

The Sunshine Sharing Hour

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

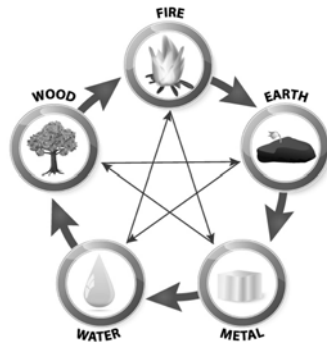
Tuesday, July 30, 2019

Following the Cycles of Nature for Health



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

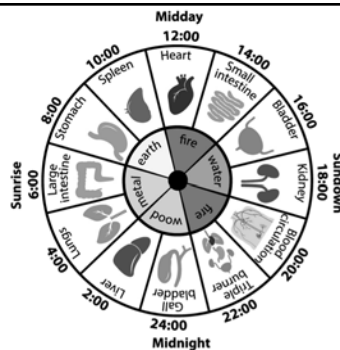


The Body Meridians



Meridian Clock

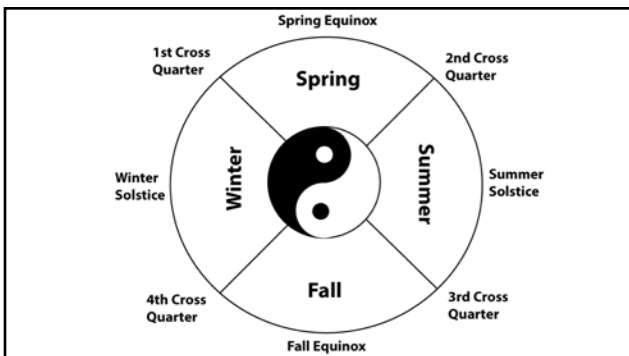
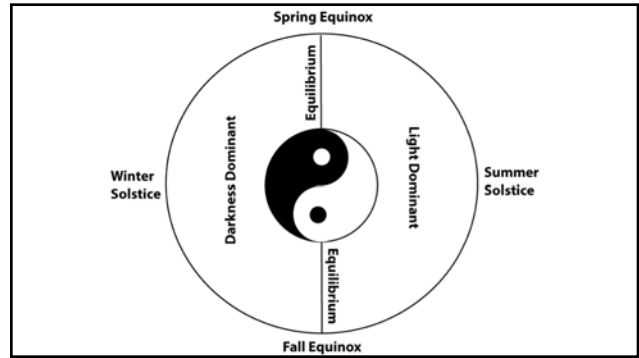
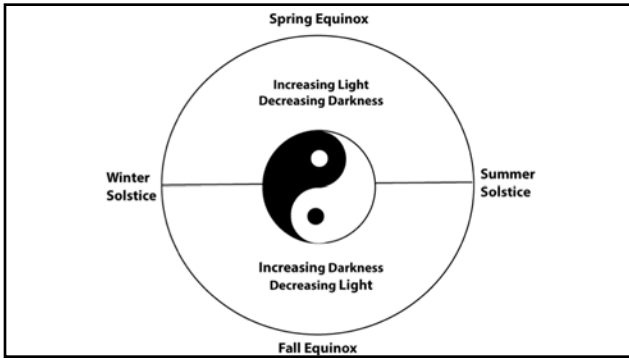
- Each meridian (and its accompanying element) have a dominant time of the day
- The meridian and element is the most active at this time
- They are least active at the opposite time of the day
- When you have symptoms is a clue to how your body is out of balance



The Annual Cycle

- There is also an annual cycle
- The cycle chart shown here is based on the Western four element system
- It also shows phases of the moon and seasons of life
- The inner clock compares the daily cycle to the other cycles





Earth Element

- 7 - 11 AM
- April - May


Spring (April – May)

- Spring is the time when the world awakes from the sleep of winter
- Trees leaf out, flowers start to bloom
- It is a time for planting
- It's also the time of mothers as traditionally birth takes place in the spring (mother earth)

Stomach Meridian (7– 9 AM)

- Time to wake up and break our nighttime fast
- Stomach acid is highest in the morning, which means it is easiest to digest heavy protein foods at this time
- Waking up with no appetite or cravings for coffee and carbohydrates is a sign of a disordered stomach meridian

Spleen (Pancreas) Meridian (9-11 AM)




- Time to get started on your day's work
- Energy and mental focus should be high at this time
- Blood sugar should be stable
- Hypoglycemia (from skipping breakfast) or high fasting blood glucose at this time signal a problem with this meridian

