

<b>Element</b>	Water
<b>Season</b>	Winter
<b>Color</b>	Black/Purple
<b>Time of Day</b>	5-7 p.m.
<b>Body Tissue</b>	Bones & Marrow
<b>Voice Sound</b>	Moaning
<b>Sense Organ</b>	Ears
<b>Reflects</b>	Hair
<b>Emotion</b>	Fear
<b>Healing Tone</b>	WOOOO

## Functions according to Western Medicine

### Kidneys

- Filters and purifies blood and body fluids
- Removes excess water, salts and other substances from the blood and sends it to the Bladder in the form of urine
- Maintains pH, mineral, electrolyte and chemical balance
- Removes toxins from the body

### Bladder

- Stores and controls the release of urine
- Removes liquid waste and toxins out of the body

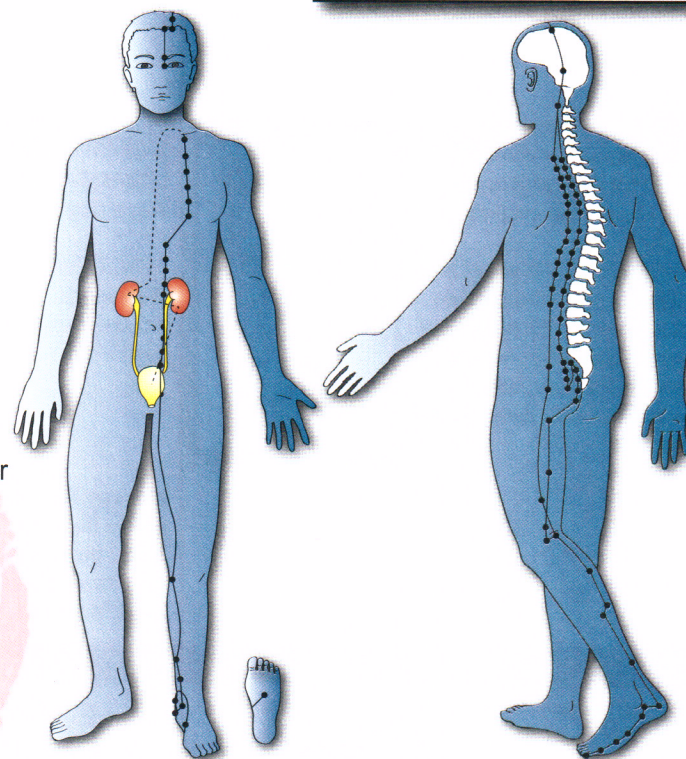
## Functions according to Eastern Medicine

### Kidneys

- Governs reproduction
- Produces bone marrow
- Regulates water movement
- Influences growth and development
- Controls and activates sexual energy
- Determines the vitality and length of our lives
- Controls and supports the health and strength of the bones
- Stores inherited constitution (Vital Essence) called Jing Qi
- Separates "clear" fluid from "turbid" fluid and sends "turbid" fluid to Bladder
- Houses the "Zhi," which is in charge of mental drive and courage, and provides determination and focus to accomplish goals and dreams

### Bladder

- Stores and excretes urine
- Helps maintain normal fluid levels in the body



### PHYSICAL SYMPTOMS:

- Adrenal weakness
- Asthma
- Backache
- Bladder problems
- Broken, split and/or dull hair
- Cystitis
- Dark rings under eyes
- Dull, throbbing headache
- Frequent urination
- High blood pressure
- Impotence
- Kidney stones
- Knee problems
- Lack of libido
- Learning difficulties
- Lethargy and/or fatigue
- Loose stools
- Loss of hair
- Muscular tension
- Poor memory
- Poor teeth
- Premature aging
- Premature graying
- Prostate disorders
- Sciatica and lumbago

- Senility

- Shortness of breath
- Tight hamstrings and calves
- Urinary problems
- Weak and/or brittle bones
- Weakness of legs and/or knees

### EMOTIONAL SYMPTOMS: (Eastern view)

- Armoring
- Depression
- Fear
- Feeling overwhelmed
- Lack of willpower
- Moaning and groaning
- Panic attacks
- Paranoia
- Timidity

### FOODS TO ADD:

- |                  |                |                        |
|------------------|----------------|------------------------|
| ○ Abalone        | ○ Cucumbers    | ○ Peanuts              |
| ○ Adzuki beans   | ○ Dill seed    | ○ Pinto beans          |
| ○ Barley         | ○ Dulse        | ○ Polished rice        |
| ○ Beef kidney    | ○ Egg yolk     | ○ Radish leaf          |
| ○ Beet greens    | ○ Fennel       | ○ Raspberries          |
| ○ Blackberries   | ○ Green beans  | ○ Salt (In moderation) |
| ○ Black currants | ○ Hijiki       | ○ Sesame seeds         |
| ○ Blueberries    | ○ Kale         | ○ Soybeans (Black)     |
| ○ Boysenberries  | ○ Kelp         | ○ String beans         |
| ○ Buckwheat      | ○ Kidney beans | ○ Tangerines           |
| ○ Chestnuts      | ○ Lamb         | ○ Tempeh               |
| ○ Chives         | ○ Lentils      | ○ Tofu (Smoked)        |
| ○ Cinnamon bark  | ○ Lotus root   | ○ Wakame               |
| ○ Clove          | ○ Miso         | ○ Watermelon           |
| ○ Concord grapes | ○ Mung beans   | ○ Water chestnuts      |
| ○ Cranberries    | ○ Peas         |                        |

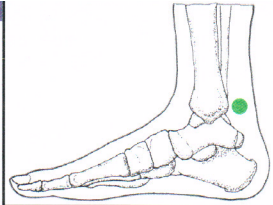
### AVOID:

