

Meridian Associations	
<b>Element</b>	Wood
<b>Season</b>	Spring
<b>Color</b>	Green
<b>Time of Day</b>	1-3 a.m.
<b>Body Tissue</b>	Tendons/Ligaments
<b>Voice Sound</b>	Shouting
<b>Sense Organ</b>	Eyes
<b>Reflects</b>	Nails
<b>Emotion</b>	Anger
<b>Healing Tone</b>	SHHHH

## Functions according to Western Medicine

### Liver

- Produces proteins necessary to form clots
- Neutralizes and removes toxins from foods, medications and drugs
- Filters blood from arteries and digestive tract
- Creates bilirubin, which aids in the breakdown of old red blood cells
- Helps maintain normal blood sugar levels
- Creates blood cells in emergency circumstances
- Stores essential nutrients such as Vitamins K, D, B12, and Iron
- Removes ammonia from body fluids and secretes it in urine
- Produces bile and other substances to aid in the digestion of proteins, fats and carbohydrates

### Gallbladder

- Stores and releases bile

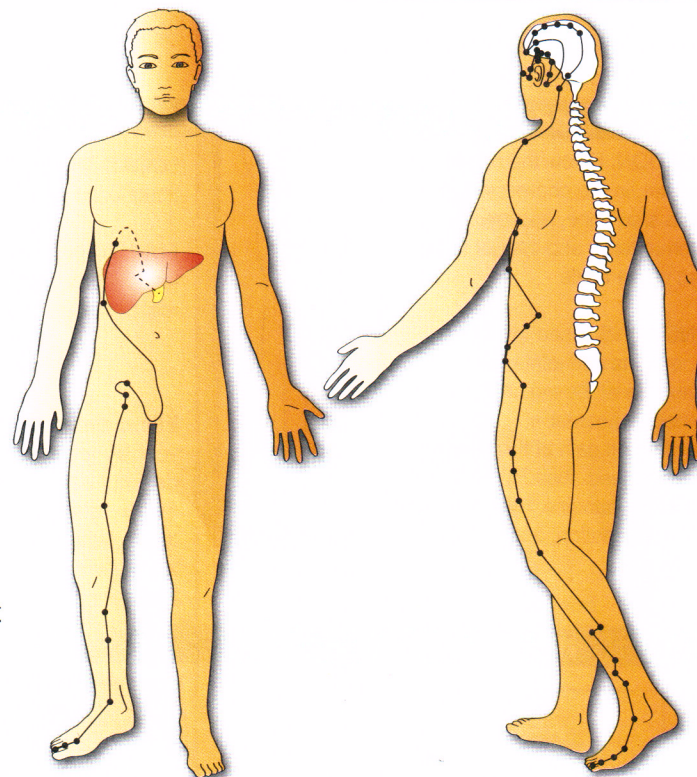
## Functions according to Eastern Medicine

### Liver

- Stores blood
- Governs emotional states
- Helps regulate menstruation
- Regulates the smooth flow of Qi
- Influences our capacity for organizing and planning
- Influences digestive functions of the Stomach and Spleen
- Controls muscular activity, including the flexibility and agility of tendons and ligaments
- Houses the "Hun," which is similar to the concept of soul or spirit, it is not physical, but ethereal

### Gallbladder

- Influences our quality and length of sleep
- Controls judgment and the capacity to make decisions



### PHYSICAL SYMPTOMS:

- ☐ Abdominal bloating
- ☐ Acid reflux
- ☐ Aversion to wind
- ☐ Blurry and/or weak vision
- ☐ Breast tenderness
- ☐ Bruising
- ☐ Constipation
- ☐ Flatulence
- ☐ Floaters in front of eyes
- ☐ Headaches or migraines
- ☐ Hemorrhoids
- ☐ Indigestion
- ☐ Irregular menstruation
- ☐ Lack of flexibility
- ☐ Menstrual cramps/PMS
- ☐ Nausea and/or vomiting
- ☐ Right side abdominal pain
- ☐ Stiff neck and/or shoulders
- ☐ Stiff muscles
- ☐ Weak and/or brittle nails

### EMOTIONAL SYMPTOMS: (Eastern view)

- ☐ Aggressive behavior
- ☐ Anger and angry outbursts
- ☐ Bitterness
- ☐ Depression
- ☐ Emotional repression
- ☐ Frustration
- ☐ Impatience
- ☐ Inability to plan or organize
- ☐ Indecision
- ☐ Irritability
- ☐ Jealousy
- ☐ Moodiness
- ☐ Negative outlook
- ☐ Nervous tension
- ☐ Over-fastidious planning
- ☐ Resentment
- ☐ Rigid and inflexible attitude
- ☐ Shouting
- ☐ Timidity

