

# Nutripuncture™ Health News

*Balance, Harmony and Wellness for Our Bodies, Minds and Spirits*

*Welcome to Nutripuncture Health News! We are now leaving winter behind and entering the season that segues and overlaps with all seasons; stomach/pancreas. The next major season is spring! Spring is liver/gallbladder. Let's review winter and then talk about stomach/pancreas and liver/gallbladder.*

## **Winter in Review**

Winter starts on December 22<sup>nd</sup> and ends on March 21<sup>st</sup>. Winter is in relation with the kidney and bladder meridian. What do we mean by that? As described in Chinese medicine, **every season (summer, fall, winter, or spring) has an influence on particular organs, making them more sensitive.** This sensitivity allows us to find areas we need to heal and it is *not* just physical sensitivities—**every organ also brings with it emotional and behavioral connections.** For example, have you ever gotten sick to your stomach when you had to speak in public? Does your heart beat faster when you are around that special someone? Do you find it hard to breathe the first day of a new job? Each of us is a complete, whole person with every aspect of our being interconnected. Therefore, *how you feel and how you behave has a profound effect on your health.*

This is the season that calls on the kidney/ bladder meridian. To understand better, picture a horizontal line. On the left hand side you have people who worry all the time about many things, fearing for everyone's safety including their own. In the middle you have people who are balanced, clear-headed and joyful. On the right side you have people who are reckless, afraid of nothing and who take great risks in life. **Both the right and the left represent a disturbance in the kidney/bladder meridian and, during the winter months, this disturbance is amplified.**

Emotionally, winter is a time for introspection. It is a time for us to work on our relationships and review our lives to see if we are getting what we want. Hopefully, all of you have come out of winter with fresh perspectives and new goals.

## **The Interseason; Stomach/Pancreas**

Throughout the year and in between each season there is period of time (two to three weeks) that traditional Chinese medicine describes as a passage or transition to the next season.

In Nutripuncture, it is called the “interseason”. **During these short periods of time the stomach and pancreas take over and govern the body and we find ourselves moving into action.**

It may be helpful to add Nutri 10 and Nutri 18 to your current association during this time. It is also good to start taking the upcoming season about two to three weeks before it starts. For example, the interseason before spring may be assisted with the use of **Nutri Yin & Nutri Yang + Nutri 10 + Nutri 18 + Nutri 11 + Nutri 30**. You may also add any of the other organs involved with this season (see below).

**The interseason leading into spring starts around March 1<sup>st</sup> to March 21<sup>st</sup>.**

Your stomach is related to respecting yourself and others and to your courage in life. Your pancreas is related to having the ability to follow through on an action, complete projects and to think in a concrete manner.

### **Organs and Nutriments involved:**

- **#10**-Stomach
- **#18** Pancreas/Spleen
- **#17** Bone
- **#21** Prostate
- **#26** Thalamus
- **#28** Uterus

### **A disturbed stomach/pancreas can lead to:**

- Living only through one's work
- Lack of respect, especially towards others,
- Contemptuous, arrogant, success-driven, ambitious, scheming,

### **Or, it can also mean:**

- Dominated by one's work, one's boss, one's superior
- Lack of respect for oneself

## **Nutripuncture in the Spring**

**Spring officially lasts from March 21<sup>st</sup> to June 21<sup>st</sup>.** Most of us are glad to see the trees budding and the sun shining warmer. But interestingly enough, tempers seem to get shorter as the days get longer. Why?

Each of us reacts to spring in a different way. For some, this period brings energy and well-being. **For many others it can be a time of lost vitality that worsens with each passing year.** Some of the symptoms that a person may feel include fatigue (not being able to get enough sleep, yawning all day and even feeling a bit ill), hepatic (liver) weaknesses, problems with the gallbladder, difficulty with digestion, and skin and hair pathologies.

**Whenever there is a disturbance in the functioning of an organ there is a corresponding emotional reaction and disturbance.** During this time of year, strong emotions such as anger, aggressiveness, irascibility, frustration, and impatience are brought to the surface. Some of us may become violent on one hand, or apathetic on the other. Many of us may get carried away with our impulses to overeat, give in to emotional outbursts, revolt against something, hold grudges, and even attempt to destroy ourselves.

Spring includes these feelings, plus everything in between and it is important to remember that this season is only highlighting and exposing disturbances that have been there the whole year, keeping us from fully enjoying life. The difference is that, during spring, we can't run away or "push down" these problems as easily—they come to the surface and we are forced to face them. The good news is that it is the best time of the year to heal these disturbances and recover our ability to feel good during the spring and to feel better throughout the whole year.

## **The Liver/Gallbladder Meridian**

According to traditional Chinese medicine, our quality of health, especially during the spring, is connected to the ability of the body to regulate the metabolic pole (liver and gallbladder), and the cephalic pole (cerebral cortex).

**Functioning correctly, the cerebral cortex drives or leads the other organs and the liver animates and nourishes them.** To put it simply, the cephalic pole is the "top" of the body and the metabolic pole is the "bottom" and the top must be in the driver's seat or a person may become depressed, emotional, and negative.

The following are the nutriments that represent the organs and functions important during the spring:

**Liver and Gallbladder:** Connected with the Master of heart-Triple Heater and the Conception/Governor Meridians.

- **#11** Liver
- **#30** Gallbladder
- **#35** feminine Master of Heart
- **#36** masculine Master of Heart
- **#37** feminine Triple Heater
- **#38** masculine Triple Heater
- **#03** Hair

- **#08** Cortex
- **#19** Skin
- **#33** Conception
- **#34** Governor

**LIVER:** Wisdom, understanding.

**GALLBLADDER:** Serenity, coherence.

**SENSE OF TOUCH**

## **Recommended Associations for the Season of Spring**

**First:**

**Nutri Yin & Nutri Yang + Nutri 11 + Nutri 30**

Use once or twice a day for the season of spring.

**Second:**

For women: **Nutri Yin & Nutri Yang + Nutri 08 + Nutri 35 + Nutri 37**

For men: **Nutri Yin & Nutri Yang + Nutri 08 + Nutri 36 + Nutri 38**

Use twice a day for three weeks during spring.

**Third:**

For women: **Nutri Yin & Nutri Yang + Nutri 19 + Nutri 03 + Nutri 35**

For men: **Nutri Yin & Nutri Yang + Nutri 19 + Nutri 03 + Nutri 36**

Use twice a day for three weeks during spring.

In our next newsletter we will cover liver/gallbladder in more detail with descriptions of each disturbance. If you would like more information now, please visit [www.nutripuncture.com](http://www.nutripuncture.com). See below for upcoming events and trainings.

Los Angeles, CA: Natural Health Expo, March 6, 7 & 8

Los Angeles, CA: Level one training with Cheryl Torrey, March 22<sup>nd</sup>

Los Angeles, CA: Level two training with Dr. Patrick Veret, date to be announced

*Please call 310-428-7144 for more information about these events*

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