"/> Buckwheat | <input type="radio"/> Grapes | <input type="radio"/> Raspberries |
| <input type="radio"/> Celery | <input type="radio"/> Green beans | <input type="radio"/> Red beets |
| <input type="radio"/> Chicory | <input type="radio"/> Kidney beans | <input type="radio"/> Red lentils |
| <input type="radio"/> Chives | <input type="radio"/> Lettuce | <input type="radio"/> Salmon |
| <input type="radio"/> Cinnamon | <input type="radio"/> Marrow soup | <input type="radio"/> Squash |
| <input type="radio"/> Crab apples | <input type="radio"/> Mung beans | <input type="radio"/> Spinach |
| <input type="radio"/> Cucumbers | <input type="radio"/> Nettle | <input type="radio"/> Vegetables |

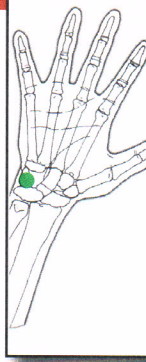
AVOID:

- | | | |
|--------------------------------------|---------------------------------------|-------------------------------------|
| <input type="radio"/> Bacon | <input type="radio"/> High-fat snacks | <input type="radio"/> Red meat |
| <input type="radio"/> Butter | <input type="radio"/> Ice cream | <input type="radio"/> Saturated fat |
| <input type="radio"/> Candy | <input type="radio"/> Lard | <input type="radio"/> Whole milk |
| <input type="radio"/> Canned soup | <input type="radio"/> Mayonnaise | |
| <input type="radio"/> Canned veggies | <input type="radio"/> Potato chips | |
| <input type="radio"/> Fried foods | <input type="radio"/> Salt | |
| <input type="radio"/> Hot dogs | <input type="radio"/> Sugar | |

Heart 7

LOCATION: With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.

FUNCTION: Promotes a calm mind, alleviates anxiety, stimulates memory, and corrects insomnia. Also useful in alleviating hysteria, sadness, fear and fright, heart palpitations, and shortness of breath.

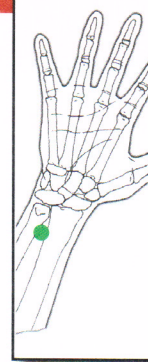


Rub 1 2 3 4 times a day week month
For 15 30 60 seconds

Pericardium 6

LOCATION: On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease.

FUNCTION: Used to reduce irritability, anxiety and stress. Helps regulate discomfort and pain in the hypochondriac region and chest, relieves irregular or painful menses and PMS. Also good for poor memory, insomnia, stomach ache, nausea, vomiting, wrist pain, and neck aches.

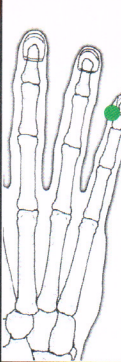


Rub 1 2 3 4 times a day week month
For 15 30 60 seconds

Heart 9

LOCATION: On the top of the hand, in the indentation next to the nail, on the radial side of the pinky finger.

FUNCTION: Used for dry mouth, night sweats, insomnia, mania, and mental restlessness. It is also good for chest and rib pain, heart palpitations, cardiac pain, painful and swollen tongue, red and painful eyes, and contraction of hand and elbow. This point has also been used in emergency situations for loss of consciousness and heart attacks.

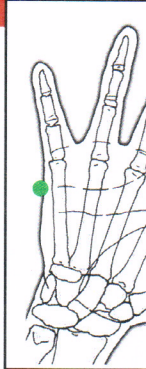


Rub 1 2 3 4 times a day week month
For 15 30 60 seconds

Small Intestine 3

LOCATION: With palm facing up, make a gentle fist. The point is located on the outer edge of your palm, where the skin protrudes out.

FUNCTION: Used for stiff neck and shoulders, acute strain and pain of the lower back, headaches, dizziness, earaches, ringing in ears, red eyes, night sweats, sore throat, mania, and mouth and cheek pain.



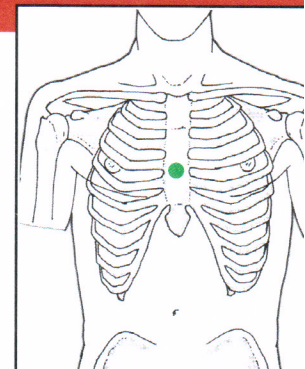
Rub 1 2 3 4 times a day week month
For 15 30 60 seconds

Conception Vessel 17 • The Heart Alarm Point

LOCATION: At center of sternum (breastbone), between the nipples.

