

# UNDERSTANDING THE RHYTHM OF LIFE

## THE SEASON OF SUMMER

### HEART/SMALL INTESTINE

#### June 21<sup>st</sup> to August 15th

(For more information, please visit: [www.nutripuncture.com](http://www.nutripuncture.com).)

**Summer is the season for the heart/small intestine meridian.** This is the time to find your desire and rhythm in life! Strive to see a correct view of reality and to find your true projects in life. Act with love towards yourself and others and nurture your self-esteem. Make decisions based on what you want to create in your life not on what someone else wants you to create. The sense that is most animated during this season is the sense of sight.

Nourish the health of your heart and recognize the emotional and behavioral components of clogged arteries and high cholesterol, which are usually connected to your communication with others. Improve your digestive health by balancing the flora in the small intestine and by adding enzymes to your diet. This is also the season to balance your weight.

Some people express a disturbance in this meridian by being overly emotional and by attaching themselves to others. Some people find reasons to worry about loved ones all the time and they try to fix and “help” the people around them. The problem is that they are usually acting this way because of a void inside themselves that they are trying to fill up. These people attract heartbreak and emotional chaos and they are not happy.

It is important to recognize these traits in ourselves and in others. Use Nutripuncture to help balance your body and you will find that the emotional chaos in your life will start to fade away. Remember, worry is pessimistic goal setting. Worry *attracts* events that fulfill your nervous, negative expectations.

A heart/small intestine disturbance can make life painful and chaotic. Everyone should nourish this meridian; take #04 for heart and #13 for small intestine, with yin/yang, every day.

#### DISEASE AND NUTRIPUNCTURE

It is very interesting to look at life events through an understanding of the body's meridians/vital currents. When we mentioned the “organ envelopes” of the body we are talking about the energetic space that holds each organ. It is important to understand that even if the organ is taken out, *the disturbance that destroyed the organ in the first place, still exists.*

Recently I received an email that was titled “Important: Every woman should read this.” It was an article about a woman who had her ovaries taken out and then got sick. It took many trips to the doctor before she was finally diagnosed with *ovarian cancer*. The article went on to explain what symptoms and tests to ask for because the doctors she went to did not consider the possibility of ovarian cancer since she had surgery. Her ovaries were gone but the disturbance that made them unhealthy in the first place still existed and she got sick.

Emotional and behavioural symptoms almost always develop before the physical ones and understanding these symptoms, through the study of Nutripuncture, can help you maintain and restore your health *before physical symptoms appear*. Restoring the body’s energy may even help slow the aging process.

Remember, a disturbance in the body exists for many years before it becomes a pathology and it is always associated with the persons behaviour and emotions. This even includes people who contribute greatly to society because they still move through life with a disturbance in their body. In other words, you can work towards your goals and life aspirations balanced or not balanced. Either way, you may reach your goals, but ultimately you will be a lot healthier if your body is balanced and you use all of your five senses every day. Your communication will be more powerful as well.

Keep this in mind when thinking about the heart and small intestine; emotions and choices. Heart disease has a starting point and it is usually when the person is very young. We all need to stop thinking that diseases happen only as a person ages. A disease may grow from a disturbance that a person could have gotten from his parents when he was a baby!.

Summer animates the heart/small intestine meridian family, which includes:

- #04—Heart
- #13—Small Intestine
- #01—Arteries
- #08—Cortex
- #32—Sight

### **Disturbances on the psychological level:**

#### **Heart:**

- Dominated by one's feelings,
- Vital need to be liked and recognized, does not recognize oneself
- Dedication, sacrifice, life devoted to others
- Self-depreciating, underestimates oneself
- Lack of desire in one's life, lack of plans, of enthusiasm

- Fear of lacking money, overspending, generous to a fault
- Seductive, tries to please, bewitching, captivating, charming,
- Jealous, passionate, impetuous, ardent,
- Has difficulty sharing, egotistical, miserly, greedy, covetous,
- Narcissistic, vain

**Small intestine:**

- Indecision, hesitation, difficulty choosing,
- Submissive to the choices of the others,
- Stocks up on food out of fear of lacking, sensation of inner emptiness, obesity - eats out of compensation,
- Makes decisions based on what will please others and not with regard to oneself

**On the physical level:**

Heart: cardiovascular problems often develop in an emotional context and where there is faulty communication with others (palpitations, irregular heartbeat).

**The small intestine:**

- Any absorption problems
- Digestive assimilation
- Lipid metabolism disturbances (cholesterol),
- Changes in dietary intake—obesity,
- Certain alcoholic states related to an uncompensated emotional imbalance
- Eye problems such as a sensitivity to light,
- Difficulty adapting to summer.

By nourishing the vital currents of the Heart-Small Intestine family, one favors:

**On the psychological level:**

- A deep desire to give and to share,
- A greater gratitude towards others,
- A better vision of the future,
- Getting started on projects,
- A greater tolerance of the emotional states of others
- The expression of one's own desires,
- Ease in taking care of oneself,
- The expression of a strong vital energy and a greater capacity to love,
- Ease in making choices

**On the physical level:**

- An improvement in the balance of the cardiovascular system,
- Better food assimilation.

## **ACTIVA LABORATOIRES INTRODUCES: WELL- BEING HERBS**

The doctor who brought us the science of Nutripuncture now has a line of herbs that directly support the body's meridians, organs and functions. These herbs work alone or they are a great partner with the Nutripuncture nutriments.

Each of the herbal formulations is targeted for specific functions and organs in the body. The formulas are created by carefully combining different blends of herbs. For example, "Vitality" is a blend of ginseng, acerola, guarana and pineapple dry extracts.

The source for the herbal extracts is one of the highest rated in the world. A new delivery system was created for these herbs; they are encapsulated around a neutral core and surrounded by a semi-permeable membrane, which provides controlled release throughout the day. These herbs are easier to absorb because they are released in the digestive track at the correct time. This special granule also protects the herb from the environment longer.

The formulas include:

- **Well-Being Energy Vitality:** ginseng, guarana, acerola, pineapple
- **Well-Being Respiration:** marshmallow, eucalyptus, blueberry, hawthorne
- **Well-Being Digestion:** balm, dandelion, sage
- **Well-Being Women:** soya, rockweed, acerola, hops
- **Well-Being Weight Loss:** green tea, guarana, rockweed, pineapple, ginger
- **Well-Being Sleep:** hawthorne, chamomile, verbena, violet, linden
- **Well-Being Circulation:** black current, olive, red grapevine, blueberry
- **Well-Being Elimination:** cranberry, couch grass, nettle, heather
- **Well-Being Men:** squash seed, couch grass, cranberry, ginger

*Look for more information on these herbs in up-coming newsletters.*

Have a wonderful summer following your own desires!

Cynthia B.  
The Nutripuncture Team

*This information has not been evaluated by the FDA. This information is not intended to promote any of our products as a medical cure. Nutrients do not directly prevent, treat or cure diseases or destroy germs. Although there is a volume of research that would indicate nutrition has a powerful effect on our immune system and health, all research is open to interpretation and contradictions*