

Meridian Associations	
Element	Metal
Season	Fall
Color	White
Time of Day	3-5 a.m.
Body Tissue	Skin
Voice Sound	Weeping/Crying
Sense Organ	Nose
Reflects	Body hair
Emotion	Grief/Sadness
Healing Tone	SSSSS

Functions according to Western Medicine

Lungs

- Supplies the body with oxygen
- Releases "used" air that is composed of carbon dioxide and toxins

Large Intestine

- Absorbs water, salts, cellulose and food
- Forms feces that will later be excreted as waste
- Houses digestive bacteria that aid in the absorption and further breakdown of ingested foods
- Filters toxins, pollutants and viruses ingested from our environment

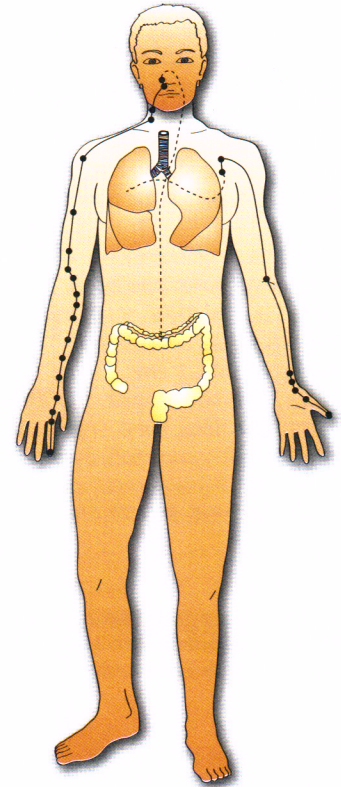
Functions according to Eastern Medicine

Lungs

- Controls Qi and breathing
- On an emotional level, they take in new concepts and ideas, absorbing what we can use and releasing what we no longer need, such as sadness, grief and old ideas
- Extracts "Clean Energy" from the air we breathe and combines it with "Food Energy" from the food we eat. Together they form "Upright Energy" that provides nourishment for our body
- Creates and distributes Defensive Qi (Wei Qi), that provides an immune system-like barrier that protects the body from harmful pathogenic factors that cause illness and disease
- Houses the "Po," which supports our basic senses such as feeling, sensing, hearing and seeing

Large Intestine

- Receives food and drink from the Small Intestine and excretes it out of the body



PHYSICAL SYMPTOMS:

- Asthma
- Bronchitis
- Chest distention
- Chest tightness
- Cough
- Circulation problems
- Dry skin
- Fatigue and/or low energy
- Frequent colds
- Hay fever and/or allergies
- Laryngitis
- Mucus
- Nasal congestion
- Pale skin
- Phlegm
- Poor sense of smell
- Psoriasis or eczema
- Runny nose
- Shortness of breath
- Sinus infections

- Sneezing
- Soft and/or weak voice
- Stiff neck and/or shoulders
- Stiff upper back
- Sweating problems
- Throat infections
- Weak immune system
- Wheezing

EMOTIONAL SYMPTOMS: (Eastern view)

- Apathy
- Boredom
- Grief
- Inability to let go
- Lack of inspiration
- Melancholy
- Sadness
- Timidity

FOODS TO ADD:

- | | | |
|-------------------|------------------|---------------------|
| ○ Adzuki beans | ○ Cooked pears | ○ Oatmeal |
| ○ Anise | ○ Dill | ○ Olives |
| ○ Basil | ○ Garlic | ○ Onions |
| ○ Caraway seeds | ○ Ginger | ○ Orange peel |
| ○ Carrots | ○ Ginseng | ○ Paprika |
| ○ Capers | ○ Grapes | ○ Parsley |
| ○ Cardamom | ○ Green onions | ○ Peaches |
| ○ Cauliflower | ○ Honey | ○ Pepper (Black) |
| ○ Cayenne pepper | ○ Horseradish | ○ Sweet rice congee |
| ○ Celery | ○ Leeks | ○ Tangerines |
| ○ Chinese cabbage | ○ Licorice | ○ Walnuts |
| ○ Cinnamon | ○ Loquat | |
| ○ Clove | ○ Lotus root | |
| ○ Cooked apples | ○ Mustard greens | |

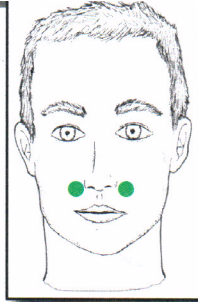
AVOID:

- | | |
|------------------|------------------------------|
| ○ Alcohol | ○ Oily foods |
| ○ Beef | ○ Overeating |
| ○ Cigarettes | ○ Raw pears |
| ○ Coffee | ○ Pork |
| ○ Dairy products | ○ Raw or iced food and drink |
| ○ Fried foods | |
| ○ Greasy foods | ○ Sugar |

If thick, yellow phlegm and Damp Heat avoid:

Alcohol, baked goods, citrus fruit and fruit juice, cooked and stewed fruit, eggs, fermented food, spicy and pungent food, nuts and nut butters, oatmeal, vinegar, yeast bread

LOCATION: On the face, level with the bottom of your nostril, on the groove that is formed when you smile.