Balancing Earth Meridians


Excess Earth	Deficient Earth
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Indigestion, gas, bloating – Lack of appetite for breakfast – Carbohydrate cravings at breakfast • Suggestions <ul style="list-style-type: none"> – Don't eat after 6:00 PM – Take liver cleansing (alternative) herbs at bedtime – Don't eat carbohydrates for breakfast – Make a protein smoothie for breakfast – Take digestive enzymes – Take an Earth Decreasing Formula 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – High fasting blood sugar – Cravings for carbohydrates and coffee for breakfast – Can't digest foods with protein at fat at breakfast time • Suggestions <ul style="list-style-type: none"> – Take an Earth Increasing Formula – Take betain HCL and/or digestive enzymes with meals – Take herbs to balance blood sugar – Eat small meals with protein foods – Make a protein smoothie for breakfast

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):
 - Able to stay focused
 - Able to digest food and life experiences
- Spleen (Yin)
 - Ability to nurture self
 - Able to maintain healthy weight and blood sugar levels

Fire Element, Phase One




- 11 AM – 3 PM
- June - July

Summer = High Fire Energy

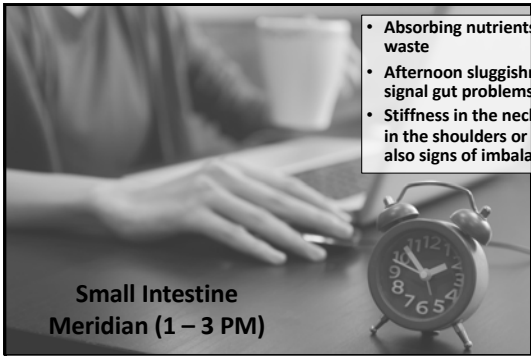


- The hot summer months are also a good time for fasting or eating light meals of mostly fruits and vegetables
- This also helps balance the body during the heat of the summer keeping the system cooler
- This is probably true of what we should do at lunch time, too

Heart Meridian (11 AM – 1 PM)



- Heart energy is associated with enthusiasm, energy and positivity
- Lunch time, which should be a lighter meal
- Bitters stimulate heart energy, so this is a better time for coffee than first thing in the morning
- Excess energy equals mania and anxiety
- Deficient energy equals fatigue and a lack of motivation
- Low heart energy can also result in restless and disturbed sleep at the opposite time of the day 11 PM - 3 AM




Small Intestine Meridian (1 – 3 PM)

- Absorbing nutrients, rejecting waste
- Afternoon sluggishness can signal gut problems
- Stiffness in the neck and pain in the shoulders or arm are also signs of imbalance

Balancing Fire Meridians

Excess Fire	Deficient Fire
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Hyperactive, nervous, stressed, anxious – Tendency to mania and excess enthusiasm • Suggestions <ul style="list-style-type: none"> – Eat protein for breakfast, not carbohydrates – Eat a light lunch (mostly vegetables) – Don't use caffeine – Take a Fire Decreasing Formula – Take an Anti-Stress B-Complex supplement – Take magnesium 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – Feeling tired and unmotivated during the day – Restless and disturbed sleep at night • Suggestions <ul style="list-style-type: none"> – Take an Fire Increasing Formula – Eat protein for breakfast, not carbohydrates – Eat a light lunch (mostly vegetables) – Don't use caffeine – Use adaptogenic herbs


- Characteristics:
 - Feeling motivated, energized, happy and positive
 - Also being emotionally warm, friendly and sexually passionate
- Small intestines (Yang):
 - Harnessing passions and exercising self control in food, drink, etc.
 - Good intestinal function
- Heart (Yin)
 - Ability to be wise and spiritual
 - Being happy and positive about life
 - Having centered emotions
 - Healthy heart



Water Element




- 3 – 7 PM
- August - September



Harvest Time

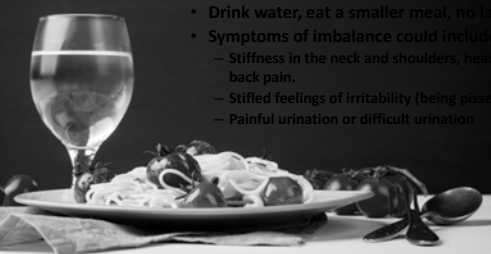
- August and September is the time when fruits and vegetables are most available
- Deficient earth energy (high blood sugar) can result in excess water energy (low blood sugar) at this time causing an afternoon or late summer energy slump

Bladder Meridian (3 – 5 PM)



- A time for slowing down
- A natural time for relaxing or taking a nap
- Also a good time for contemplation
- Low energy at this time could signal an excess of water energy, especially if you have water retention or lymphatic stagnation
- A good time to drink some extra water

Kidney Meridian (5 – 7 PM)




- Slowing down time, relaxing time for dinner
- Drink water, eat a smaller meal, no later than 7
- Symptoms of imbalance could include:
 - Stiffness in the neck and shoulders, headaches and back pain.
 - Stifled feelings of irritability (being played off)
 - Painful urination or difficult urination