### FOODS TO ADD:

- |                                       |  |                                     |
|---------------------------------------|--|-------------------------------------|
| <input type="radio"/> Applesauce      | <input type="radio"/> Chicken livers     | <input type="radio"/> Mung beans    |
| <input type="radio"/> Artichokes      | <input type="radio"/> Chives             | <input type="radio"/> Nori          |
| <input type="radio"/> Avocados        | <input type="radio"/> Coconut milk       | <input type="radio"/> Peppermint    |
| <input type="radio"/> Basil           | <input type="radio"/> Cucumbers          | <input type="radio"/> Plums         |
| <input type="radio"/> Beef            | <input type="radio"/> Dandelion          | <input type="radio"/> Pomegranates  |
| <input type="radio"/> Beets           | <input type="radio"/> Gou Qi Zhi berries | <input type="radio"/> Quinces       |
| <input type="radio"/> Blackberries    | <input type="radio"/> Green lentils      | <input type="radio"/> Rosemary      |
| <input type="radio"/> Black-eyed peas | <input type="radio"/> Hawthorn fruit     | <input type="radio"/> Sesame seeds  |
| <input type="radio"/> Broccoli        | <input type="radio"/> Kefir              | <input type="radio"/> Sorrel        |
| <input type="radio"/> Burdock         | <input type="radio"/> Kelp               | <input type="radio"/> Summer squash |
| <input type="radio"/> Cabbage         | <input type="radio"/> Leeks              | <input type="radio"/> Triticale     |
| <input type="radio"/> Celery          | <input type="radio"/> Lychees            | <input type="radio"/> Zucchini      |

### AVOID:

- |                                       |   |  |
|---------------------------------------|---|--|
| <input type="radio"/> Alcohol         | <input type="radio"/> Greasy foods      | <input type="radio"/> Sugar and sweets |
| <input type="radio"/> Bacon           | <input type="radio"/> Nuts              |  |
| <input type="radio"/> Barbecued foods | <input type="radio"/> Potato chips      |  |
| <input type="radio"/> Canned soup     | <input type="radio"/> Pretzels          |  |
| <input type="radio"/> Canned veggies  | <input type="radio"/> Red meat (excess) |  |
| <input type="radio"/> Coffee          | <input type="radio"/> Salty foods       |  |
| <input type="radio"/> Fatty foods     | <input type="radio"/> Sausage           |  |
| <input type="radio"/> Frozen dinners  | <input type="radio"/> Sour foods        |  |

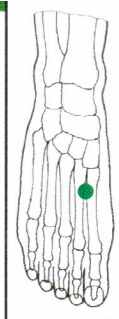
### If Damp Heat avoid:

Baked goods, citrus fruit and fruit juice, fermented food, spicy and pungent food, nuts and nut butters, vinegar, yeast bread



**LOCATION:** On the top of the foot, in the depression between where the first and second metatarsal bones meet.

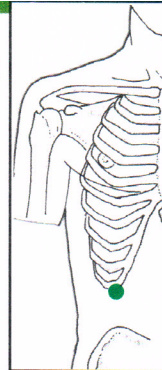
**FUNCTIONS:** Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia. **DO NOT USE DURING PREGNANCY.**



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

**LOCATION:** On the lateral side of the abdomen, below the free end of the eleventh rib.

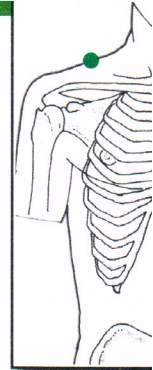
**FUNCTIONS:** Reduces pain in hypochondriac region and fullness in the chest. Also regulates digestion, relieves nausea, borborygmus, indigestion and diarrhea, and supports the function of the Spleen.



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

**LOCATION:** Midway between the middle of the throat and the highest point of the shoulder, on top of the trapezius muscle.

**FUNCTIONS:** Used for impairment of the shoulder and arm, stiffness, rigidity, and pain of the neck, shoulders and upper back. Also for cough, depression, difficult labor, uterine bleeding, breast pain and abscess. Stimulates the flow of breast milk. **DO NOT USE DURING PREGNANCY.**

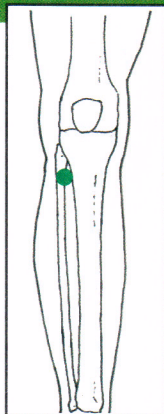


Rub 1 2 3 4 times a day week month  
For 15 30 60 seconds

### Gallbladder 34

**LOCATION:** Below the outside of the knee, in the depression, just off the shin bone. Approximately 1 inch anterior and inferior to the head of the fibula.