- |                         |                  |                      |
|-------------------------|------------------|----------------------|
| ○ Alcohol               | ○ Corned beef    | ○ Pickles            |
| ○ Artificial sweeteners | ○ Cigarettes     | ○ Pretzels           |
| ○ Bacon                 | ○ Dairy products | ○ Potato chips       |
| ○ Buttermilk            | ○ Frozen dinners | ○ Pungent foods      |
| ○ Canned soup           | ○ Ham            | ○ Recreational drugs |
| ○ Canned veggies        | ○ Hot dogs       | ○ Salt (In excess)   |
| ○ Coffee                | ○ "Hot" foods    | ○ Sausage            |
|                         | ○ Oatmeal        | ○ Stimulants         |



### Kidney 3

**LOCATION:** In the depression between the inner ankle and Achilles tendon. Located at the same level as the ankle bone.

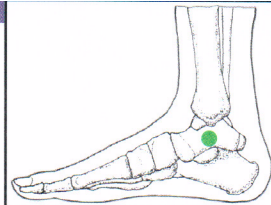


**FUNCTIONS:** Used to treat low back, ankle and foot pain, as well as abdominal pain and discomfort. Also used for deafness, tinnitus, headache, dizziness, cough, asthma, wheezing, poor memory, impotence, irregular menstruation, and excessive dreaming.

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

### Kidney 6

**LOCATION:** In the small indentation approximately 1 inch directly below the inside ankle bone.

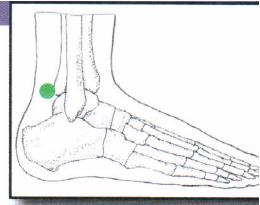


**FUNCTIONS:** Used for painful, swollen and sore throat, tightness in the throat, painful and red eyes, sleep disturbances, dizziness, irregular and painful menstruation, postpartum difficulties, genital problems, chest fullness, leg tightness, heavy limbs, ankle and foot pain.

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

### Bladder 60

**LOCATION:** In the depression between the outer ankle and Achilles tendon. Located at the same level as the ankle bone.



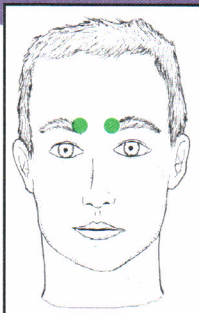
**FUNCTIONS:** Used to treat backaches, and pain in shoulder, neck and head. Also used for headaches, burning urination and painful menses.

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

### Bladder 2

**LOCATION:** Located on the inner edge of the eyebrows.

**FUNCTIONS:** This point helps with blurry and difficult vision, and red and painful eyes. Also used for headaches around or behind the eyes, sinus congestion, facial paralysis and facial tics.



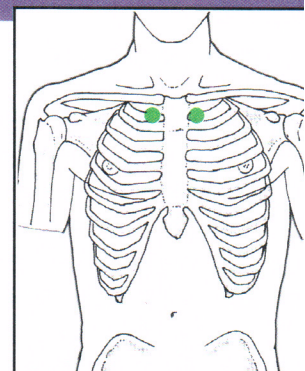
Rub 1 2 3 4 times a day week month  
For 15 30 60 seconds

### Kidney 27

**LOCATION:** Located off the breastbone, in the hollow below the collarbone. There may be a slight indentation.

**FUNCTIONS:** Strengthens the immune system, relieves allergies, alleviates drowsiness, chest congestion, breathing difficulties, asthma, coughing, hiccups, sore throats, anxiety, premenstrual tension, and depression. Also used to improve focus and performance.

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



**Awaken Your Kidney Energy:** After you locate KD 27, place the right middle finger on the left KD 27 point and the left middle finger on the right KD 27 point. Gently tap or rub these points. To enhance the effect, "hook" the middle finger of either hand into your navel. Press KD 27 with the middle finger and thumb of the other hand and softly pull upward with the finger in the navel. Breathe deeply for a few breaths.

### Forward Bend



- 1) Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
- 2) With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
- 3) As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch.
- 4) Hold this position for a few breaths.

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

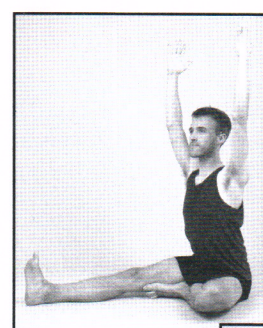
### Bicycle Pedal Leg Press



- 1) Sit on the floor with your legs stretched out in front of you. Keep your heels together and knees straight.
- 2) Take a deep breath in, as you exhale, bend your upper body forward from the hips. Grab your feet if you can; if not, grab your knees or ankles.
- 3) Relax your neck, allowing your head to hang down.
- 4) Push your left hip and left heel forward, away from you, and pull your right hip and right heel closer to you.
- 5) As you push forward with your left foot, reach forward with your extended left arm.
- 6) Rhythmically alternate the synchronized leg and arm movements for each side.

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

### Embrace the Sun Forward Bend



- 1) While sitting on the floor, stretch your left leg out to the side and bend your right leg in with your heel gently touching your groin. If this causes any discomfort, you can sit on a folded blanket.
- 2) As you inhale, raise your arms to the sky and stretch upward. Keep your back straight and turn your torso slightly toward the extended leg.
- 3) Keep your arms extended, and with an exhalation bend forward from your hips over your extended leg and relax your neck, allowing your head to hang down. Try to grab your toes, ankles or shins if you can. Hold this position for a few breaths.
- 4) Upon inhalation, raise up, switch legs and repeat for the other side. Repeat steps 1-3.

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