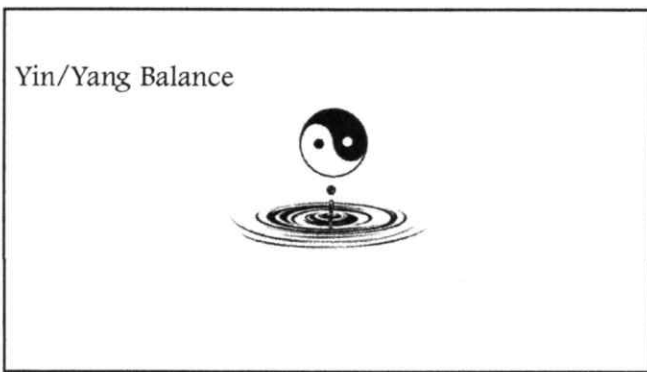


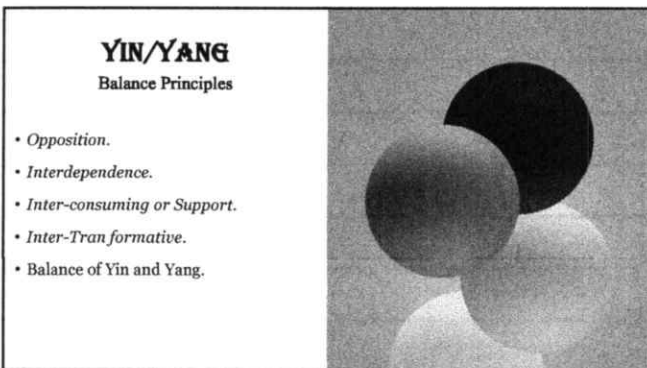
Prevention and Healing of
Female Imbalances Class 3
Evaluation

1



Yin/Yang Balance

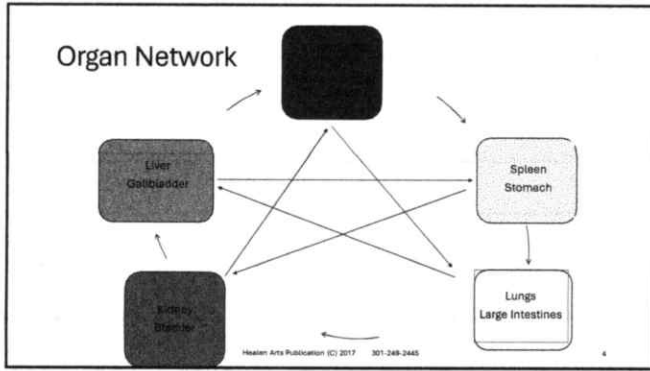
2



YIN/YANG
Balance Principles

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

3

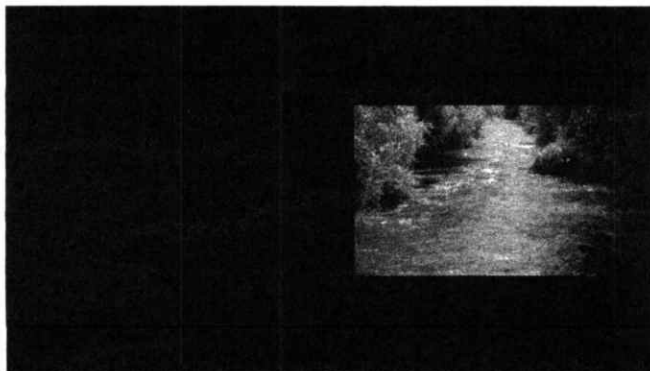


4

Essence - Three Treasures

- Jing - Kidneys - DNA
- Qi - Stomach - Spleen
- Mind (Shen) - Heart

5



6

Original Qi (Yuan Qi)

- Essence in the form of Qi.
- Pre & Post Heaven Essences.
- Bone Marrow
- Promotes the Transformation of Blood.
- Source point – points where the Original Qi surface and lingers.
- Vitality/ stamina



7

Gathering Qi (Zong Qi)

- Nourishes Heart and Lungs
- Lungs – enhances and controls their function of Qi and respiration.
- Heart – governing of blood and blood vessels.
- Controls speech as it strengthens the voice.
- Promotes Blood circulation to the extremities.
- Together with Original Qi, they regulate breathing as they assist the Kidneys.



8

True Qi (Zhen Qi)

- Originals from Gathering ((Zong Qi)
- Originates from the Lungs
- Refinement and transformation of Qi
- The Foundation for Nutritive Qi and Defensive Qi.



