Creating a Healthy Balance
With Traditional Chinese Medicine

- We need to exercise, but exercise that is too strenuous for our level of physical conditioning will injure the body and create severe fatigue.
- Exercise must be balanced by rest, but if we are too inactive the body also becomes weak.
- We need to eat, but eating too much will make us fat and cause us to develop the diseases associated with obesity.
- If we don't eat enough, we will lose weight, weaken and develop other health problems.
- Detoxification helps clean the body, but excess cleansing weakens it.
- Both diarrhea and constipation cause problems.
- Blood sugar and blood pressure can be too low as well as too high.

Health is Found in Balance and Moderation

- Exercise must be balanced by rest.
- Eating too much or too little can be problematic.
- Detoxification needs to be balanced.
- Both diarrhea and constipation can be issues.
- Blood sugar and blood pressure should be maintained within normal ranges.

The Sunshine Sharing Hour

With Steven Horne, DNM, DHS, RH(AHG)

Tuesday, April 23, 2019

Creating a Healthy Balance

Health is Found in Balance and Moderation
Addicted to Excess

- People in Western society are prone to excess
- Some adopt extreme diets and think that everyone else should as well
- Many seem to live by the maxims
  - “If a little is good, more is better.”
  - “Bigger is better.”
  - “There's no such thing as too much of a good thing.”
- As a result, it’s difficult for many people to understand the importance of balance

Reductionist Thinking

- Western medicine usually treats organs or systems as if they were disconnected from the rest of the body
- The body viewed as a flawed machine
- Physical conditions are treated without regard to a person’s mental and emotional state
- There is no holistic thinking in Western medicine

The Western Medical Approach

- In Western medicine a person might be taking:
  - A synthetic hormone for low thyroid
  - A statin for high cholesterol
  - A beta blocker for high blood pressure
  - An SSRI for depression
- Yet, all of these health problems are interconnected
- They all arise from the same genetics, diet, lifestyle, mental attitudes, and emotional state
Important TCM Concepts

• Life and Health Are Based on Energy
• Balance is the Key to Health
• In Order to Be Effective, a Therapy Must Balance the Body’s Energies
• Treatment Should Focus on the Person, Not on the Disease
  – “Different diseases, one treatment; one disease, different treatments.”
• We All Have a Constitution That Influence the Types of Illnesses We’re Prone To
• Keeping Our Constitution in Balance is the Long Term Solution to Maintaining Health

Qi

• Energy is the basis of all traditional systems of medicine:
  – Chinese: Qi (chi)
  – Ayurvedic: Prana
  – Traditional Western: Vital force
  – Native American, Christian: Spirit
• Life is energy
• Disease is a loss of, blockage or imbalance in the life energy
• Death is the absence of life energy

Yin and Yang

<table>
<thead>
<tr>
<th>Yin</th>
<th>Yang</th>
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<tbody>
<tr>
<td>Internal</td>
<td>External</td>
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<tr>
<td>Cold</td>
<td>Hot</td>
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<tr>
<td>Deficiency</td>
<td>Excess</td>
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<td>Chronic</td>
<td>Acute</td>
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<tr>
<td>Dense</td>
<td>Masculine</td>
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Yin

– Internal
– Cold
– Deficiency
– Chronic
– Descending
– Wet
– Passive
– Dense
– Feminine

Yang

– External
– Hot
– Excess
– Acute
– Active
– Ascending
– Hollow
– Masculine
The Five Elements

• Creation Cycle
  – Wood burns to make fire
  – Fire burns to create ash (earth)
  – Metal arises from the earth
  – Water condenses on metal
  – Water makes wood grow

• Control Cycle
  – Wood grows out of the earth
  – Fire tempers metal
  – Earth dams water
  – Metal cuts wood
  – Water douses fire

The Body Meridians

Two Centriuge Meridians:
  Governing Vessel (Yang)
  Conception Vessel (Yin)