**FUNCTIONS:** Used to relax the tendons and joints, treats numbness of the leg, stiffness of the neck, shoulder and elbow, swelling and pain of the knees, face and head. Also for Gallbladder problems, jaundice, hypochondriac pain, constipation, and vomiting.



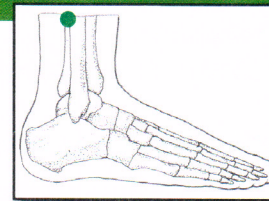
Rub 1 2 3 4 times a day week month  
For 15 30 60 seconds

### Gallbladder 39

**LOCATION:** Approximately 3 inches above the outside ankle bone, between the fibula bone and the Achilles tendon.

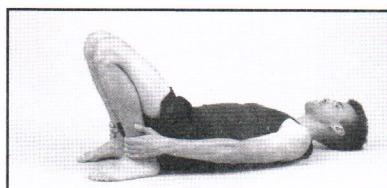
**FUNCTIONS:** Used for stiffness and pain of the neck, hips, knees and lower legs. Treats sciatica, ankle sprain, headaches, dizziness, nosebleed, fullness of the chest and abdomen, cough, hemorrhoids, mania and anxiety.

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



**Eliminate anger and frustration:** Sit comfortably on a chair with your back erect. Place your right hand on your lap, palm up, and your left hand on top of it, palm up. Close your eyes and focus your attention just under your right rib cage, where your Liver sits. Imagine it glowing with a bright, grass-green light. As you slowly inhale, raise your arms out to the side, palms up, and move them up and over your head. Now your palms are facing each other. As you exhale, gently press your teeth together saying the sound "SHHH", and lower your arms back to the starting position. Pronounce the "SHHH" sound until you have completely exhaled and your abdomen has been pulled in. Relax and repeat.

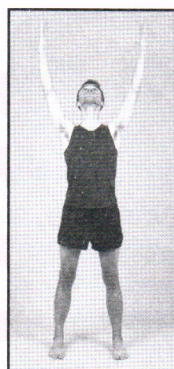
### Hip Raise Pose



- 1) While lying on your back, bend your knees, keeping feet flat on the floor. Grab hold of your ankles and pull them close to your buttock.
- 2) As you inhale, raise your hips and pelvis up, and roll your shoulders underneath you. Lift your thighs up as well. Tighten and contract your buttocks muscles. Hold this pose for a few deep breaths.
- 3) As you exhale, relax your muscles and lower back down.
- 4) Repeat a few times. When you are finished, let go of your ankles and relax completely on your back.

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

### Gather the Moon Pose

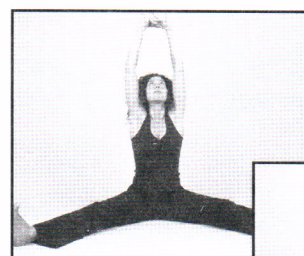


1) Stand with your feet spread shoulder-width apart and knees slightly bent. Keep your arms hanging at your sides and shoulders relaxed.

- 2) With an inhalation, raise your arms out to the side and up over your head with palms facing each other. Keep arms shoulder width apart. Exhale and relax your shoulders, but keep your arms raised. On your next exhalation, bend your body at the waist, as far to the right as possible. Do not bend forward. Keep your arms straight and knees slightly bent.
- 3) Exhale and extend the left arm, stretching the left side of your body. Inhale into the left side. Hold this pose for a few deep breaths. Exhale and gently return to an upright position.
- 4) Keeping your arms up, inhale and stretch your arms upward. With a strong exhale, bend your knees and squat like you are sitting in a chair. Inhale and stand up straight. Repeat for the opposite side.

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

### Side Bend Pose



- 1) Sit on the floor with both legs extended out to your sides. Keep your knees straight.
- 2) Clasp your hands up over your head with your palms turned upwards.
- 3) Inhale and stretch your arms up as high as they will go.
- 4) While exhaling, bend toward the right side at the waist as if you are trying to get the right elbow to touch the right knee, while keeping your left elbow pointing upward to the sky. Stretch as far as you can without causing discomfort.
- 5) Inhale into the side of your body that is facing up and exhale sinking deeper toward your leg.
- 6) Inhale, return to center and stretch your arms upward. Upon exhalation, repeat for the opposite side.

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