

The Preventions and Healing of Female Imbalances.

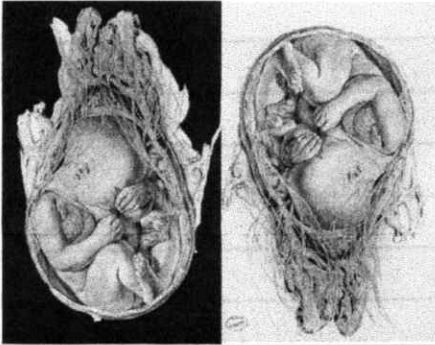


Tui Na SelfCare Class 2

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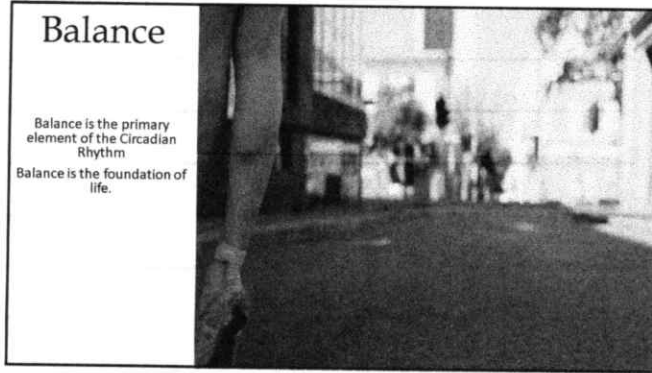


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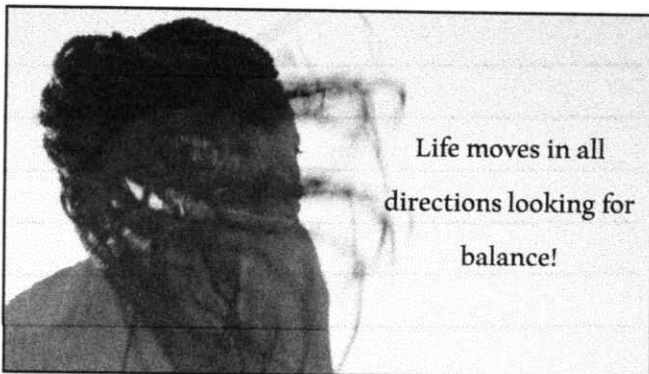
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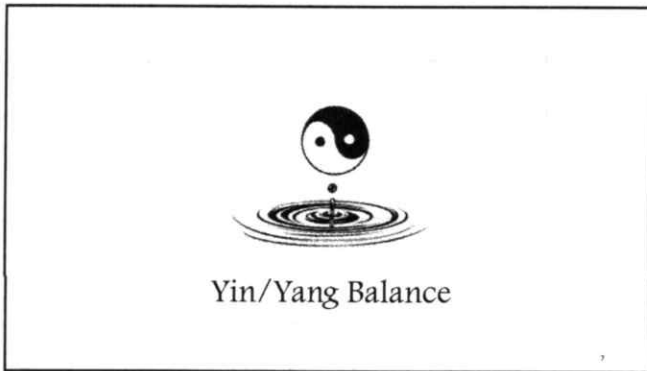
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The Yin and Yang Theory



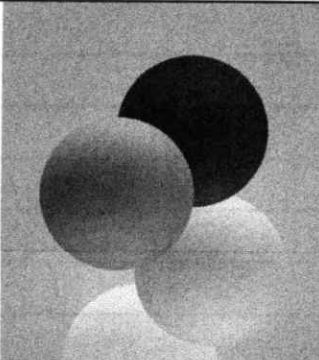
- Yin and Yang Theory penetrates every aspect of life.
- It represents the balance of all things.
- For instance, what would it be like with day and no night,
- Yin and Yang is the universe, and the universe is Yin and Yang.
- They are the two opposite qualities of one single entity. Yin and Yang are 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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QI

