

SPRING AND THE AWAKENING OF VITAL ENERGY



Spring marks the transition from the deep, inward Water phase of Winter into the rising and expanding Wood phase. During this time, Yang energy begins to move upward and outward, warming the environment and stimulating life to emerge.

Just as plants sprout and animals become more active, humans also feel this energetic shift. Many people experience a natural desire to:

- Start new projects
- Organize their lives
- Make plans for the future
- Spend more time outdoors
- Engage in physical activity

When a person's Qi (vital energy) is in harmony with the energy of Spring, this season brings motivation, creativity, and a renewed sense of purpose.

The Liver system (Gan) plays a central role in this process because it is responsible for ensuring the smooth flow of Qi (energy) and Blood throughout the body. The Gallbladder (Dan) supports decision-making, courage, and the ability to take action.

Together, these systems help us move forward in life—physically, emotionally, and spiritually.

Spring Allergy Detox System Master Class

April 7 - 28, 2026

Spring Renewal: The Allergy & Immune Reset

Spring is the body's natural season for cleansing, renewal, and restoring vital energy. Spring Renewal: The Allergy & Immune Reset is a powerful four-week virtual program designed to address the root causes of seasonal allergies—not just the symptoms. Through principles of Traditional Chinese Medicine, liver detox, nutrition seasonal readjustment, and SelfCare Acupoint SelfCare maneuvers to reduce inflammation, clear internal congestion, strengthen the blood, and support the body's natural detoxification processes. You will Learn:

- Develop Your SelfCare Health Protocol Spring
- Digestion Wellness – Achieving balance in the body's chemistry
- Boosting immunity by applying the Five Elements Theory of Health.
- Strengthening Liver Qi to support cleansing and detoxification, promote overall health, maintains energy flow, balancing emotions, nourish blood, and improve circulation, all contributing to wellness and longevity.
- SelfCare acupoint and meridian techniques can help reduce or eliminate health imbalances known as diseases, such as hypertension, allergies, diabetes, and kidney issues requiring dialysis.

Tools to improve immune function, and restore the smooth flow of Qi—leading to clearer breathing, stronger immunity, increase nutritional values and renewed vitality for the spring season. Step into cleansing, detoxing and nourishing for health, wellness and longevity.

Register Today

<https://healenarts.net/appointments-courses>



The Desire to Heal Begins with You Loving You



Cleansing and Detoxification

From a Traditional Chinese Medicine perspective, detoxification is not simply the removal of toxins. It is the restoration of smooth energy circulation and internal balance.

The Liver participates in detoxification by:

- Filtering toxins from the bloodstream
- Transforming metabolic waste
- Supporting digestive processes
- Regulating the circulation of Qi and Blood
- Assisting in emotional release

When the Liver becomes overloaded by poor diet, environmental toxins, emotional stress, or lack of movement, Qi stagnation and toxic accumulation may occur.

Spring detoxification helps the body:

- Clear stagnant Qi and Blood
- Improve circulation and metabolism
- Strengthen immunity
- Reduce inflammation
- Restore digestive function
- Improve mental clarity and emotional balance

FASTING TO BALANCE LIVER'S CLEANSING CYCLE

Many traditional healing systems recognize Spring as the ideal season for fasting and internal cleansing. During this time, the body's detoxification systems naturally become more active.

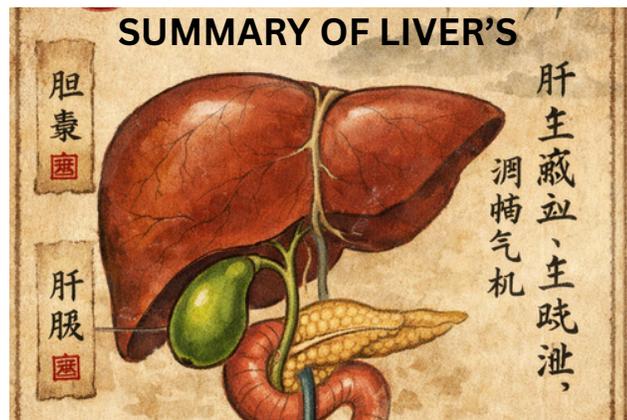
One biological process involved in detoxification is the liver enzyme system known as Cytochrome P450, which plays a role in breaking down environmental toxins, metabolic waste, and harmful chemicals.

When Fasting or Reducing Heavy Food Intake

- The digestive system receives rest
- Energy is redirected toward cellular repair
- The Liver increases detoxification activity
- Stored metabolic waste can be mobilized and eliminated

From the perspective of TCM, fasting allows Qi to move more freely, helping the body release accumulated stagnation from the winter months.

However, fasting in Chinese medicine is typically gentle and balanced, often emphasizing light foods, broths, vegetables, and herbal support rather than extreme deprivation.



