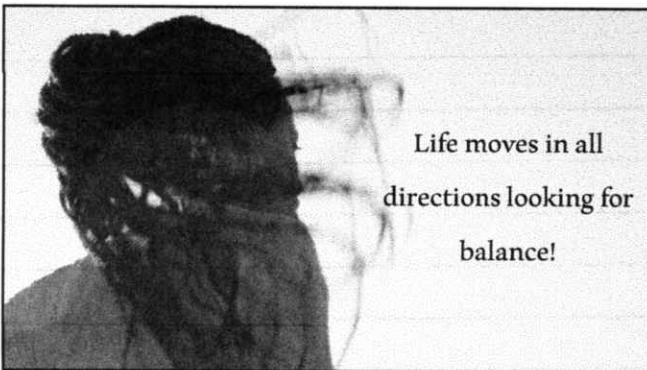


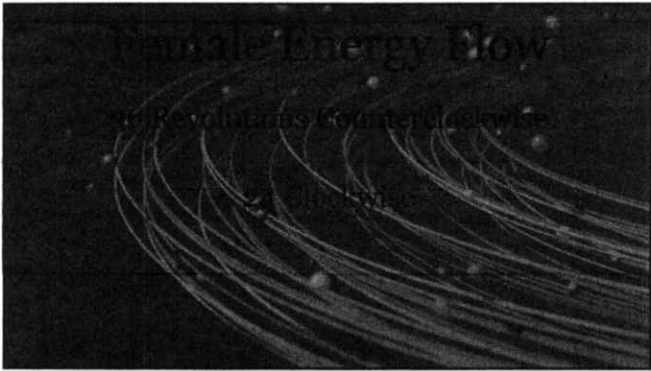
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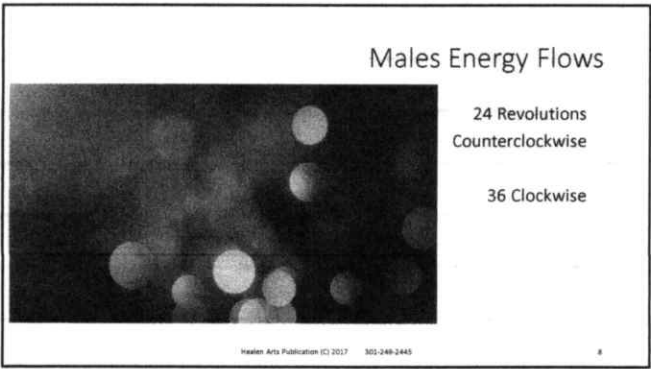
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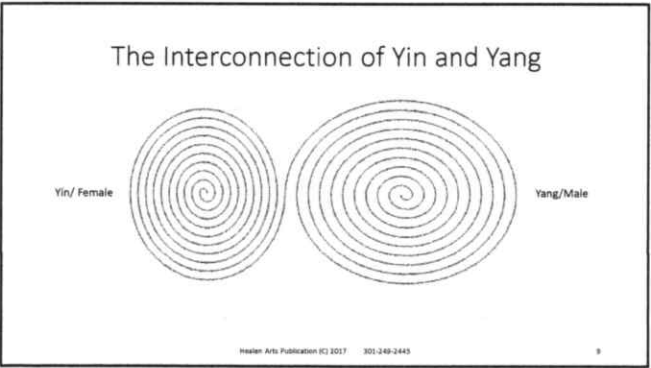
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The Yin and Yang Theory



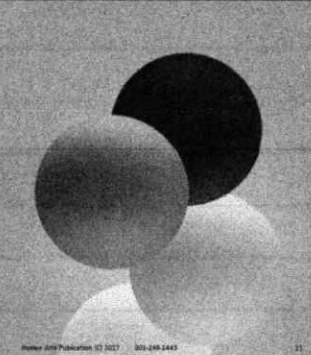
- Yin and Yang Theory penetrates every aspect of life.
- It represents the balance of all things.
- For instance, what would it be like with day and no night,
- Yin and Yang is the universe, and the universe is Yin and Yang.
- They are the two opposite qualities of one single entity. Yin and Yang are only opposites that are sometimes antagonistic and sometimes they complement to each other.
- These elements are always changing from one into the other to achieve **wholeness**.