Balancing Water Meridians

Excess Water	Deficient Water
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Feeling tired and sluggish in the afternoon – Fluid retention and/or lymphatic congestion – Backache – Fearful, wishy-washy personality • Suggestions <ul style="list-style-type: none"> – Take a Water Decreasing Formula – Use herbs to help clear lymphatics and improve kidney function – Take an herbal potassium supplement – Eat a light dinner (mostly vegetables) 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – Pain in the neck, shoulders, back or legs – Painful or difficult urination – Inflexible, rigid personality • Suggestions <ul style="list-style-type: none"> – Take a Water Increasing Formula – Drink more water, especially during the late afternoon and early evening – Eat a light dinner (mostly vegetables), reduce consumption of meat if you are a heavy meat eater – Take an afternoon or early evening break

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):
 - Ability to eliminate fluid wastes
 - Ability to let go of resentment
- Kidney (Yin):
 - Memory, willpower, and coordination
 - Stamina and longevity
 - Healthy mineral balance and bone health

Fire Element, Phase Two




- 7 PM – 11 PM
- October - November

Holiday Season



- October-November is a natural time for feasting and celebration (Halloween and Thanksgiving)
- The bright colors of autumn are a sign of another period of more quiet fire energy
- This is a time for happiness and joy, but in a more quiet and playful way than the summer


Pericardium (Circulation/Sex) Meridian (7 – 9 PM)



- The playful, fun-loving aspect of fire energy
- Associated with good circulation and sexual desire
- This is prime time TV because people like to be entertained at this time
- It's also a natural time for romance
- Low energy at this time is lack of good circulation and fire energy

Triple Warmer Meridian (9 – 11 PM)

- Natural time for going to bed
- Inability to go to sleep at this time is often due to an excess of energy in this meridian
- Triple warmer (heater) regulates food intake, metabolism and waste removal
- It is associated with glandular functions like the thyroid and adrenals
- Calming fire may help with sleep




Balancing Other Fire Meridians

Excess Fire	Deficient Fire
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Difficulty relaxing and going to sleep – Nervous energy, anxiety or irritability in the evening • Suggestions <ul style="list-style-type: none"> – Take a Fire Decreasing Formula – Take time for meditation or contemplation before bedtime – Avoid stimulating entertainment (movies, video games, music) – Put away cell phones and computers, don't watch late night TV – Read a positive book, listen to relaxing music or do other quiet activities – Use an Anxiety-Reducing Formula 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – Lack of sexual desire and/or passion – Low thyroid or adrenal function – Exhausted at bedtime, but wake up after 3-4 hours of sleep • Suggestions <ul style="list-style-type: none"> – Take a Fire Increasing Formula – Use a thyroid or adrenal glandular if necessary – Eat a light protein snack at bedtime (nuts, cheese, etc) – Take magnesium and vitamin C before bedtime – Put away cell phones and computers, don't watch late night TV

Balanced Fire 2

- Triple burner meridian (Yang):
 - Good metabolism, regulation of diet and elimination
 - Good energy levels
 - Able to relax and go to sleep
- Pericardium or circulation/sex meridian (Yin)
 - The heart protector, guards against emotional stress
 - Healthy passion and sexual desire
 - Ability laugh, have fun and be happy



Wood Element

- 11 PM – 3 AM
- December - January



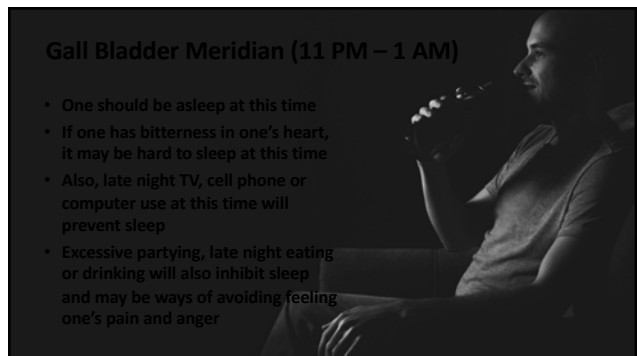
Winter

- Winter is the time when the earth sleeps
- It is the darkest time of the year and corresponds to the nighttime
- Depression is more common in the winter because fire is low (wood suppresses fire)
- It is also the time for renewal (the new year)



Gall Bladder Meridian (11 PM – 1 AM)

- One should be asleep at this time
- If one has bitterness in one's heart, it may be hard to sleep at this time
- Also, late night TV, cell phone or computer use at this time will prevent sleep
- Excessive partying, late night eating or drinking will also inhibit sleep and may be ways of avoiding feeling one's pain and anger






