

Functions according to Western Medicine

Spleen

- Maintains health by producing antibodies (T-lymphocytes) to fight external invaders
- Breaks down and recycles worn-out red blood cells
- Filters and removes bacteria and other foreign substances from the blood
- Supports and enhances the immune system
- Stores blood

Stomach

- Receives food and begins the digestive process, both mechanically and chemically
- Begins to break down food into chyme
- Absorbs water, salts and alcohol
- Protects against the invasion of bacteria that enters through the digestive tract
- Temporarily stores food before it is secreted to the Small Intestine

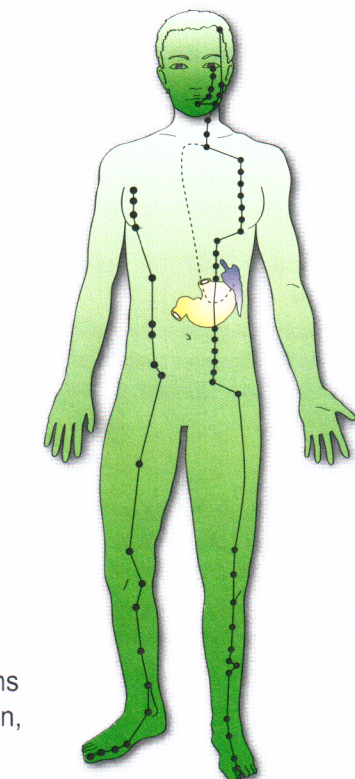
Functions according to Eastern Medicine

Spleen

- Controls digestion
- Keeps blood inside vessels
- Transports and distributes energy for the body
- Governs and controls the strength and function of our muscles, flesh and limbs
- Transforms food into "Food Energy" (Gu Qi), turning it into usable energy and blood
- Aids mental focus, intention, determination and drive
- "Lifts and holds" internal organs, keeping them in place and from prolapse
- Houses the "Yi," which relates to thinking, studying, memorization and concentration

Stomach

- Controls the downward movement of Qi
- Receives food and drink and transforms it into cells that aid in the development of tissues and organs
- Separates the clean from the impure parts of ingested food; sends the clean "upwards" to the Spleen, and the impure "downwards" to the Small Intestine



PHYSICAL SYMPTOMS:

- Abdominal distension
- Appetite imbalance
- Aversion to dampness
- Belching
- Bloating
- Chronic gastritis
- Colic
- Cold feet and/or knees
- Duodenal or gastric ulcers
- Dyspepsia
- Fullness below diaphragm
- Heavy and/or aching limbs
- Heaviness around head
- Hiccoughs
- Improper nourishment
- Loose stools or diarrhea
- Organ prolapse
- Poor coordination
- Poor or voracious appetite
- Poor memory
- Swollen knees and thighs
- Water retention

- Yellowish face and body

- Urinary problems
- Vaginal discharge
- Vomiting and/or nausea

EMOTIONAL SYMPTOMS: (Eastern view)

- "Chewing" over thoughts
- Confusion
- Craving sympathy
- Feeling ungrounded
- Insecurity
- Neediness
- Obsessive thoughts
- Over-protective of others
- Restless sleep
- Selfish behavior
- Worry
- Poor concentration
- Poor memory
- Scattered feeling
- "Stuck" behavior

FOODS TO ADD:

- Adzuki beans
- Apples (Sweet)
- Apricots
- Bean curd
- Bitter melon
- Congees
- Cooked veggies
Especially beets,
leafy greens, carrots
- Dates
- Figs
- Garlic
- Ginseng
- Grapes
- Grapefruit peel
- Honey
- Kumquats
- Licorice
- Loquat
- Mandarin oranges
- Miso
- Mustard greens
- Oats
- Pineapple
- Pumpkin
- Raspberries

- Squash
- Spices to add:
Cardamom, cinnamon,
cloves, coriander, fennel,
fenugreek, garlic powder,
ginger powder, nutmeg,
orange peel, pepper,
sweet basil
- Squash
- Stews
- Sweet potatoes
- Warm water or tea
with each meal (Cinna-
mon, black or ginger tea)

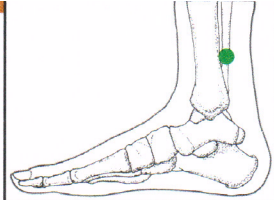
AVOID:

- Candy
- Celery
- Dairy
- Raw salads and
vegetables
- Frozen foods
- Fruit juice
- Ice cream
- Ice water and
cold liquids
- Melon
- Pork
- Radishes
- Spicy foods
- Sugar
- Tofu

If Damp Heat avoid:

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

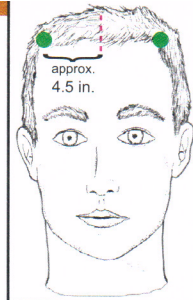
LOCATION: Located just off the edge of the bone approximately 3 inches, or 3 finger widths, above the inside ankle.



FUNCTIONS: Used to address poor appetite, borborygmus, abdominal pain and distention, loose stools, and fatigue. Also helps with vaginal discharge, delayed labor, genital pain, hernia, PMS symptoms, low libido, impotency, vertigo, dizziness, and insomnia. **DO NOT USE DURING PREGNANCY.**

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

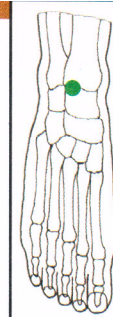
LOCATION: Approximately 4.5 inches from the middle of your head, at the corner of the forehead, a few inches in from the hairline.