Qi is both Yin and Yang

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QI

Types of Qi

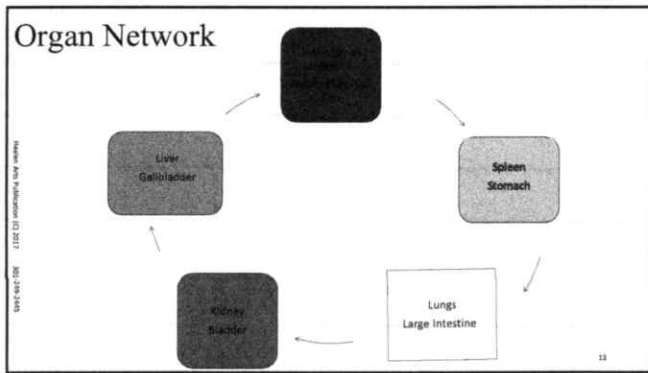
- Organ Qi, - Zang fu zhi qi
- Meridian Qi - Jing luo zhiqi
- Nutritive Qi - Ying Qi
- Protective Qi - Wei Qi
- Qi of the Chest or Ancestral Qi - zong qi
- Deficient Qi - Qi Xu
- Collapsed Qi - qi xian
- Stagnant Qi - qi zhi
- Rebellious - qi ni

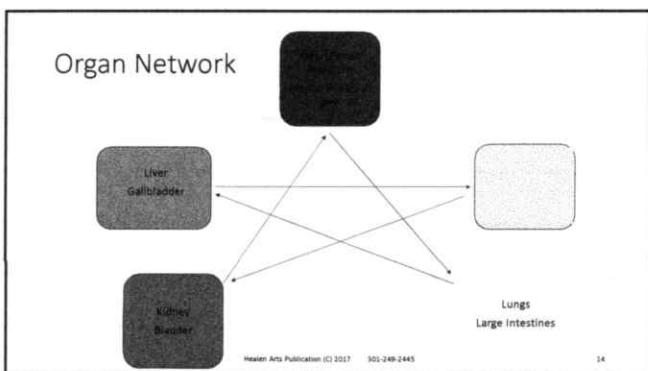
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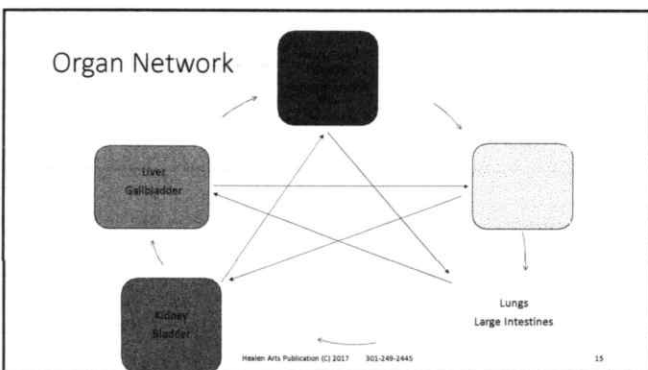
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Blood Xue

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Essence - Jing



Jing is the essence of life that is the primary element of our blood line (DNA).

Jing resides in your kidneys.

Jing is the primary element for conception.

Jing is the foundation of your health constitution.

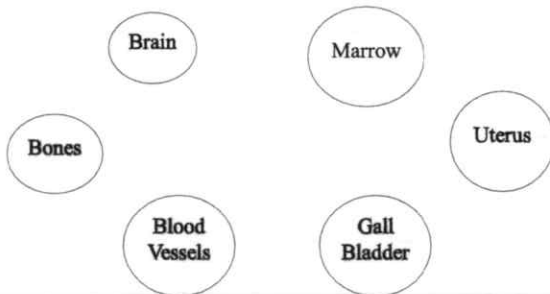
Deep awareness and wisdom is a product of Jing Essence.

Jing is the prime element of infertility – impotent.