Balancing Wood Meridians	
Excess Wood	Deficient Wood
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Difficulty relaxing and going to sleep until after midnight – Feeling irritable and nervous in the evening – Late night eating, drinking and partying • Suggestions <ul style="list-style-type: none"> – Take a Wood Decreasing Formula – Don't eat dinner later than 7:00 PM – Avoid eating before bedtime – Take herbs to aid liver detoxification (and possibly methylation) – Practice forgiveness, let go of anger and hurt 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – Pale complexion, feelings of fatigue and weakness – Headaches, skin eruptive conditions – Women: PMS, heavy menstrual bleeding • Suggestions <ul style="list-style-type: none"> – Take a Wood Increasing Formula – Eat foods to nourish the blood (red meat, beets, molasses, apricots, etc.) – Take hepatoprotective herbs

<ul style="list-style-type: none"> • Characteristics: <ul style="list-style-type: none"> – 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): <ul style="list-style-type: none"> – Helps with being gracious, letting go of resentment • Liver (Yin): <ul style="list-style-type: none"> – Harmoniously functioning body – Healthy blood – Social gracefulness 	<h3>Balanced Wood</h3>
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<ul style="list-style-type: none"> • 3 – 7 AM • February - March 	<h3>Metal Element</h3>
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<h3>Late Winter – Early Spring</h3>	<ul style="list-style-type: none"> • This is a time when people often experience colds (cold and flu season) or begin to experience allergies (allergy season) • This should be a peak time for the metal element (immune responses) which defend the body • Increasing metal energy at this time of the year can help ward off these problems
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<ul style="list-style-type: none"> • Unresolved grief/shock or dogmatic/rigid states of mind can result in a person waking up unable to go back to sleep • This is a peak time for the immune system (metal element) • Sinus congestion, snoring, sleep apnea or difficulty breathing during this period of time are problems with the lung meridian (metal energy) 	<h3>Lung Meridian (3 – 5 AM)</h3>
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Large Intestine Meridian (5 – 7 AM)

- During this time the colon prepares the waste for final elimination, which is why it is normal to have a bowel movement first thing in the morning
- Constipation will result in respiratory and immune problems
- A stimulant laxative at bedtime can help ensure morning elimination
- Dehydration can also cause problems with the lung and colon meridians

Balancing Metal Meridians

Excess Metal	Deficient Metal
<ul style="list-style-type: none"> • Symptoms: <ul style="list-style-type: none"> – Respiratory congestion, especially at night, inhibiting sleep – Sleep apnea and snoring – Chronic sinus congestion • Suggestions <ul style="list-style-type: none"> – Take a Metal Decreasing Formula or a good Expectant-Decongestant Formula – Make sure the bowels are moving properly – Stay properly hydrated – Use fiber and/or probiotics as necessary 	<ul style="list-style-type: none"> • Symptoms <ul style="list-style-type: none"> – Chronic, dry cough – Get sick easily in winter – Difficulty breathing at night – Wheezing, shortness of breath • Suggestions <ul style="list-style-type: none"> – Take a Metal Increasing Formula – Avoid smoking and airborne pollutants – Take vitamins A&D – Use herbs to boost immunity and strengthen the lungs

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):**
 - Good immune responses
 - Good bowel function
- **Lung (Yin):**
 - Serenity and inner peace
 - Ability to breathe freely in life





Formulas for Balancing the Meridian Cycles

Element or Factor	Reducing Formulas	Increasing Formulas
Wood	Liver Balance (Tiao He), Milk Thistle Combo, Enviro Detox, Detox Basics, Cellular Detox	Blood Stimulator (Bu Xue), Mood Elevator (Jie Yu), I-X, Yellow Dock
Fire	Stress Relief (An Shen), Nutri-Calm, AnxiousLess, Magnesium	Nervous Fatigue Formula (Yang Xin), Chinese Mineral Chi Tonic, Nature's Chi, Adrenal Support, Thyroid Support
Earth	Anti-Gas, Chinese (Xiao Dao), Cinnamon Balance	Spleen Activator (Wen Zhong), Food Enzymes, Sugar Reg
Metal	Breath Activator (Xuan Fei), AL-J, Bronchial Formula	Lung Support (Fu Lei), Cordyceps, Mullein, Marshmallow
Water	Kidney Activator, Chinese (Qu Shi), Kidney Activator, Combination Potassium	KB-C (Jian Gu), Nature's Noni

Upcoming Education

- **Upcoming Member Webinars**
 - **Sunshine Product Training**
 - Tuesday September 17, 6:00 MT: Urinary System Products and New Products
 - **Sunshine Sharing Hour**
 - Tue, September 24, 6:00 MT: Nutrition and Herbs for the Brain
- **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