FUNCTIONS: Used for nasal congestion and discharge, rhinitis, loss of sense of smell, sneezing, nasal polyps, and nosebleeds. Also used for itchy eyes and facial pain with swelling.

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

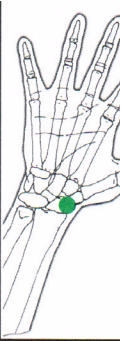
LOCATION: Approximately 1.5 inches from the base of the thumb on the styloid process of the forearm.



FUNCTIONS: Used for fever, chills, shivering, nasal congestion and discharge, sore throat, cough with or without phlegm, headache and migraines. Also used to treat toothache, facial pain, mouth, neck and wrist pain. Great point to use when you feel a cold coming on.

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

LOCATION: With palm facing up, point is located in the depression at the base of the thumb at the crease of the wrist joint.

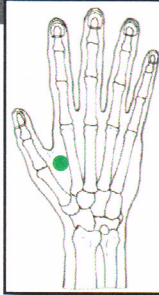


FUNCTIONS: Used for cough with or without watery phlegm, tightness of the chest, shortness of breath, asthma, digestive problems and wrist pain. Also used to strengthen the Lungs and immune system.

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

Large Intestine 4

LOCATION: On the back of the hand between the thumb and first finger. In the fleshy part of the hand.



FUNCTIONS: Used for common cold with sweating, fever, headache, red, painful eyes, and nasal congestion. Known as "The Master Pain Elimination" point, it can address pain in the body - head, neck, mouth, tooth, face, hand, finger, and wrist pain. Also used for throat constriction, dysentery, and regulates the Wei Qi (Chinese theory of immune system).

DO NOT USE DURING PREGNANCY.

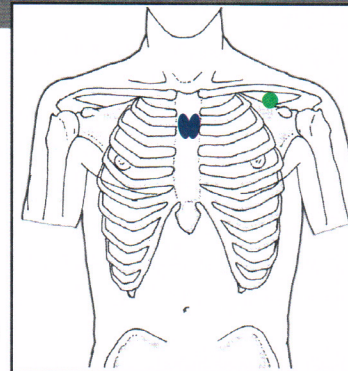
Rub 1 2 3 4 times a day week month
For 15 30 60 seconds

Lung 1

LOCATION: On the front of the chest, in the indentation just below the clavicle bone.

FUNCTIONS: Used for asthma, the common cold, cough, and pain in the chest, shoulder and back.

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



Wake Up Your Immune System: Tapping the area above your Thymus gland supports and improves the immune system and its response to foreign invaders. Use it when you feel overwhelmed, run down and/or possibly like you're catching a cold. You can also use it to "wake up," and improve overall strength and vitality. The Thymus gland is located in the upper part of the chest, directly under the breastbone. (See ♥ in figure to right)

Forward Peacock Pose

1) Stand with feet shoulder-width apart.

2) Place your hands behind your back, hook your thumbs together and spread your fingers apart. Roll shoulders back.

3) As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down and raise your hands up over your back. Keep your elbows straight.



4) Take a deep inhalation when you have come to a comfortable forward bend. Relax into the pose and gradually sink deeper with each exhalation.

5) Exhale and gently push your arms up, and away from your body, toward your front. Spread and stretch your fingers toward the sky. **WARNING:** If you become light-headed or dizzy. Stop, bend your knees and slowly return to a standing position.

6) Hold this position for a few breaths. Slowly return to a standing position. Relax your arms and breathe. **DO NOT ATTEMPT IF YOU HAVE SHOULDER PROBLEMS.**

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

Flying Wing Twist Pose

1) With your knees gently bent, stand with your legs hip-width apart. Bring your hands up behind your head and interlace your fingers.

2) Draw back your elbows to open your chest.

3) Twist your torso to the left as far as feels comfortable.

4) Gently press the back of your head into the palms of your hands, and inhale, expanding your chest and lungs.

5) As you exhale, raise the heel of the right foot so you can twist more deeply into the left side. Hold this position for a few breaths. Remember to keep your elbows back.

6) Return to the center and repeat steps 1-5 for the opposite side.



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

Strike the Bow Pose

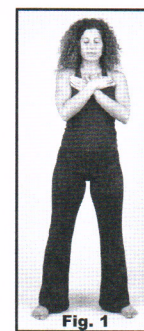


Fig. 1



1) From a standing position, bring your arms up, and cross them over your chest as in Fig. 1. Place your finger tips just below the far end of your clavicle, over Lung 1 point.

2) As you inhale, gently twist your right foot out while extending your right arm straight out to the side, palm forward as if you were pressing up against a wall. Turn your head to the right. Bring your left arm back as if you are pulling on a bow string, and make a gentle fist.

3) Take a deep breath, expand the chest and push your right palm away from you as you pull your left fist back.

4) Exhale, turn to the center, and bring both arms back across chest, as in Fig. 1.

5) Repeat steps 1-4 for the opposite side.

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