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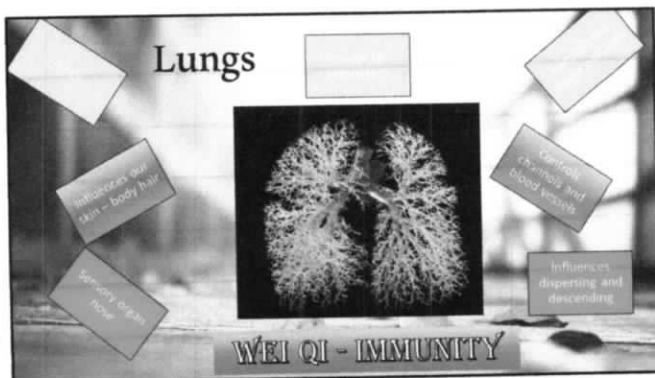
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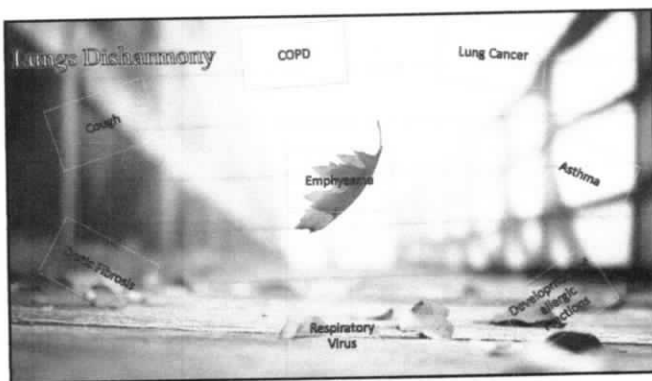
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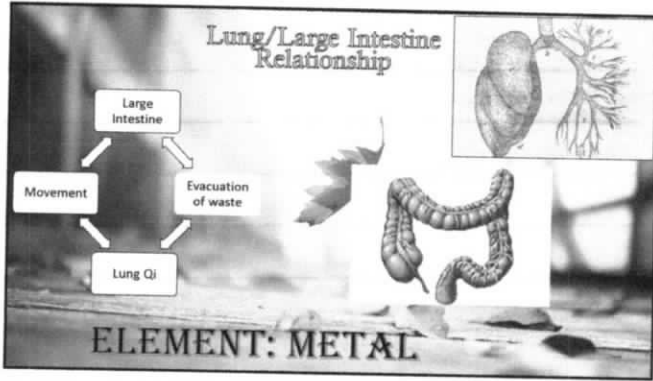
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<b>Large Intestine</b>	Evacuation of waste by products	Reabsorbs fluids
Receive food & drink from small intestine	Constipation	Diarrhea
Ulcerative Colitis	Irritable Bowel Syndrome	Hemorrhoids

