

UNDERSTANDING THE RHYTHM OF LIFE

THE SEASON OF FALL

LUNGS/COLON

September 23rd to December 21st

We are coming to the end of lungs/colon and I hope that all of you have done well this season! There are many levels of work with Nutripuncture. The best place to start is with the seasonal association and the seasonal sequence. It is important to keep in mind that even if you don't feel a lot of improvement during your first year on Nutripuncture, stay confident because cellular shifts are happening in your body and improvements in your health will become even more apparent the following year. Many of us experience much better communication with others as we work on every season.

We don't become disturbed in a few months and it takes a full one to two years to restore the meridians and organs with each season. Be patient! There are many times when we all get frustrated with the process of regaining our health and it is especially hard when we can't "feel" anything. These are the times when we forget to take care of ourselves—*but don't*.

Stay focused! A restored organ is much less likely to develop cancer cells or other pathologies not to mention the emotions that improve as well. Nutripuncture is an important therapy because it restores the meridians and all of our senses—but keep in mind that once you restore your cells it is easy to forget how you felt before Nutripuncture!

I also highly recommend that you find someone you can speak to about Nutripuncture; even if you only meet with them or speak with them once a month. Sometimes we are "too close to the forest to see the trees" with our own health!

STOMACH/PANCREAS-SPLEEN: THE INTERSEASON

We have started this season, which is repeated for about three weeks between each of the four seasons. This is a time to put into action everything you have learned in the fall. What do you feel inspired to do? Do you feel that you need to organize your life?

The stomach represents respect for oneself, *capacity to take action*, a person's will and courage. The pancreas represents *completion in ones activities* and goals, logical and concrete thought.

The nutriments/organs and functions that are involved in this season include:

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

It is important to remember that the uterus and the prostate have to do with staying “grounded”. As a society we have so many health issues involving these organs that it is vital to restore them. For example, men who work hard in business may start experiencing prostate issues along with knee and stomach problems as they get into their 40s and 50s; this is part of a stomach/pancreas disturbance including not being grounded or even being too grounded and driving these organs hard every day.

THE HOLIDAYS AND STAYING BALANCED:

It is interesting that the Christmas shopping season lands on stomach/pancreas. I am sure that it helps a lot of us motivate and get things done for the holidays but it can also be very disturbing. Everyone feels the “push” to get stuff done. Many people drive their stomachs and pancreas so strong this time of year that they are hard to be around and we get very irritated with each other. Ultimately, the holidays can become stressful and pushy and families fight with each other.

It is so helpful to understand the stomach/pancreas because it gives you a clearer picture of other people’s behavior and your own. It helps us to stop reacting to each other and instead recognize our behavior as the issue, not who we are. We still need to respect each other as men and women and we need to identify those times when we should restore ourselves. (Hint: When you feel like blaming other people for your difficulties, restore yourself. You are the one that is out.) This immediately encourages better behavior.

The holidays are a miserable time for many people, but they can improve if you balance yourself and you stay on your own identity (take Yin/Yang often). Watch out for family dynamics! There are special sequences for family relationships. All of the certified consultants have these sequences.

Another component to the holiday stress is that many of us struggle with our thyroid. Staying present and grounded is hard with all the activities and stress. Plus, we become a big reference for each other, especially in large crowds so even if you are grounded you may lose it when you get around other people who are not. We recommend the following association for this time of year: Female: Yin/yang + 10 + 18 + 27 + 28 + 22 + 31 + 33 + 34. Males: Yin/yang + 10 + 18 + 27 + 21 + 22 + 31 + 33 + 34 and/or you may take the stomach/pancreas

sequence: 31—01—18—29—10 (be sure and take your sequences separately from your associations).

Remember, plan your holiday activities carefully and take care of your health with Nutripuncture! You may find that you will have a lot more fun.

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