9

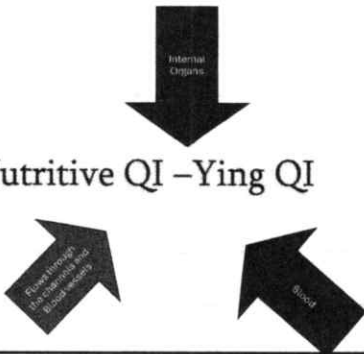
FOOD QI (GUI QI)



- STOMACH/SPLEEN
- ORIGIN OF QI AND BLOOD – NOURISHMENT.
- COMBINE WITH AIR TO FORM GATHERING QI.
- RISE TO HEART WHERE IT IS TRANSFORMED TO BLOOD.

10

Nutritive Qi –Ying Qi



11

DEFENSIVE QI – WEI QI

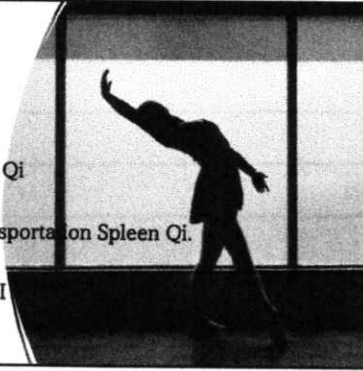


- Coarse form of Qi
- Circulates between the skin and muscles.
- Protects the body from external pathogenic factors.
- Warms the muscles.
- Regulates the opening and closing of the pores.

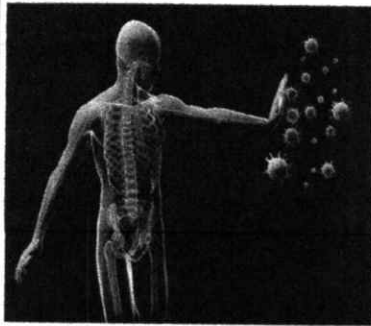
12

Central Qi (Zhong Qi)

- Stomach and Spleen – True Qi
- Transformation and Transportation Spleen Qi.
- Spleen's function of lifting Qi



13



Upright Qi

- Protection from external pathogenic factors.
- Including Wei Qi, Ying Qi, and Jing

14

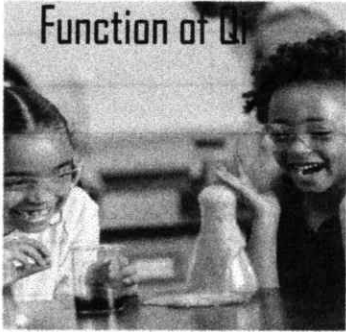
Type of Qi



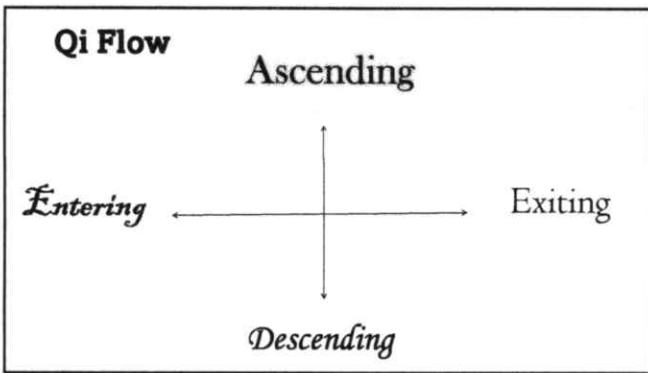
15

Function of Qi

- Transforming
- Transporting
 - Holding
 - Raising
- Protecting
- Warming



16



17



18

Blood and Organ Network Relationship

- Heart – governs Blood and blood vessels – circulation.
- Spleen – Food Qi (Gui Qi) – blood remaining in its vessels.
- Liver – Stores Blood – Moistening the eyes – detox blood – regulate Uterus.
- Lungs – aids spleen – controls channel and blood vessels.
- Kidneys – Original Qi – Essences.



19

Blood – Qi Relationship

- Blood is the Mother of Qi.
- Qi is the Commander of Blood.
 - Qi is Yang – Blood is yin.
 - Qi Generates Blood.
 - Qi moves Blood
 - Qi holds the Blood.
 - Blood nourishes Qi
- Blood is the Essences of our Ancestors.