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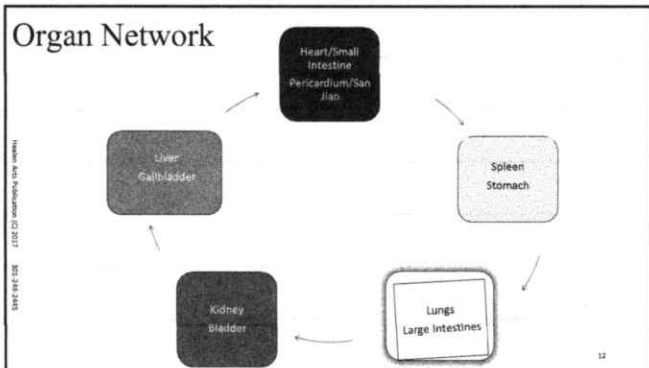
YIN/YANG

Balance Principles

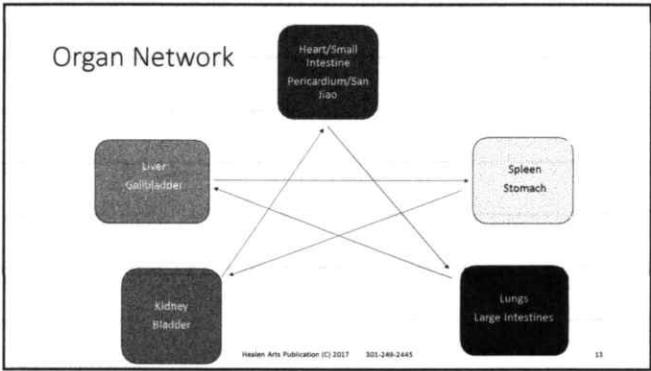
- *Opposition.*
- *Interdependence.*
- *Inter-consuming or Support.*
- *Inter-Transformative.*
- Balance of Yin and Yang.