FUNCTIONS: Used for dizziness, eye disorders and spasms, facial paralysis, headache and migraine, lacrimation, mental disorders, and visual disturbances.

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

LOCATION: On the midpoint of the ankle crease, in the depression formed by two tendons.



FUNCTIONS: Used for frontal headaches, swelling and pain of the face and eyes, dizziness, mouth pain, fullness, distention and abdominal pain, constipation, and hypertension. Also used for swelling and pain of the ankle and knee, muscular atrophy, motor impairment and paralysis of the lower extremities.

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

Spleen 9 • Stomach 36

SPLEEN 9 • LOCATION: On the inside of the leg, in the depression just below the knee.

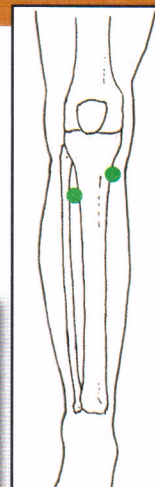
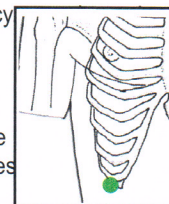
FUNCTIONS: Used for abdominal pain and bloating, diarrhea, dysentery, swelling and pain of the lower limbs, urinary tract infections, genital pain, incontinence, dysmenorrhea, lower back and knee pain.

STOMACH 36 • LOCATION: Approximately four inches, or four finger widths below the kneecap, and one inch or one finger width to the outside of the shinbone.

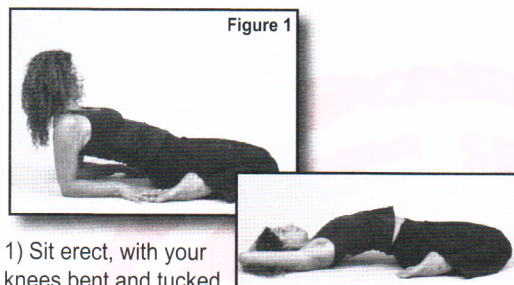
FUNCTIONS: Strengthens the entire body, and helps fight fatigue. Wakes up the body and mind. Relieves indigestion and other gastric disorders, strengthens the digestive system and supports Wei Qi (immune system). Also used for nausea, vomiting, hiccups, fullness and distention of the abdomen, belching, diarrhea, dysentery, pain in the knee and lower leg, mania, depression, dizziness, emaciation due to deficiency headaches.

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

Balance Your Digestive Energies: Tap and rub the neurolymphatic point that relates to the Spleen. It is located directly below the the bottom edge of the rib cage. This point balances digestive energies, supports the immune system, raises energy levels, induces balances the blood chemistry of your body.



Kneeling Recline Pose



1) Sit erect, with your knees bent and tucked under you. (Use a rolled up towel or blanket under your buttocks to alleviate knee or thigh discomfort.)

2) Place your elbows on the floor behind you, with your fingers touching your toes. (See figure 1.) Slowly lean back and gently spread your feet apart allowing your buttocks to get closer to the floor.

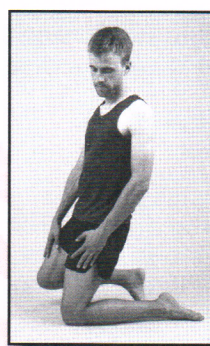
3) Lean back as far as you can go. The idea is to get your back and shoulders to the floor. Once you do this, raise your arms up overhead, grasp your fingers together and push them away from you. Do not force your knees to the ground. It is alright to have your knees raise up as you lower.

4) Hold this position for a few breaths. When done, lower arms to the thighs. Use your elbows to raise up, then your hands to push into sitting position.

5) Do not strain yourself, only go as low as feels comfortable. **DO NOT ATTEMPT IF YOU HAVE KNEE PROBLEMS.**

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

Knee Raise Pose



1) Sit erect, with your knees bent and tucked under you, and your hands placed just above your knees or your thighs. (Use a rolled up towel or blanket under your buttocks to alleviate knee or thigh discomfort.)

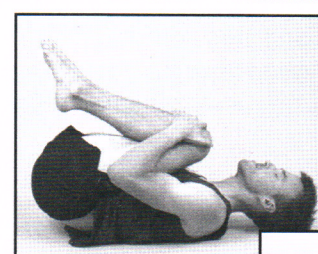
2) Raise up onto your knees.

3) Keeping your hands glued in position, raise your right knee upwards. Lower it back down, then raise your left knee upwards. Lower it back down.

4) Alternate sides as though you are going to climb stairs with your knees. Emphasis is upon building balance and stretching the Spleen and Stomach meridian.

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

Knee Tuck Twist Pose



1) Lie on your back. Bring both knees up toward your chest, grab them with your hands and gently pull them closer to your torso.

2) Tuck your chin and bring your forehead as close to your knees as possible. Curl your spine up closer to your knees and gently rock forward and backward.

3) After rocking a few times, lower your knees to the right side. Release your hands and extend both arms out to shoulder height. Allow them to rest on the ground, palms up. Turn your head to the left side.

4) After a few deep breaths, bring your knees and head back to center and repeat step 3 for the opposite side.

5) When you are done, bring your knees and head back to center, straighten and lower your legs, rest and relax.

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