ATTRIBUTES & CORRESPONDENCE

IN TCM ATTRIBUTE LIVER CORRESPONDENCE

ELEMENT - WOOD

SEASON - SPRING

EMOTION - ANGER

TASTE - SOUR

COLOR - GREEN

CLIMATE - WIND

YIN/YANG - PAIR

LIVER - GALLBLADDER

TISSUE - TENDONS & LIGAMENTS

SENSORY ORGAN - EYES

BODY MANIFESTATION - NAILS

SPIRIT - HUN (ETHEREAL SOUL)

DIRECTION - EAST

ORGAN CLOCK - 1-3 AM

IN TCM PHILOSOPHY, THE LIVER IS NOT JUST A PHYSICAL ORGAN — IT IS THE SYSTEM RESPONSIBLE FOR THE SMOOTH FLOW OF LIFE ITSELF.

<https://healenarts.net/herbal-products>

Elders Sweets
Saturday morning
Spring Wind
Qigong
Complementary
8:00 - 8:30 AM EST



TCM & Tui Na
Morning Healing
Saturday morning
8:30 - 9:15
SelfCare
investment
\$20

<https://healenarts.net/appointments-courses>

CHINESE MEDICAL FOOD THERAPY FOR SPRING CLEANSING

FOOD THERAPY IS ONE OF THE MOST POWERFUL TOOLS IN CHINESE MEDICINE.

SPRING FOODS SHOULD BE:

• LIGHT GREEN • SLIGHTLY BITTER • DETOXIFYING • BLOOD

NOURISHING

THESE FOODS HELP STIMULATE THE LIVER'S DETOXIFICATION

FUNCTION.

LEAFY GREENS (CLEANSE LIVER AND BLOOD)

DANDELION GREEN - KALE - MUSTARD GREENS - COLLARD GREENS - SPINACH

THESE FOODS HELP: CLEAR HEAT MOVE STAGNATION

SUPPORT LIVER DETOX ENZYMES CRUCIFEROUS VEGETABLES (SUPPORT DETOX PATHWAYS)

THESE FOODS HELP ACTIVATE CYTOCHROME P450 LIVER DETOXIFICATION ENZYMES.

BROCCOLI - CABBAGE - BRUSSELS SPROUTS - CAULIFLOWER

THESE VEGETABLES HELP THE BODY ELIMINATE:

ROOT VEGETABLES (BLOOD NOURISHMENT) - BEETS - CARROTS - BURDOCK ROOT - RADISHES

HORMONAL BALANCE - DANDILION

ENVIRONMENTAL TOXINS - GENTIAN

METABOLIC WASTE - BURDOCK

THESE FOODS NOURISH THE BLOOD WHILE ASSISTING DETOXIFICATION.

HEALEN ARTS WELLNESS STUDIO

Website - <https://healenarts.net>

TeleHealth Essential SelfCare Tongue Evaluation

TeleHealth Essential Selfcare is a virtual wellness program providing personalized health evaluation utilizing Traditional Chinese Medicine tongue diagnosis, an ancient healing art.

In Traditional Chinese Medicine (TCM), the tongue is considered a mirror of the body's internal organ network. Its color, shape, coating, and texture reveal important information about the balance and function of the organs.

By analyzing the appearance of your tongue, we can identify the root causes of health disharmonies, including issues related to digestion, inflammation, circulation, energy flow, and internal toxicity.

This assessment helps guide you toward natural solutions for restoring balance, improving vitality, and supporting your body's healing process.

Discover what your tongue reveals about your health.

Learn more and begin your Essential Selfcare journey today. 🌿



Healen Arts
Wellness Studio



Akmal Muwwakkil, Ph.D., LAc

Dr. Akmal Muwwakkil, Ph.D., LAc, is a licensed acupuncturist and holistic nutritionist with over four decades of experience in Complementary and Alternative Medicine. He has extensive expertise in acupuncture, Tui Na (traditional Chinese bodywork), Chinese herbal medicine, and therapeutic massage. Dr. Muwwakkil serves as the President and Founder of The Energy Institute of the Healing Arts Foundation and Healenarts Wellness Studio.

His education includes studies in acupuncture, Tai Chi, Qigong, and Tui Na in the United States, Canada, and China. He holds a Ph.D. in Holistic Nutrition from Clayton College of Natural Health and a Master's degree in Acupuncture from the College of Acupuncture and Therapeutics in Nova Scotia, Canada, as well as Tui Na Training and advanced training under Dr. Chen in the United States and The International Acupuncture Collage of Beijing, China.

Dr. Muwwakkil's career highlights include membership on the Morgan State University Board of Complementary Alternative Medicine, consulting for the Prince George's County Health Department, and serving as Nutritional Consultant to the Prince George's County Head Start Program. He has presented health classes, workshops, seminars, and master classes on both national and international platforms. As an author of several wellness books, Dr. Muwwakkil regularly teaches Spring Wind Qigong to seniors, serves as publisher of the quarterly Energy Force Newsletter, and hosts the "Let's Have a Conversation About Health" lecture series.

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