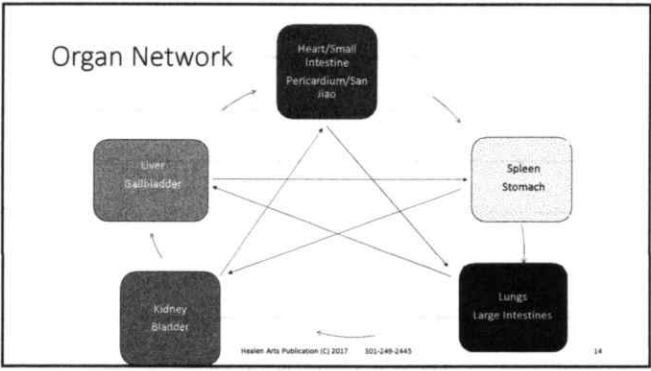
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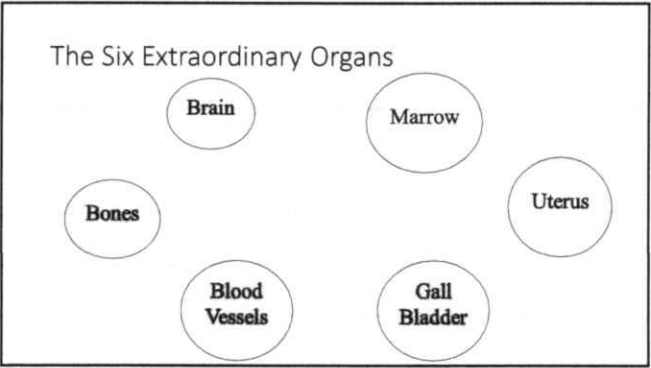
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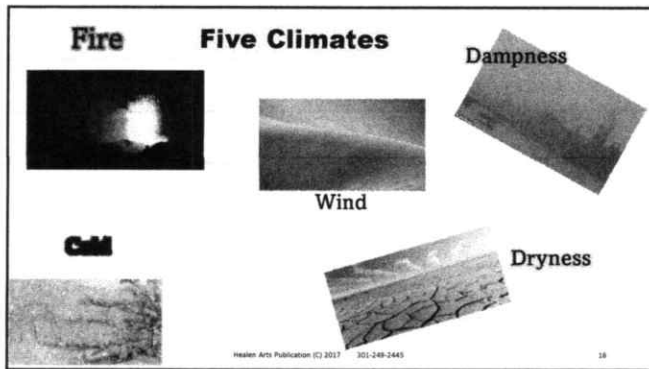
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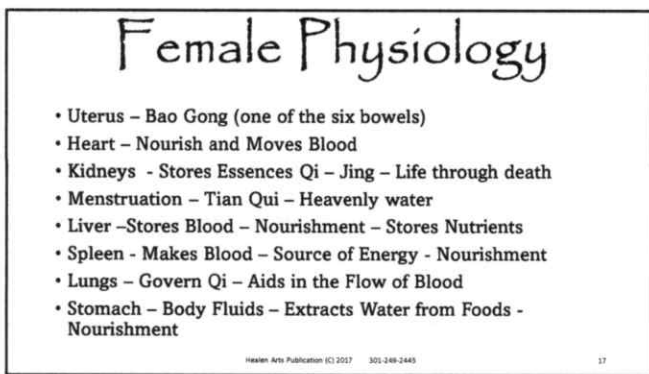
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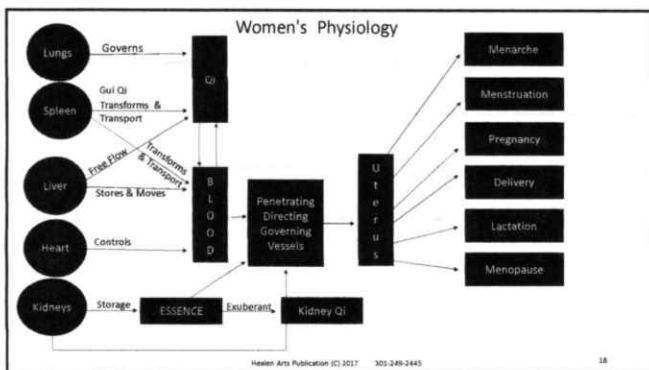
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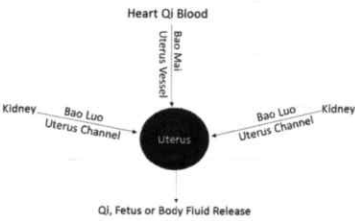


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Tian Gui Heavenly Waters



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You are a Chemist

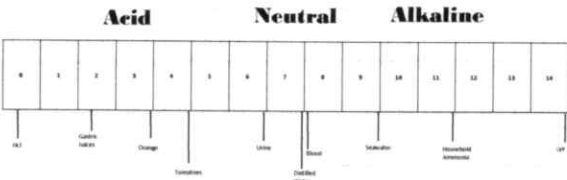
- Food is a chemical.
- It contributes nourishment to the body.
- Digestion is the transformer and transporter of nutrients from foods.
- Blood is the nourishing fluid, healing your body.
- Emotions can change the balance of our body's chemistry.

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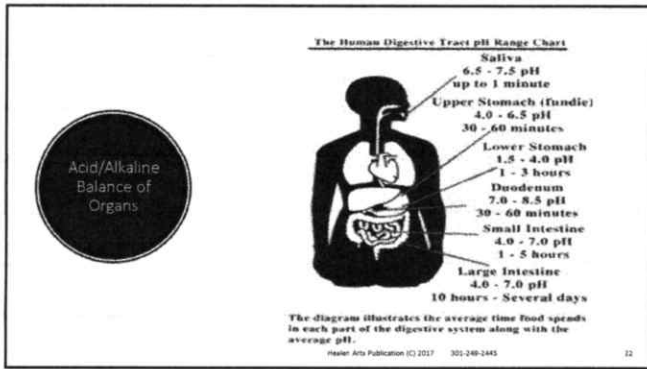
Acid/Alkaline Balance