Qi emerges from essences

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The Six Extraordinary Organs



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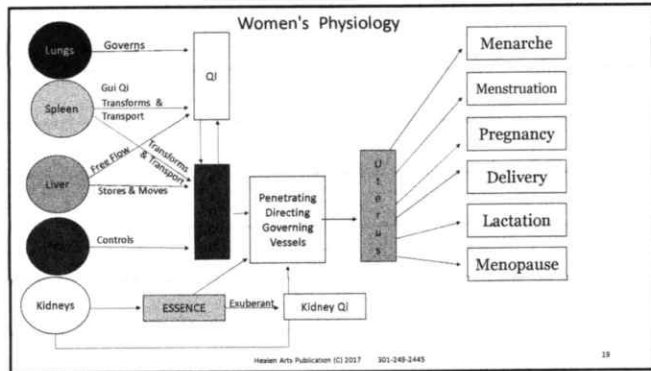
Female Physiology

- Uterus – Bao Gong (one of the six bowels)
- Heart – Nourish and Moves Blood
- Kidneys – Stores Essences Qi – Jing – Life through death
- Menstruation – Tian Qui – Heavenly water
- Liver – Stores Blood – Nourishment – Stores Nutrients
- Spleen – Makes Blood – Source of Energy – Nourishment
- Lungs – Govern Qi – Aids in the Flow of Blood
- Stomach – Body Fluids – Extracts Water from Foods – Nourishment