Twelve Pericul Meridians:
  Stomach (Earth Yin)
  Spleen (Earth Yang)
  Small Intestine (Fire Yang)
  Large Intestine (Wood Yang)
  Bladder (Water Yang)
  Kidney (Water Yin)
  Triple Burner (Fire Yang)
  Pericardium/Four Ghosts
  Gall Bladder (Wood Yang)
  Liver (Wood Yin)
  Large Intestine (Metal Yang)
  Lung (Metal Yin)

• Yang Organ Meridian: Small Intestines, Pericardium
• Yin Organ Meridian: Heart, Triple Burner (Warmer)
• Essential Nature: Represents the processes that warm and energize the body, giving us energy and motivation, as in “all fired up,” and sexual passion, as in being “hot” for someone
• Builds: Arteries
• Herbal Tonifier: Bitters
• Negative Influence: Heat
Characteristics:
- Feeling motivated, energized, happy and positive
- Also being emotionally warm, friendly and sexually passionate

Small intestines (Yang):
- The body’s “sifters and sorters”
- Help us absorb what is needed and reject what is not needed
- Balanced = harnessing passions and exercising self control in food, drink, etc.

Heart (Yin):
- Ruler of the body, the seat of consciousness and intelligence
- Home of the “shen” or spirit, the emotional center of the body
- Responsible for wisdom and spiritual transformation

Other Fire Meridians

Triple burner meridian (Yang):
- The process that keeps the entire body warmed and energized through three “burners”
- Throat center or upper burner controls what the body takes in
- The chest center or middle burner controls the transformation of food to energy
- The lower burner in the abdomen controls elimination

Pericardium or circulation/sex meridian (Yin):
- The heart protector, guards against emotional stress
- Involved in blood circulation and sexual desire
- The court jester, which helps the heart (the ruler or king) laugh and be happy

Excess Fire

Emotional Symptoms:
- Anxiety, nervousness
- Mania, overly confident, masks insecurity
- Rapid speech, restlessness, difficulty being still, flighty
- Excessive laughter

Physical Symptoms:
- High stress level, tendency to dizziness, muscle tension
- Panic attacks
- Insomnia due to stress
- Urinary tract irritation with frequent urination
- Elevated blood pressure
- Skin eruptions (redness)
Deficient Fire

- Emotional Symptoms:
  - Feeling overwhelmed and burned-out, "I can’t take it anymore."
  - Emotionally sensitive and vulnerable
  - Muddled thinking, forgetfulness

- Physical Symptoms:
  - Nervous exhaustion from chronic stress
  - Heart palpitations, sensation of pressure in chest, heart issues related to stress
  - Fatigue during the day with restless sleep and disturbed dreams at night
  - Waking up frequently at night needing to urinate
  - Night sweats, excessive perspiration, frequent urination

Yang Organ Meridian: Stomach
Yin Organ Meridian: Spleen
Essential Nature: Represents being nourished and nurtured, as in "mother earth,” finding one’s center and place of balance
Builds: Muscles, Connective Tissue
Herbal Tonifier: Sweet
Negative Influence: Dampness

Balanced Earth

- Characteristics:
  - Able balance one’s needs with the needs of others
  - Able to appropriately nourish the body
  - Able to digest food and life experiences

- Stomach (Yang):
  - Sits near the center of the body and receives the food
  - Helps one focus and digest food and life experiences

- Spleen (Yin):
  - Transforms food into flesh
  - Governs metabolism of nutrients
  - Aids self-nurturing

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Excess Earth

• Emotional Symptoms:
  – Overly pensive, tendency to obsession and worry
  – Too focused inwardly, neglect of others and physical needs of the body
• Physical Symptoms:
  – Bloating and gas
  – Frequent belching after meals
  – Rotten egg taste in mouth, bad breath
  – Acid reflux, acid indigestion
  – Small intestinal bacterial overgrowth (SIBO)
  – Loss of appetite