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DIGESTION

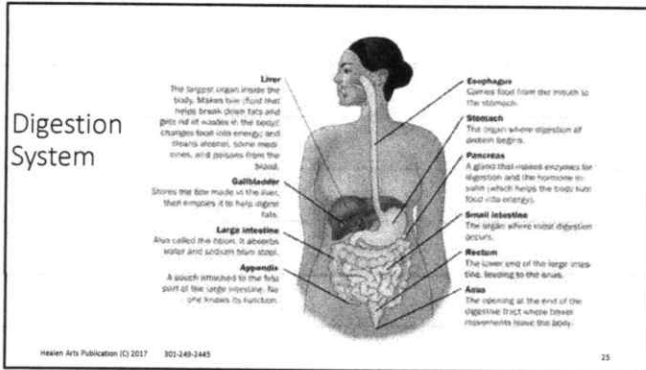
- Digestion is the chemical break down of foods into nutritional elements.
- It is the organ system that absorbs and assimilate nutrients that are degraded.
- It also extracts the waste by products from the foods and expel them out of the body in a timely manner.

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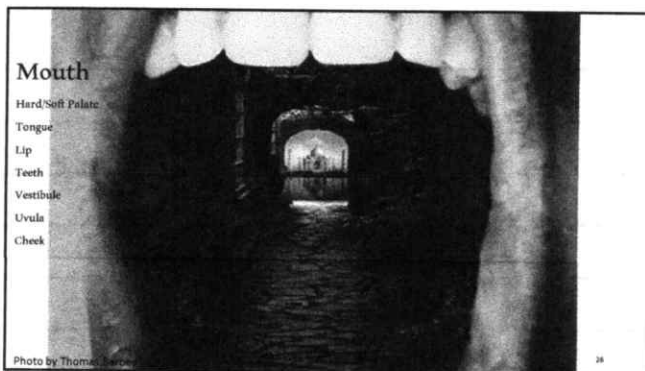
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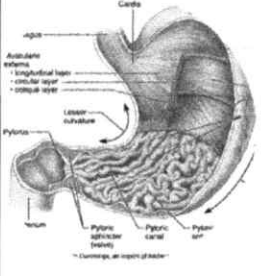
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Mouth

- It prepares the transportation and transformation of nutrients and waste by product through the alimentary canal.
- Amylases – degrades starch
- Begins converting carbohydrate, starch and glycogen to disaccharides

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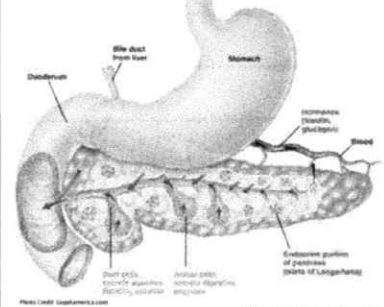


Stomach

- Gastric juice: pepsinogen transforms into pepsin
- Hydrochloric Acid – PH balance 5-6
- Transforms Protein to Free Amino Acids

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Pancreas

Produce insulin
Releases digestive juices into your blood
Releases digestive juices into ducts.
Enzymes:
Trypsin – chymotrypsin – digest protein
Amylases – digest starch
Lipase – digest – fat/fatty acids

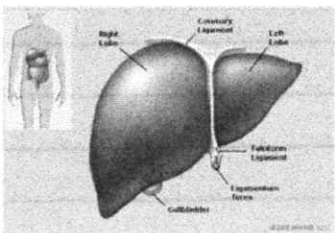
Health Disharmonies
Pancreatitis
Pancreas cancer

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Liver


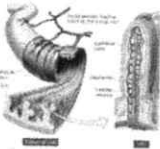
- Largest detoxing organ
- Bile manufacturing and secretes bile into the gallbladder.
- Stores blood
- PH 7.09 – 7.63
- Provide over 100 body task.
- Glucagon breaks down to glucose
- Covers toxins into harmless substances
- Manufactures Bile Salt
- Aids in balancing blood sugar levels
- Metabolism of protein
- Transforms protein into energy



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- The site of nutritional absorption
- Secretes nutrients in the blood
- Absorbs B12 –
- 90 % of digestion
- Alkaline secretions
- Neutralizing gastric acids into C
- Trypsin – Chymotrypsin
- Site of parasites