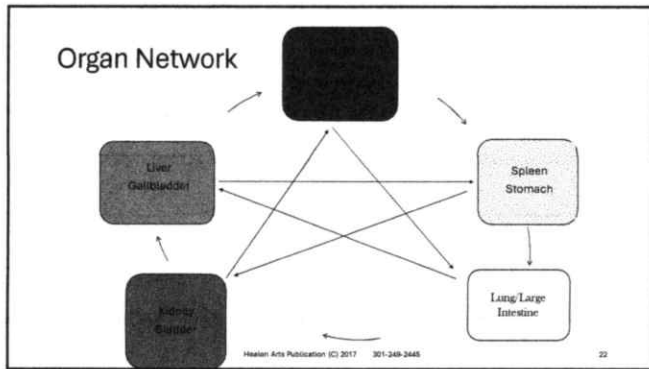
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Blood

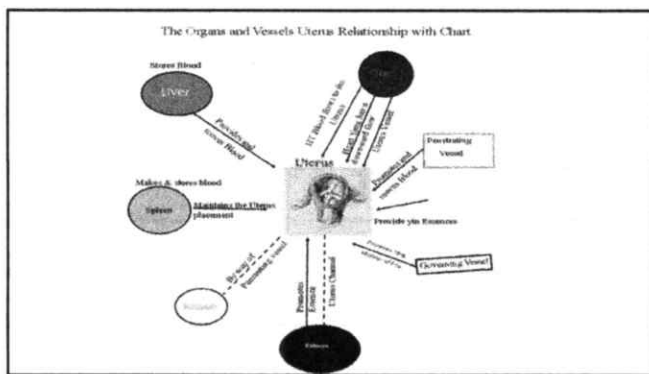
Pathology

- Blood Deficiency – Spleen/Stomach Qi Deficiencies.
- Blood – Heat – Hot
- Blood Stasis - Stagnation

21



22



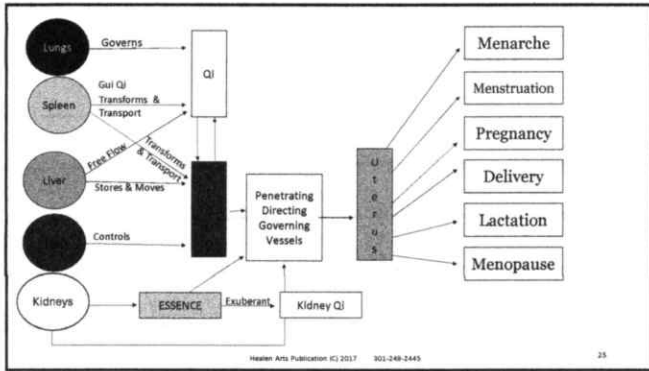
23

Female Physiology

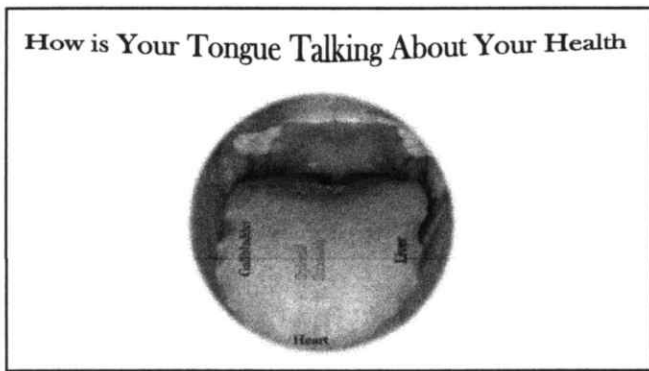
- Uterus – Bao Gong (one of the six bowels)
- Heart – Nourish and Moves Blood
- Kidneys - Stores Essences Qi – Jing – Life through death
- Menstruation – Tian Qui – Heavenly water
- Liver – Stores Blood – Nourishment – Stores Nutrients
- Spleen - Makes Blood – Source of Energy - Nourishment
- Lungs –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

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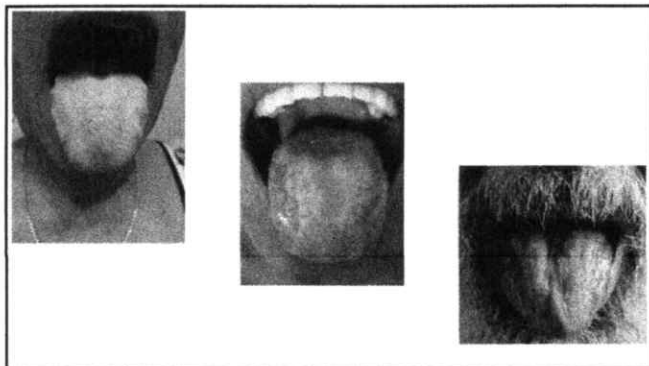
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26



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Thank you

Dr. Akmal Muwakkil

B Well & Enjoy Your Health as You Peacefully Walk in Health.