Deficient Earth

• Emotional Symptoms:
  – Excessive worry for others
  – Neglect of one’s own needs
  – Feeling a lack of control in life
  – Frequent sighing
• Physical Symptoms:
  – Thin and pale (underweight) or overweight with poor muscle tone
  – Chronic poor digestion, poor appetite
  – Diarrhea, colitis or other inflammatory bowel disorders
  – Prolapse of organs, hernia (especially hiatal hernia)
  – Leg cramps, menstrual cramps

• Yang Organ Meridian: Colon (Large Intestine)
• Yin Organ Meridian: Lungs
• Essential Nature: Represents the defensive energy, including immune processes, the “swords and shields” of the body, also the ability of the body to discharge waste, ability to protect oneself emotionally as well
• Builds: Skin
• Herbal Tonifier: Pungent Herbs
• Negative Influence: Dryness
Balanced Metal

- **Characteristics:**
  - Standing up for oneself emotionally and physically
  - Good emotional boundaries
  - Able to resist infection and other harmful environmental influences
  - Have a sense of dignity and self-worth
  - Metal also regulates qi, that is, it keeps qi flowing properly.
- **Colon (Yang):**
  - Home of the primary immune responses
  - Colon meridian problems affect the lungs
- **Lung (Yin):**
  - Sit on top of the other major organs
  - The rhythmic process of breathing helps distribute qi to all these organs

Excess Metal

- **Emotional Symptoms:**
  - Being emotionally “closed” due to shock or grief
  - Being dogmatic, stubborn and resentful in relationships
  - Cloudy financial judgment, tendency to hoard material possessions and money and be unwilling to share
  - Not allowing yourself to let go of the past and move on
  - Being overly neat and organized, but aloof and overly defensive
- **Physical Symptoms:**
  - Acute respiratory congestion
  - Acute cough with excessive phlegm
  - Hayfever, asthma, allergies
  - Lymphatic swelling, earaches, sore throats
  - Sinus congestion, sinus headaches

Deficient Metal

- **Emotional Symptoms:**
  - Chronic grief and sadness which has been buried or stifled
  - Overly guarded emotionally, withdrawn, hardened, insensitive and emotionally cold
- **Physical Symptoms:**
  - Fatigue, shortness of breath, shallow breathing, wheezing, painful breathing
  - Frequent serious respiratory infections, pneumonias, tuberculosis, phlegm
  - Exposure to cold, dry air
  - Dry, unproductive cough
  - History of smoking
  - COPD, emphysema, adult asthmatics
  - Generally weak, frail, unnaturally thin
• Yang Organ Meridian: Urinary Bladder
• Yin Organ Meridian: Kidneys
• Essential Nature: Represents fluidity and flexibility, the ability to “go with the flow,” foundational energy of life, allows one to handle stress and life challenges with ease
• Builds: Bones
• Herbal Tonifier: Salty herbs
• Negative Influence: Cold

Balanced Water

• Characteristics:
  - Understanding oneself, exercising appropriate self-restraint
  - Having wisdom, knowing when to take a stand and when to gracefully retreat
  - Being able to flow with life
  - Having a flexible, yet strong body
• Bladder (Yang):
  - Eliminates excess water
• Kidney (Yin):
  - Stores our life essence, jing
  - Aids memory, willpower, and coordination
  - Aids longevity when healthy
  - Help to maintain mineral balance and bone health

Excess Water

• Emotional Symptoms:
  - Excessive fear and a lack of self-confidence
  - Lacking “backbone,” can’t stand up for oneself
  - Being too “wishy-washy,” compromising too much
  - Being an overly accommodating “people pleaser”
• Physical Symptoms:
  - Edema, puffiness under the eyes, puffy ankles
  - Burning or painful urination, scant urination
  - Backache; leg, hip or thigh pain; weak knees, ankles or low back
  - Frequent urinary tract infections
  - Prostate swelling
Deficient Water

• Emotional Symptoms:
  – Inflexibility, rigidity and brittleness, both physically and emotionally
  – Becoming hardened, inflexible and rigid in thought processes
  – Not able to adapt to changing circumstances
  – Having burned the candle at both ends creating excessive stress

