

- 1 **Summer**
Heart/Small intestine/
Pericardium/Sanjioa

Autumn

Lungs/Large Intestine

2

- 3 **Yin**

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- 4 **The Yin and Yang Theory**

- In Oriental medicine yin/yang theory penetrate every aspect of life.

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- It represents all life's balances.

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- They are the two opposite qualities of one single entity.

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- Yin/Yang has an antagonistic and complement principle in life.

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- They change from one state to another to achieve wholeness.

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- 5 **Yin/Yang Four Principal Relationship**

- Interdependence, Opposition, Inter-consuming or Support, and Inter transformative.

- 1. *Interdependence*: One element equally relies on the other.

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- 2. *Opposition*: One must understand that for each condition there is an opposing condition going on at the same time. When one side of the see saw is rising the other side is falling.

- 3. *Inter-consuming or support*: Whenever there is a gain there has to be a loss. If one buys an object, then the money they are spending is loss in their account and more in the other person's account.

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- 4. *Inter-transformative*: When each element Relationships can only transpire when each entity understands certain limits and conditions must be met first. Marriage happens when both parties agree on the element of the union.

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- 6 **Yin symbolizes the water element of Life**

Which is the strongest force in the universe .

Yin is the Feminine principle of Life

7 **Yin Representation**

- female,
- night,
- darkness,
- heavens,
- inward,
- contraction,
- descending,
- the moon,

8 **Yin Organs-Centripetal**

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- Six Yin or Zang organs
- Responsible for producing, transforming, regulating, and storing Qi, Blood, Jing (essence of life), Shen (Spirit) and all Fluids.

9 **Yang**

- Yang symbolizes the fire element of life.
- It is the weakest force in the universe.
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10 **Yang Represents**

- male,
- day,
- earth,
- outward,
- expansion,
- ascending,
- heat,
- hot,
- dryness,
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11 **Yang Organs-Centrifugal**

Represents 6 Yang or Fu organs

Responsible for transformation, transportation, expansion, extraction, breakdown, transport, and absorption of the essence from the foods we eat. They also excrete waste byproducts and unused portion of food from the body.

1. Small Intestine
2. Large Intestine
3. Stomach
4. Gallbladder
5. Bladder
6. Triple Heater
7. Uterus

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12 **Qi**

- In English there are no word that would describe Qi.
- The Chinese refer to Qi (pronounced CHEE or KEY) as the vital essence energy of everything in the universe.
- It is the motion of movement, but it is not the movement.

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In the book, *A Web That Has No Weaver*, it states that 'Qi is not primordial, immutable material, nor is it merely vital energy'. Qi provides energy to all thing and allows growth to occur, but Qi is not the growth. Qi has three sources original Qi referred to as prenatal Qi and grain Qi and natural Qi.

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17 **Digestion**

The Power of Optimum Health

18 **Digestion**

19 **Three Phases of Digestion**

1. Digestion is the biochemical break down of foods into usable particles for the nourishment of the body. The major contributor to building immunity
- 2.
2. Absorption/Assimilation is the body's ability to extract nutrients from foods and fluids. Enhance the quality of the red blood cells (erythrocytes). Enhance immune qualities.
- 3.
3. Eliminate is the body's removal of waste from foods consumed.

20 **Digestive System**

- Mouth
- Esophagus
- Stomach/spleen/pancreas
- Small Intestine
- Liver/Gallbladder
- Appendix
- Large Intestine

21 **Digestion**

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- Breaking down food particle into smaller molecules from chewing food.
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- Integration of food and salivary – building of digestive juice
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- Promotion of the enzyme process.
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- The transportation of food particles from your mouth to your stomach, small intestine or absorption and anus.
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22 **Absorption**

- Most of the body's bioavailability of nutritional absorption from foods occurs in the small intestine.
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- The small intestine is the way station where nutrients are absorbed and waste by products are separated and sent to the large intestines and bladder for evacuation from the body.
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- Foods by products (waste), which are not absorbed can accumulate in the small intestine and have the probability of leaking into the blood.
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23 **Elimination - Egestion**

- The large intestine and bladder receive food waste by _____ products from your small intestines.
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- These by products include water, bacteria (living and dead), _____ cells from the lining of the gut
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- Cellulose (plant cell walls), which is an indigestible _____ substance is also secreted from the large intestine.
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- The small intestine absorbs most of the water in the contents of the gut. By the time the contents reach the end of the small intestine, most of the digested food has also been absorbed.
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- The colon is the first part of the large intestine. It absorbs most of the remaining water. This leaves semi-solid waste material called feces. The feces are stored in the rectum, the last part of the large intestine. Egestion happens when these feces pass out of the body through the anus.
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24 25 26

27 **Assimilation**

- Integration of nutrients into your blood through an Enzymatic process starting in your mouth and ends in the blood.
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- Assimilation is the movement of digested food molecules particles into the cells, blood, tissues and organs.
- Glucose is assimilated and used for energy, which comes from carbohydrate, fat, sugars, and proteins.
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- Amylase + Ptyalin enzymes degrades (break down) starch in your mouth. Proteolytic enzyme degrade Amino Acids which are the foundation of new proteins.
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- Lipase enzyme is responsible for the degrading of sugars, and other sweeteners.
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28 **Assimilation**

- The liver converts glucose (sugar) into glycogen (a complex carbohydrate used for storage) and amino acids into proteins.
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- The liver is involved in the process of deamination (breaks down amino acids). This is the removal of the nitrogen-containing part of amino acids, to form urea, followed by the release of energy from the remainder of the amino acid.
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29 **It's Not Weight, It's Waste, Healthy Lifestyle Health Class**