Small Intestine

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Large Intestine

- Final stage of food transfer
- Absorbs nutrients
- Absorbs water and transform solids into feces
- Releases vit K, B1, B6, B12, and Biotin into the body.
- Extract nutrients
- Produces Carbon Dioxide – methane


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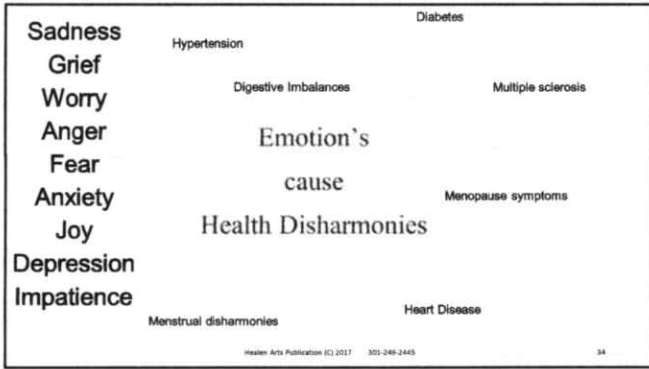
Emotions

- Emotions stimulate a chemical reaction in a person's life, that can create balances or imbalance with their mood and gestures.
- Emotions can be the causes of dis-ease (disconnections) of the body, mind, spirit.
- Emotions are the chemicals substance that either increase or decrease the flow of Qi, blood and body fluids.
- Emotions is the energy that either brings peace or havoc to life

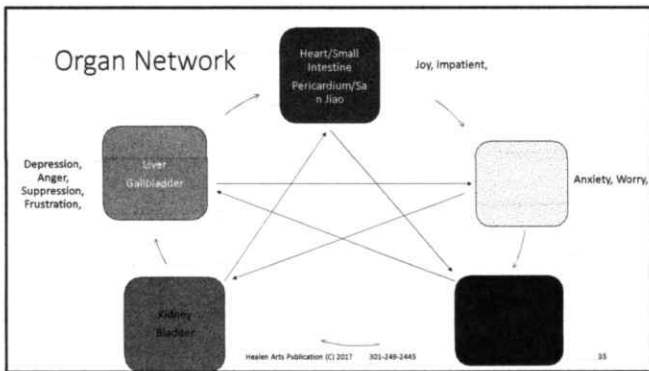


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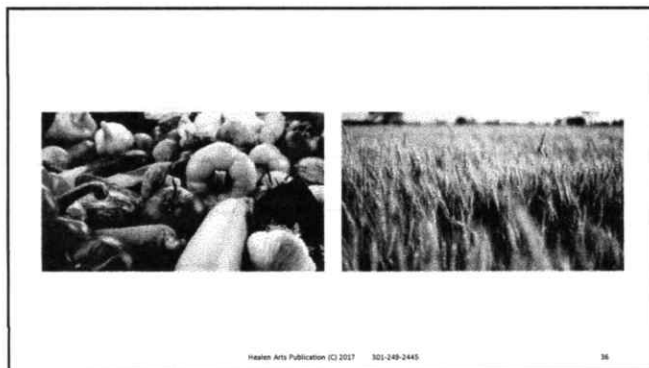
33



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Micronutrients

Vitamins



- Vitamin A –
- Beta Carotene
- B Complex
- Vitamin C
- Biotin
- Choline
- Vitamin D
- Folic Acid
- Vitamin K

Minerals




- Calcium
- Chloride
- Chromium
- Copper
- Fluorine
- Iodine
- Magnesium
- Molybdenum
- Potassium
- Sodium
- Sulfur
- Zinc


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Female Reproductive Disharmonies



- *Dysmenorrhea*
- *Leukorrhea*
- *Menorrhagia*
- *Amenorrhea*
- *Endometriosis*
- *Menopause*
- *Fibrocystic Breast*
- *Fibrocystic Kidneys*



- *Tumors*
- *Breast Cancer*
- *Ovarian Cancer*
- *Hysterectomy*
- *Fertility Disorders*
- *Poly Cystic Kidney Disease*
- *Poly Cystic Ovaries*
- *Weight*


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TUI NA SELF CARE

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The Prevention and
Healing of
Female Imbalance
Master Class #1





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