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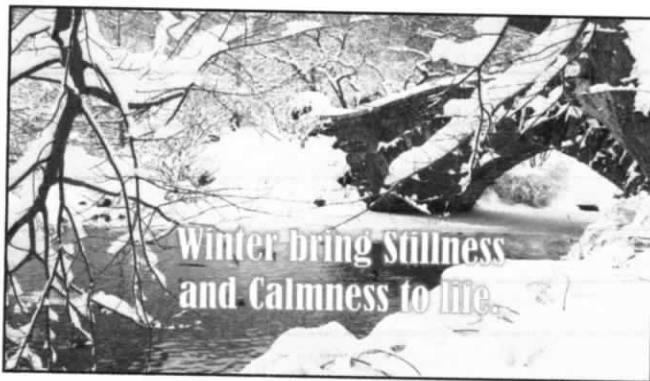
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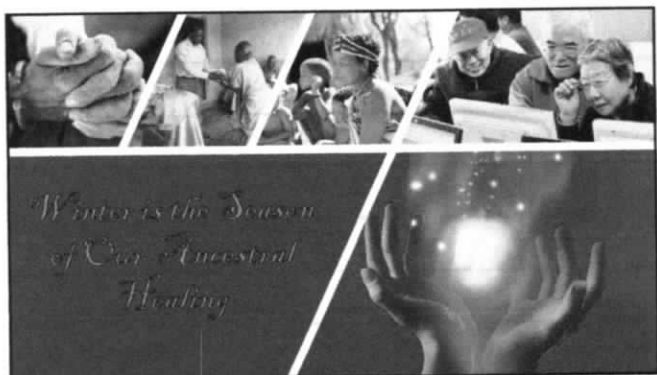
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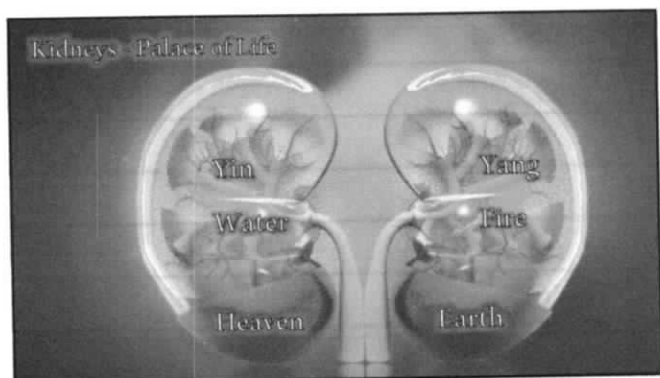
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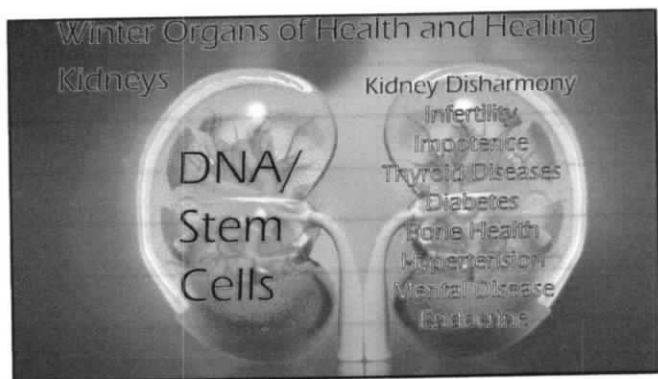
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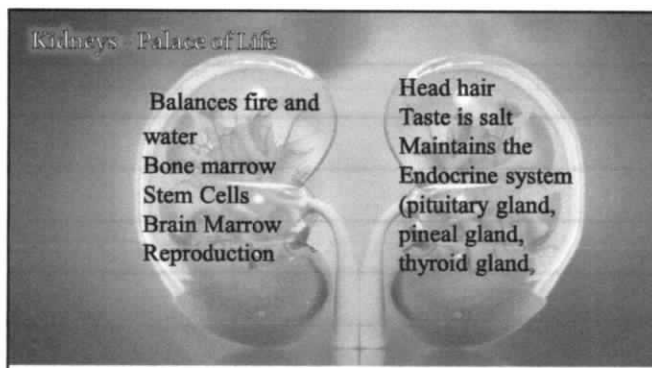
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### Kidneys Yin/Yang/Qi

- Dark/Light - Yin/Yang Balance
- Water balance of the body Acid/Alkaline.
- Rules over: Bones – DNA – Stem Cells
- Maintains: Reproduction – Essences of Life
- Stimulates: Brain and bone marrow
- Sensory organs: Ears
- Sound: Groaning
- Color: Black/Blue
- Emotion: Fear, Kindness, Will Power
- Spiritual: Ancestors
- Manifest: Head Hair
- Taste Salty - Bitters

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The Five Elements

#### The Nourishing Cycle

Within the five elements there are two phases, which govern over how each elements maintain its energy balance with another element. These two phases are referred to as the Nourishing /Shen Phase and the Controlling/Destructive Phase.

*THE NOURISHING PHASE:* gives birth to an element and nourish it through its course of functions and actions. The organs in this phase act as the parents to another set of organs (liver is the parent of the heart, etc.) in that state the parent organ nourishes the child organ. It is the same as when human parents nourish and nurture their children in life. When the child needs some thing, the parent works to provide the needed element to create balance. If the parent is deficient, then they could draw their needed element from their child. The nourishing Phase works in both ways.

