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

EMOTIONAL SYMPTOMS: (Eastern view)
- Senility
- Shortness of breath
- Tight hamstrings and calves
- Urinary problems
- Weak and/or brittle bones
- Weakness of legs and/or knees
- Armoring
- Depression
- Fear
- Feeling overwhelmed
- Lack of willpower
- Moaning and groaning
- Panic attacks
- Paranoid
- Paranoia
- Timidity

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

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

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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

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.

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.

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

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