



NUTRITION SERVICE RESEARCH INC

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NSR Inc Newsletter The Season of Winter

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Winter

The season of winter lasts for three months and it is a time for introspection. For many locations, winter is cold and most people want to stay indoors. This is what we should do emotionally as well.

The bladder reflects back to us what we have learned and achieved throughout the year. Restoring this organ can be very enlightening! The other part to seeing an accurate reflection of your life is paying attention. If you are accustomed to continual TV, computer and phone distractions then you can miss so much information about your environment and yourself. It is important to just be with yourself and notice the thoughts and ideas that come up, especially if you are working with Nutripuncture. How can we grow if we don't know where we are?

So much of what holds us back from succeeding and hurts us socially is connected to a kidney/bladder disturbance. It is interesting how everyone can sense, whether consciously or unconsciously, a kidney/bladder disturbance in another person. It turns people off and often they won't really know why they don't like that person, they just don't. So if you feel socially handicapped, restore this very important meridian and you may notice people treating you with more respect.

Keeping the kidney/bladder meridian restored right now is vitally important. People are living in fear everywhere, fear of how they will pay their bills, keep or find a job and take care of their families. It is so much harder to make the right decisions and to find better opportunities when we struggle with fear; fear clouds our eyesight and

muffles our ears.

It is important to nourish every season and especially this one. Take the time to take care of yourself and you will take better care of your loved ones.

The Kidney/Bladder Meridian



It is important to nourish every season and especially this one. The following is a list of characteristics connected to the kidney/bladder:

KIDNEY: Inner assurance, joy of living, reflective thought.

BLADDER: Lucidity, objectivity.

Nutrients and organs involved in the season:

#22 Kidney

#31 Bladder

#02 Cerebellum

#09 Adrenal gland (testicles, ovaries)

#23 Retina (reception)

#27 Thyroid

#29 Veins (testicles, ovaries)

An imbalance in the bladder-kidney group can lead to:

On the psychological level:

KIDNEY

- Afraid of nothing, risk-taking, reckless
- Think that nothing can happen to them

Also:

- Dominated by one's fears, apprehensions, worries,
- Anxiety, dread,
- Chicken-hearted, overly prudent, withdrawn, cowardly, weak
- Difficulty in communicating and listening to others
- Lack of manly or womanly assurance
- Inhibited, afraid to express oneself, shyness, blushes easily
- All phobias (claustrophobia, agoraphobia, etc)

BLADDER:

- Hallucinations, false lucidity, blindness
- Illusions, confusion
- Lack of objectivity, of clear thinking (because of fear),
- Doesn't want to see, or know or be aware

On the physical level:

- All lumbar and kidney-based pathologies: sciatica, lumbago, etc.
- Bladder problems (cystitis, urinary infections, bed-wetting, incontinence)
- Weakness in the ankles
- Hearing problems
- Difficulty keeping one's balance
- Difficulty adapting to winter

Nourishing the vital currents in the Bladder-Kidney Group leads to:**On the psychological level:**

- More self-confidence
- More clarity in professional, financial and personal affairs
- A greater ease in expressing one's point of view fearlessly
- Reduced shyness
- Clarity in evaluating risks
- Better and more confident communication with others
- A greater ability to listen to others and to ourselves
- A steady voice, in harmony with the whole body.
- Assurance, attentiveness, and lucidity
- Living in confidence as a man or as a woman without being linked to parents.

On the physical level:

- A more well-balanced urinary tract,
- Improved hearing
- Stronger osteo-muscular tone.

A kidney/bladder disturbance can keep you from realizing your dreams! Nourish this season with Yin/Yang + 22 +

31 + 27. It is also wise to add the Nutriments that are a part the Kidney/Bladder family: 02, 09, 23, and 29

Sincerely,

GM Lauseure
NSR Inc

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

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