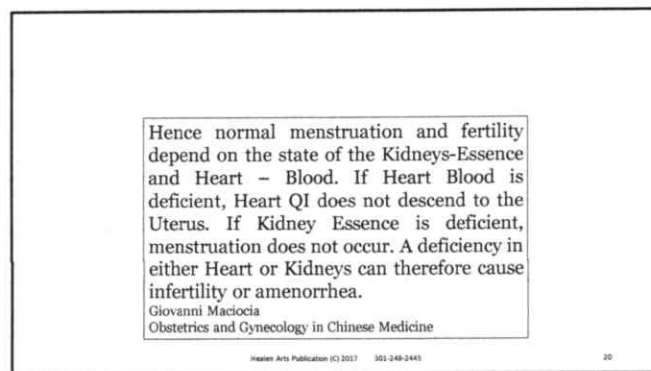
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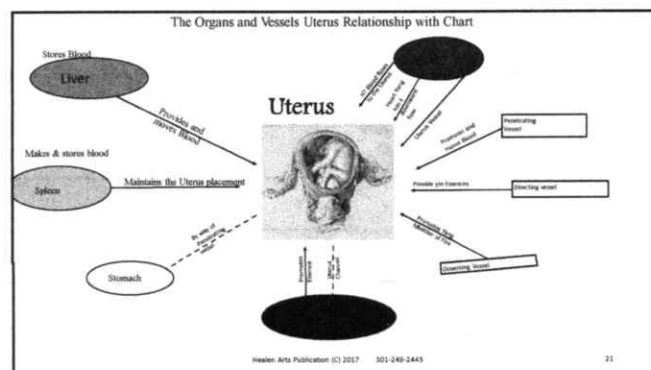
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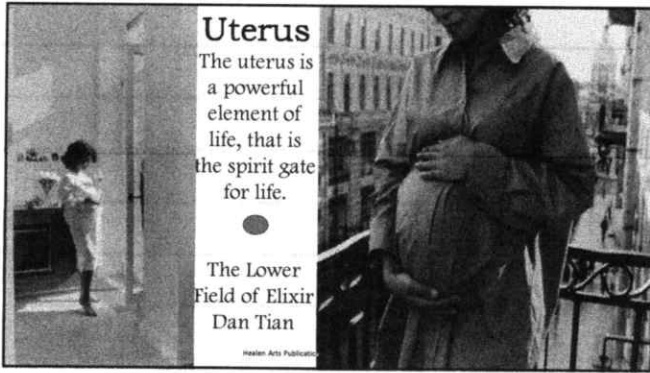
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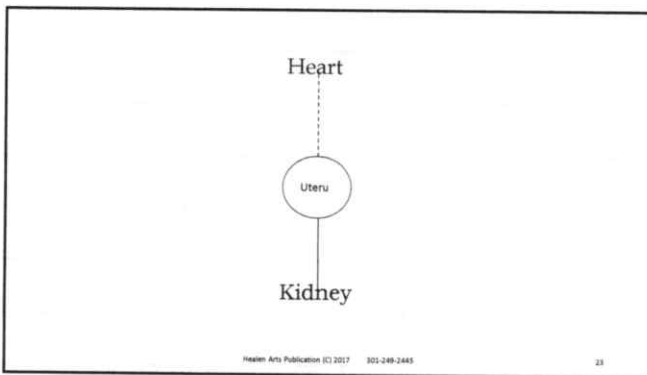
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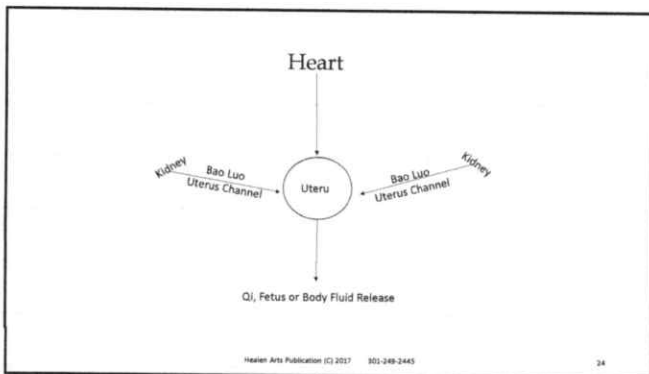
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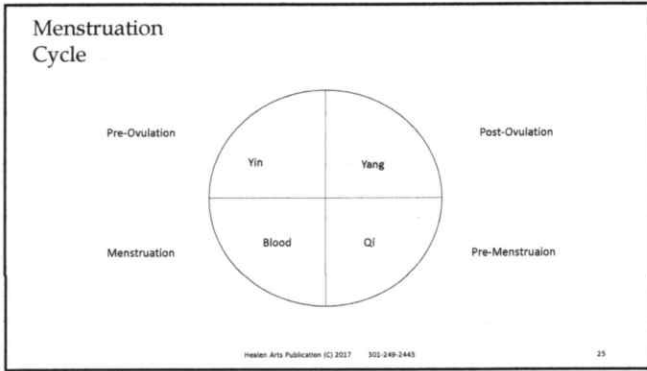
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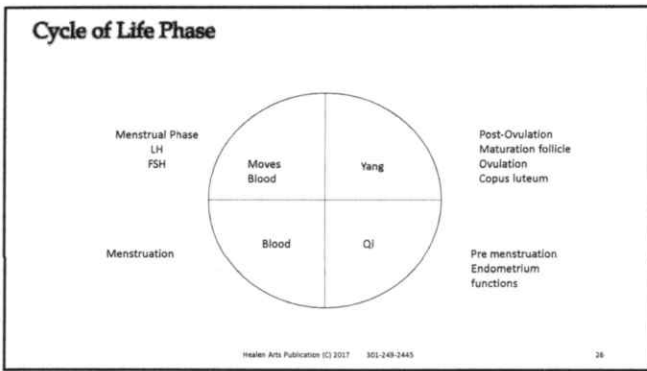
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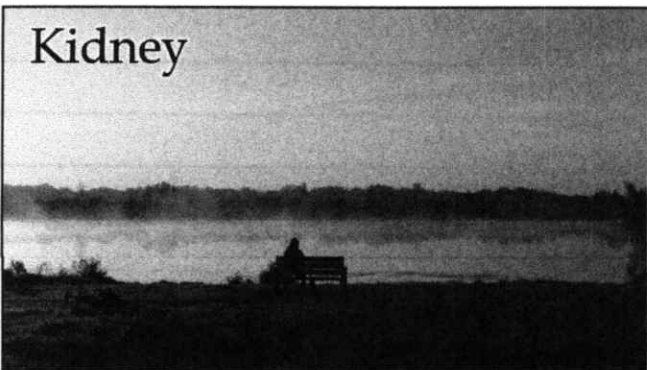
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KIDNEY ESSENCES JING

Foundation of Life

Stores the Essence (Jing)

Rules over Birth and Death.

Conception, Gestation (pregnancy), Delivery, Maturity, Aging and Death.

Balance of Water (Yin) and Fire (Yang).

Will Power.

Fear and wisdom are similar balance, because of the unknown.

Rule over the Head hair, Bones, Bone marrow, Brain marrow, DNA, Stem cells.