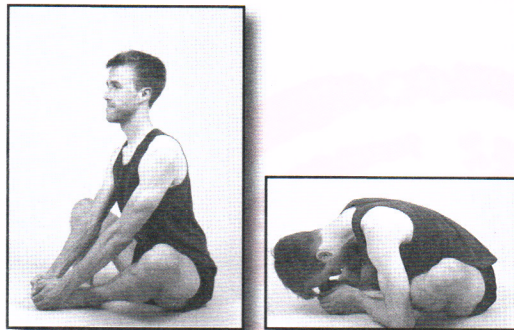
FUNCTION: Restores balance to both the Heart and Small Intestine, regulates Qi and blood, strengthens the Lungs, benefits the breasts and promotes lactation. Also good for asthma, chest pain and tightness, indigestion, cough, dyspnea, hiccup, intercostal neuralgia, mastitis, palpitations, respiratory disorders, throat disorders, and wheezing.

Rub 1 2 3 4 times a day week month
For 15 30 60 seconds



Criss Cross Crawl: This simple exercise helps to balance emotional and anxious energies, while facilitating clear thinking and improved coordination. It is also useful for mental and physical exhaustion. In a standing pose, raise your right arm up, while at the same time bending and lifting your left leg. Lower them down. Raise your left arm up, while at the same time bending and lifting your right leg. Lower and repeat. This exercise is like an exaggerated marching motion.

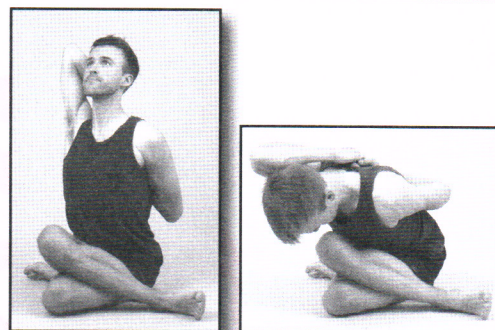
Forward Butterfly Pose



- 1) In a sitting position, place soles of feet together and press them together with your hands.
- 2) Pull your feet back as close to your groin as possible. Wrap your hands over your toes and extend your elbows out, away from your body.
- 3) As you exhale, gently bend forward. Push feet together with your hands and keep thighs as close to the floor as possible. Relax your neck and shoulders.
- 4) With each inhalation, use your breath to expand your rib cage and the upper part of your back, behind your shoulder blades. Keep pressing elbows and thighs to the floor. With each exhalation, allow your body to relax and deepen into the pose.
- 5) Relax, breathe, repeat and return to a sitting position. **Avoid if you have knee pain.**

Perform 1 2 3 4 times a day week month
Hold for 15 30 60 90 seconds

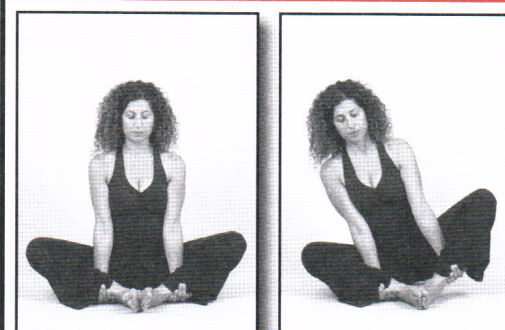
Back Scratch Pose



- 1) Sit in a comfortable cross-legged position with the right leg over the left. Slide your knees together until they are almost on top of each other, and your feet are close to the opposite hip.
- 2) Raise your right arm straight up, bend the elbow, and reach your hand down behind your back. Bring your left arm behind your back and try to grab your right hand. If you cannot clasp your hands together, place a belt or towel in your right hand and grab it with your left.
- 3) As you inhale, raise your head up, pressing it against your raised arm, and filling your back, shoulders and chest with breath.
- 4) As you exhale, bend forward slightly. Hold this position for a few breaths. Gently rise, release your arms and reverse your leg and arm position. Left knee on top, left elbow pointing upwards. **Do not attempt if you have a shoulder injury.**

Perform 1 2 3 4 times a day week month
Hold for 15 30 60 90 seconds

Side-to-Side Teeter Totter Pose



- 1) Place the soles of your feet together.
- 2) Pull them back as close to your groin as possible.
- 3) Place hands, palms up, under your ankles and hold them.
- 4) Rest your elbows on top of your inner thighs, keep your back straight, and apply a slight downward pressure with your elbows.
- 5) Press your knees downward, closer to the floor, without straining them.
- 6) Use your weight and elbow to press your right leg down, then release. Do the same for the left side. Use the momentum to rock from side-to-side.

Perform 1 2 3 4 times a day week month
Hold for 15 30 60 90 seconds