• Physical Symptoms:
  – Backache, chiropractic adjustments won’t hold, spinal misalignment
  – Weakness in knees, legs or ankles, broken bones
  – Osteoarthritis
  – Prostatitis, erectile dysfunction
  – Incontinence, frequent urination
  – Ringing in the ears
  – Afternoon or night sweats
  – Premature aging, greying of hair

• Yang Organ Meridian: Gall Bladder
• Yin Organ Meridian: Liver
• Essential Nature: Represents the principle of life and renewal of life, allows life to grow, develop and spread, allows one to set and achieve our goals, harmonizes internal organ function, regulates the flow of blood and qi, helps create harmony with other people in one’s life
• Builds: Blood
• Herbal Tonifier: Sour
• Negative Influence: Wind

Balanced Wood

• Characteristics:
  – Ability to easily navigate problems in your life, achieve what you want
  – Ability to work well with others in a harmonious fashion
  – Able to flow smoothly with life

• Gall Bladder (Yang):
  – Helps with being gracious, letting go of resentment

• Liver (Yin):
  – The harmonizing organ of the body
  – Builds and nourishes the blood
**Excess Wood**

- **Emotional Symptoms:**
  - Excessive anger, irritability, frustration and aggression
  - Overly controlling of others
- **Physical Symptoms:**
  - Menstrual pain and irregularity, PMS
  - Tension in the neck and shoulders, migraines
  - Difficulty getting to sleep, insomnia
  - Morning grogginess
  - Stiffness and bloating under right rib cage
  - Imbalances in GI tract function
  - Irritation of the liver, gallbladder problems
  - Feeling like a hypochondriac, erratic health problems

**Deficient Wood**

- **Emotional Symptoms:**
  - Frustration, depression, lack of drive and motivation
  - Hypochondriac feelings
- **Physical Symptoms:**
  - Heavy menstrual bleeding, PMS
  - Blood deficiency (pale complexion, thin pulse)
  - Headaches, especially migraines
  - Balancing immune function in allergies and autoimmune conditions where there is weakness and fatigue
  - Feeling like a hypochondriac, erratic health problems
  - Skin eruptive diseases
Formulas for Balancing the Five Elements

<table>
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<tr>
<th>Element or Factor</th>
<th>Reducing Formulas</th>
<th>Increasing Formulas</th>
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<tbody>
<tr>
<td>Wood</td>
<td>Liver Balance (Tiao He)</td>
<td>Blood Stimulator (Bu Xue), Mood Elevator (Jie Yu)</td>
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<tr>
<td>Fire</td>
<td>Stress Relief (An Shen)</td>
<td>Nervous Fatigue Formula (Yang Xin) Chinese Mineral Chi Tonic</td>
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<tr>
<td>Earth</td>
<td>Anti-Gas, Chinese (Xiao Dao)</td>
<td>Spleen Activator (Wen Zhong)</td>
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<tr>
<td>Metal</td>
<td>Breath Activator (Xuan Fei)</td>
<td>Lung Support (Fu Lei)</td>
</tr>
<tr>
<td>Water</td>
<td>Kidney Activator, Chinese (Qu Shi)</td>
<td>KB-C (Jiao Gu), Nature’s Nori</td>
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Upcoming Education

• Upcoming Member Webinars
  – Sunshine Product Training
    • Tuesday August, 6:00 MT: Nervous System Products
  – Sunshine Sharing Hour
    • Tue, August 27, 6:00 MT: Following the Cycles of Nature for Health

• Other Classes and Events
  – 2019 Healthy Perspective Webinar Series
    • https://events.genndi.com/channel/healthyperspective
  – 2019 Seeking Light and Truth
    • Webinar series: https://events.genndi.com/channel/seekinglight

Comments, Questions and Answers

• Type your questions about tonight’s topic into the chat box
• Product presentation to follow this Q&A