Sensory organs: Ears

Grasping the Qi: Kidneys – Lung interactions - kidneys grasp lung Qi causing it to naturally descend. This keeps it from causing respiratory disharmonies.

Kidneys are the root of Qi

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Spleen

- Spleen governs blood
- Food Qi – Gui Qi- Grain Qi
- Transformative and transportive.
- Makes red blood cells
- Sends food Qi up to the lungs
- Maintains the upright Qi.
- Deficiency of Qi and Blood
- Yi - Consciousness



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Liver

- Stores blood
- Detoxes blood
- Spreads qi and blood smoothly through your body.
- Sensory Organ – eyes
- Has a powerful element of circulation of blood.
- Controls tendons and ligaments.
- It shows in the nails.



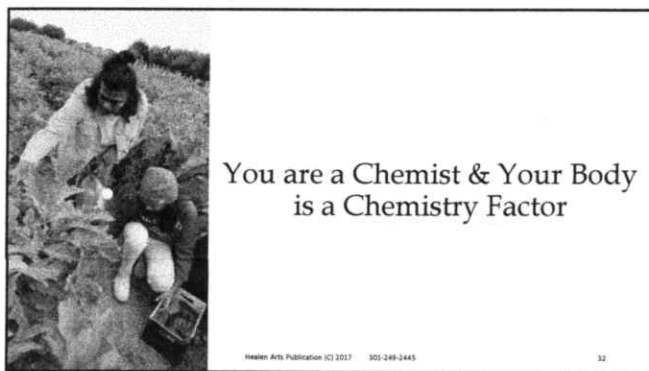
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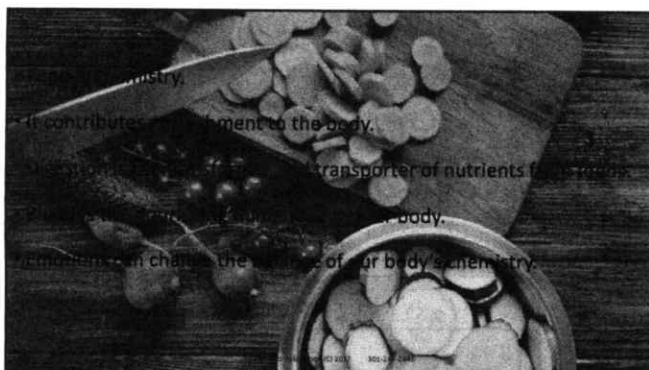
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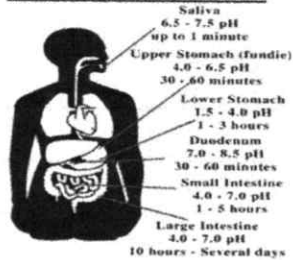
Digestive Enzymes

- Amylase: breaks down starch in the mouth.
- Proteases: breaks down protein in the stomach
- Lipase: breaks down fatty acids in the small intestine.
- Surcease: breaks down sugars in the small intestine.
- Maltase: breaks down malt in the small intestine.

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The Human Digestive Tract pH Range Chart



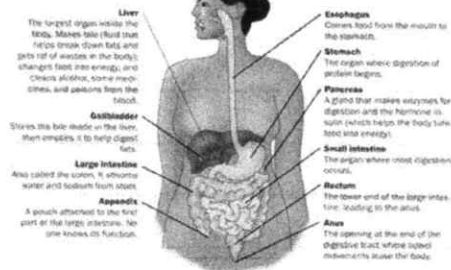
The diagram illustrates the average time food spends in each part of the digestive system along with the average pH.

