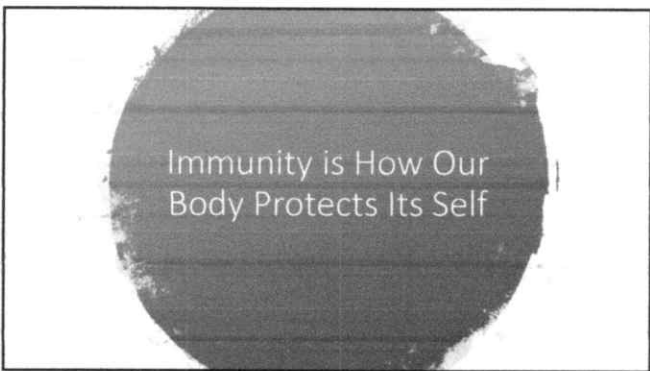
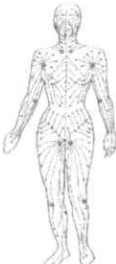


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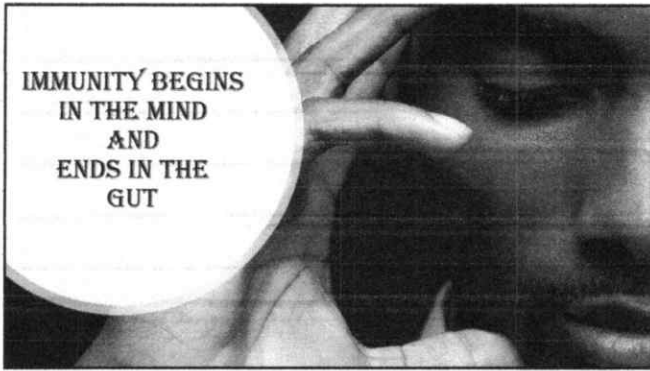


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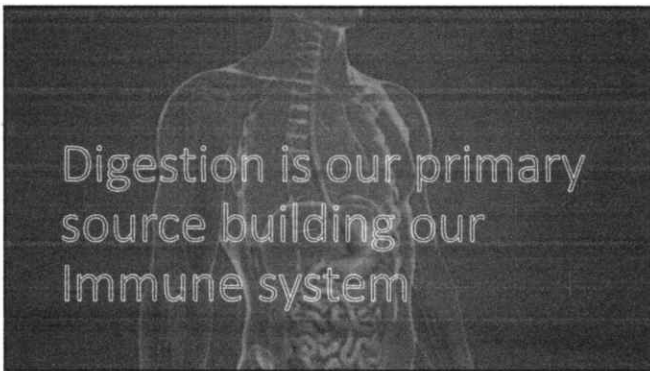
Elements of Immunity

<ul style="list-style-type: none">• Lymph• Lymphatic Vessels• Lymph Nodes• Thymus• Spleen• White Blood Cells• Eosinophils and Basophils• Lymphocytes• B – T Cells		<ul style="list-style-type: none">• Natural Killer Cells• Monocytes• Macrophages• Mast Cell
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3




4



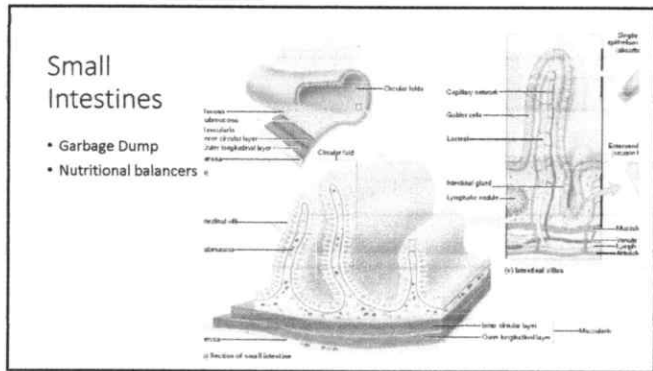
5

Digestion

- Absorption
- Assimilation
- Expelling of Waste by Products



6



7

Composition of Qi

- Zong Qi – Gathering Qi
- Zhen Qi – True Qi
- Ying Qi – Nutritive Qi
- Wei Qi – Defensive Qi
- Zhong – Central Qi
- Zheng Qi – Upright Qi
- Zang – Fu Qi – Organ Qi
- Gui Qi – Food Qi

Yuan Qi – Pre-heaven or Ancestor Qi

8

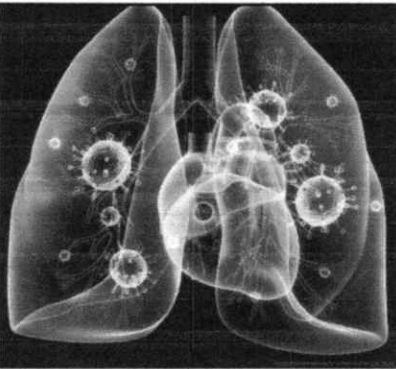
Yuan Qi

- Yuan Qi is from our parents
- It has to do with our constitution
- It's the balance of our DNA

9

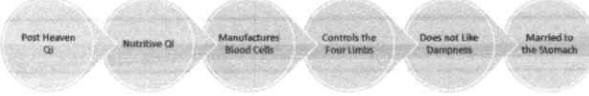
Zong Qi – Lung Qi
- Pectoral Qi
Ancestor

- Breathing
- Air
- Respiration
- Protective Qi – Skin
- Regulation of Water Passages
- Gathering - Qi



10

Ying Qi - Nutritive Qi
Spleen



Post Heaven Qi → Nutritive Qi → Manufactures Blood Cells → Controls the Four Limbs → Does not Like Dampness → Married to the Stomach

11

Wei Qi – Protective Qi

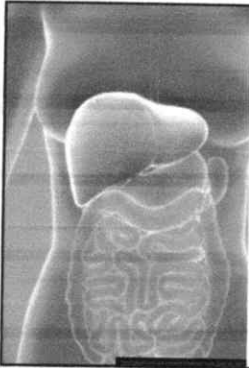
Defensive Qi Skin

12

Zang – Fu Qi – Organ Network

- Lung/Large Intestine
- Kidney/Bladder
- Liver/Gallbladder
- Heart/ Small Intestine
- Pericardium/Triple Heater


13



LIVER

- Stores Blood
- Maintains the Smooth Flow of Blood
- Manufactures Bile
- Maintains the Free Flow of Qi

14



Balancing the Immune System

- Chew your food well
- Eat foods in their proper combination
- Eat foods in season
- Eat foods within 100-mile radius of where you live
- Eat foods that have not been adulterated
- Eat foods you cook
- Fast or clean your blood once every season


15



Autumn Healing

- Lungs/Large Intestine
- Spleen/ Stomach/Pancreas
- Heart/Small Intestines

16



Supplements



- Digestive Enzymes – they assist in the digestive process.
- Probiotics – 10 to 14 Billions – Balance gut flora
- NAC –N-Acetylcysteine – Boost immunity – enhance liver
- CoQ10 – Cellular reproduction and cell energy 100mg
- Vitamin A – anti-infection or Beta-Carotene 15,000 IU
- Vitamin B Complex – Aids the body in good absorption of nutrients and foods. Assist in reducing stress.
- Zinc – Important to build and maintain immunity. When you take Zinc, you should take Copper. Zinc displaces Copper.

17

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as You Walk in Peace

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