The element relationship is, Wood nourish Fire. Fire nourishes Earth. Earth nourishes Metal, Metal nourishes Water, Water nourishes Wood. Each one of these elements corresponds to a season, and a time of day.

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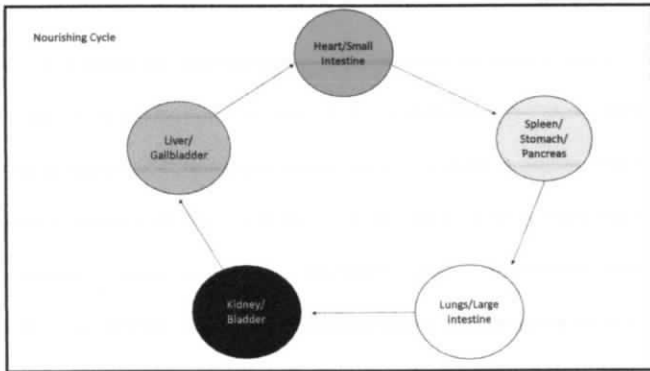
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**The Controlling Cycle**

*THE CONTROLLING CYCLE:* consist of natures checks and balance system. The controlling factor means that one set of organs control the activities of another set. If for some reason this does not happen, then the controlling set of organs will attack the set they are controlling and make them weak. Wood controls earth, earth controls water, water controls fire, fire controls metal, and metal controls wood.

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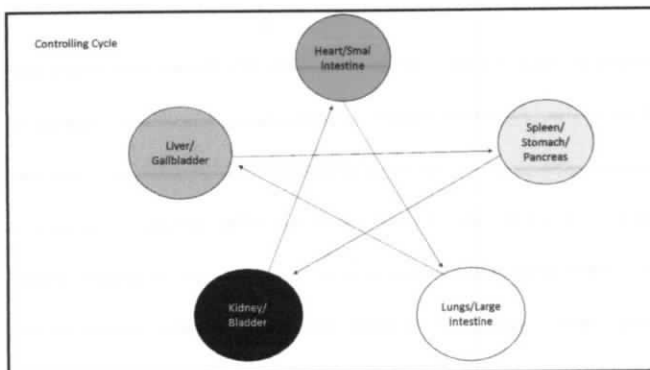
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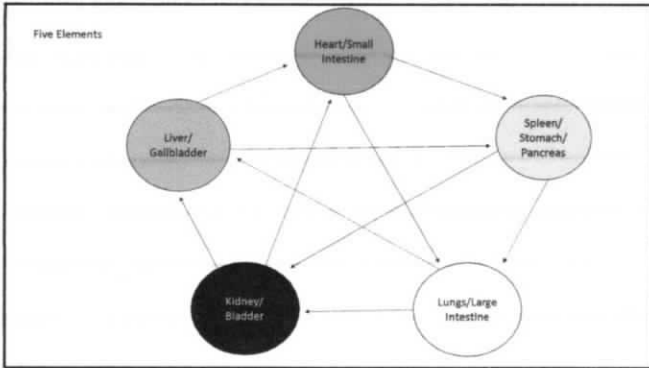
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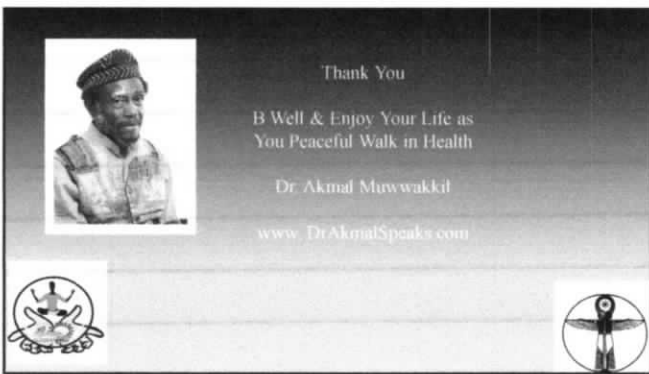
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