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Digestion System



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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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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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Sadness
Grief
Worry
Anger
Fear
Anxiety
Depression
Impatience



Health Disharmonies

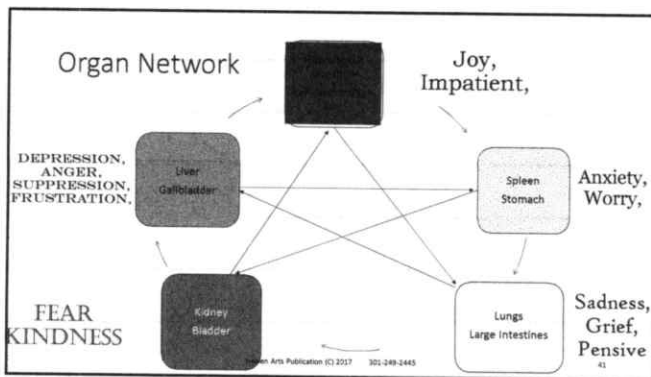
Diabetes
Digestive Imbalances
Multiple sclerosis
Hypertension
Menopause symptoms
Menstrual disharmonies
Heart Disease

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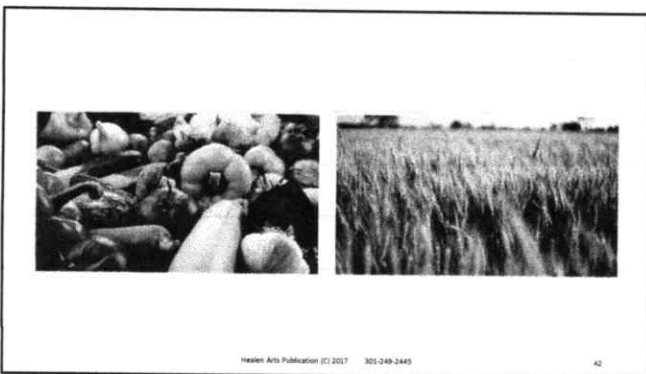
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Micronutrients

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



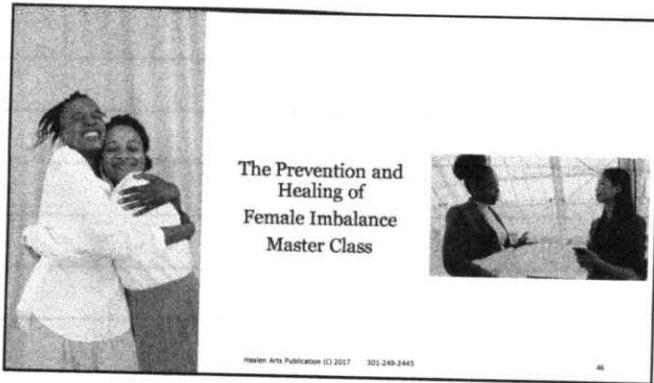
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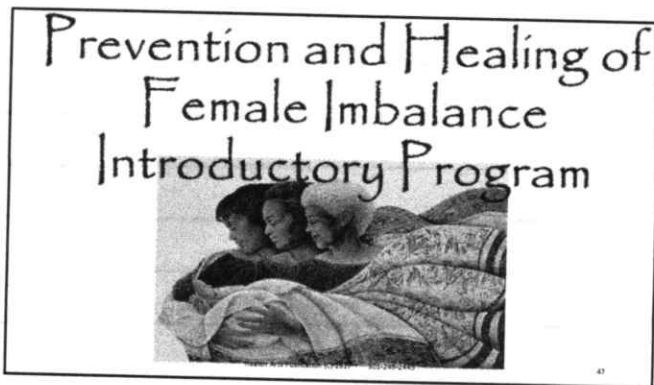


TUI NA SELF CARE

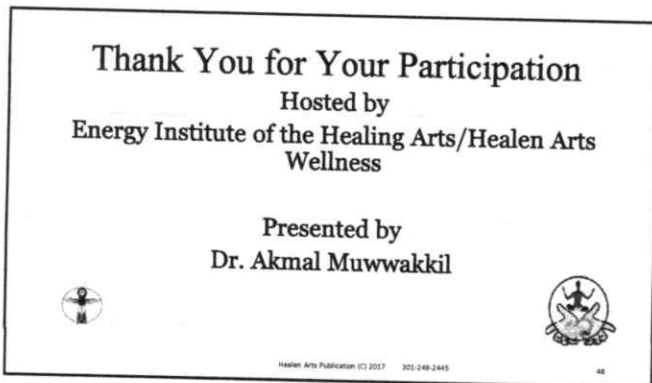
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