

UNDERSTANDING THE RHYTHM OF LIFE

THE SEASON OF SPRING

LIVER/GALLBLADDER

March 21st to June 21st

(For more information, please visit: www.nutripuncture.com.)

Hello Everyone!

I hope all of you are doing well this spring season! Liver/gallbladder is an interesting time of the year, but it can seem confusing because there are so many physical symptoms people feel this season.

Something important to remember is if there are other areas/meridians that you haven't restored fully then you may feel these disturbances during spring. A deep disturbance in any of the meridians will eventually disturb the liver/gallbladder. Therefore, in spring people can exhibit all kinds of symptoms from a lungs/colon cold to feelings of depression and loneliness. Remember, "things" come up in the spring! Pay close attention to how you are feeling and learn better what to do for your health.

Be careful of the way to talk to *you*! If you are feeling a bit disturbed and grumpy then chances are you are also more self-critical. This may cause you to feel like you can't accomplish anything, that you are not good enough, or that everything is going wrong. First of all, take the nutriment for the season and then *stop* telling yourself that everything is going wrong! Instead, encourage yourself with positive messages. You will feel a lot better!

PHYSICAL SYMPTOMS, EMOTIONS, AND BEHAVIOR

I am sure you have noticed that we speak a lot about emotions and behavior, more than we discuss specific physical symptoms in the body. Why do we take this approach? Because Nutripuncture works with the underlying reasons that our bodies become ill.

Most other health newsletters focus on diseases and physical symptoms and what supplement/food to use to get better, but there are health issues underneath the manifestation of these physical problems and they are rarely connected to the disease but these health issues came first! They are an energetic disturbance in the body's meridians and they show up as feelings and behaviors. These disturbances are first demonstrated as communication issues with other people and then they manifest into physical problems.

How do we get these disturbances? We get them mostly from our environment and from our relationships. For example, if you were abused by your parents you may develop physical issues/illnesses in relation to the abuse as you get older. Most health practitioners do not recognize this, but Nutripuncture does. By restoring the body from the actual abuse and breaking the fusional ties from the abuser, you are able to become healthier and may avoid serious physical problems such as heart disease and cancer.

Each environmental or relationship issue can have an impact on certain organs and functions in the body. Everything we experience in our lives leaves an imprint on the cells in our bodies and these cells keep duplicating with this disturbed information unless we give our bodies new information. This is why it is sometimes so difficult to change how we feel—it's a cellular problem as well as an emotional one! "Don't worry! Be happy!" sounds like simple advice but in fact it may be nearly impossible for some of us to accomplish this without some help because of deep trauma and/or disturbances in the body from our life experiences.

Restoring the energy in the body's meridians is a vital key to staying healthy. No matter what physical symptom you may have, there is always an emotional, behavioral and energetic connection.

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

Liver disturbance, on the psychological level:

- Dominated by anger,
- Gets angry for a mere nothing, impulsive, carried away, irritable,
- Excessive, impulsive
- Resentful, aggressive, quarrelsome,
- Fighter, brutal, violent

Or:

- Dominated by one's bad moods,
- Has a grudge against oneself,
- Taciturn, often depressive, of dark humor,
- Desire to destroy oneself, suicidal tendency.

Gall bladder disturbance, on the psychological level:

- Vindictive, grumbling, fretful, grumpy, complaining,
- Surly, argumentative, grim, acerbic.
- Morose, worrisome,
- Bitter, embittered, envious (heart).

On the physical level:

- All liver problems,
- Gall bladder problems,
- Physical fatigue,
- Difficulty adapting to spring.

By nourishing the vital currents of the Liver – Gall bladder family, one favors:

On the psychological level:

- More peace, serenity,
- Domination over one's drives, less anger,
- A more coherent life,
- An awareness of one's and others' limits,
- Greater effectiveness in one's undertakings
- Moderation in eating habits

On the physical level:

- Better digestion and better bile elimination.
- More energy

For the season, start with Yin/Yang and #11, #30. You may also add the other two meridians: #35 and #37 for women or #36 and #38 for men plus the second one— #33 and #34.

Follow with the other nutriments: #03, #19 and #08. If you are feeling tired and out of sorts all day then try Yin/Yang + #11 and #08. This will help you stay “right side up”!

Next month we will be discussing the other two meridians associated with spring; conception/governor and master of heart/triple heater.

Have a wonderful spring and remember to pay attention to how you are feeling—*emotionally and physically!*

Cynthia B.
The Nutripuncture Team