

SYNC YOUR CELLS WITH THE RHYTHM OF THE SEASON

A specific Nutripuncture for each season revitalizes, at any age, the body's resources. Our habits are influenced by the climate which, as a conductor, rhythms our body's functioning.

ATTAIN OPTIMAL HEALTH

The body interacts with its environment cycle of seasons directly influences the vital currents of organs and thereby makes them more fully operational. By nourishing these currents at each change of season, their potential is increased to reach optimal health.

WHY SEASONAL NUTRIPUNCTURE?

According to Traditional Chinese Medicine, each season specifically stimulates a family of meridians consisting of 2 primary influences on the balance of all the vital currents of the body during this period.

FAMILIES OF MERIDIANS

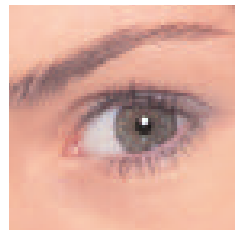
SUMMER:	Heart - Small Intestine
END OF SUMMER:	Stomach - Spleen/Pancreas
AUTUMN:	Lung - Colon
WINTER:	Kidney - Bladder
SPRING:	Liver- Gall Bladder
	Cerebral Cortex: Master Heart - Triple Heater

Every one has their own weakness, whether innate or acquired. These weaknesses determine the person's behavior and their physical and psychological balance. The body's terrain is modified depending on outside stimuli, in particular the seasons, to which a person adapts in accordance with its vital currents.

Why not take advantage of this seasonal transition to revitalize your health potential?

Take advantage of seasons to sharpen your five senses!

Each season stimulates one of the five senses, governed by the family of organs, and is considered "master" of that season.



SUMMER:	Sight
END OF SUMMER:	Taste
AUTUMN:	Smell
WINTER:	Hearin
SPRING:	Touch



INFORMATION

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NUTRIPUNCTURE

Season after Season
Build
your health
in family

SUMMER

FROM JUNE 21 TO AUGUST 15

NUTRIPUNCTURE FOR SUMMER

HOW TO BALANCE HEALTH DURING SUMMER

Each individual, depending on their sensitivity, experiences a different summer. For some, this period brings energy and well-being. Conversely for others it brings back seasonal disorders showing a loss of vitality deteriorating a bit more each year: cardiac, circulatory weaknesses, disruptions in fat metabolism and intestinal reabsorption, photosensitivity...



These disorders may be accompanied by emotional sensitivity and difficulty making decisions and choices.

According to Traditional Chinese Medicine, the quality of health during this period is linked to the autoregulation capacity of the family **Heart - Small Intestine** vital currents. In synergy with other sectors of the organism, they contribute to the sense of sight.

MERIDIANS FAMILY

Meridians **Heart (04)** and **Small Intestine (13)** are the key for Summer, to which are connected other organs or functions:

- **Heart (04)**, governed by meridian *Shou Shao Yin*, pumps blood, which shares the organism's resources. It also supports the whole emotional balance.
- **Small Intestine (13)**, governed by meridian *Shou Tai Yang*, allows the body to reabsorb carbohydrates, lipids and proteins depending on a metabolic condition.
- **Arteries (01)**, governed by meridian *Shou Shao Yin*, drives the circulatory system.
- **Sight (32)**, governed by meridian *Shou Shao Yin*, related to the projection of sight, the way a person looks at reality, different from one person to another.
- **Cerebral Cortex (08)**, governed by meridian *Shou Shao Yin*, is the driving element of all the organs-meridians.
- **Meridian Master Heart, Shou Jue Yin**, stimulates conduction of organs in relation with the cephalic pole, depending on the female polarity (35♀) or male polarity (36♂).
- **Meridian Triple Warmer (37♀ - 38♂)**, *Shou Shao Yang*, regulates the whole organism and governs the neurosensorial balance.

Therefore Summer is an ideal time to fully potentialize resources, facilitating the body's autoregulation abilities for the season's vital currents and thus giving the body a boost of energy.

A range of Nutri®, numbered from 01 to 38, revitalizes the targeted vital currents. To facilitate cellular communication in the weak sectors, **Nutri Yin-Nutri Yang**, the general cellular nutritional regulator, is associated with specific Nutri®.



From the beginning of summer, three general associations are successively used.

I - FIRST GENERAL ASSOCIATION

(to use during the first 3 weeks)

Revitalizes the master meridians of the season, Heart and Small Intestine:

Nutri Yin-Nutri Yang + Nutri 04 + Nutri 13

If there is a heart and/or small intestine fragility, this *associative Nutripuncture* is to be used longer : twice a day for 2 months.

It helps to relax hyper emotional people always willing to please others to the point of denying their own existence. This behavior is often linked to indecision.

II - SECOND GENERAL ASSOCIATION

(to use from the fourth week of the season or from the beginning with the first general association)

Revitalizes the sight:

Woman : Nutri Yin-Nutri Yang + Nutri 32 + Nutri 04 + Nutri 01 + Nutri 35♀

Man : Nutri Yin-Nutri Yang + Nutri 32 + Nutri 04 + Nutri 01 + Nutri 36♂

III - THIRD GENERAL ASSOCIATION

(to use before, during and after exposure to the sun)

Helps to fight the sometimes devastating effects of the sun:

Nutri Yin-Nutri Yang + Nutri 19 + Nutri 32

For a deep protection it is possible to give oils and vitamins to the skin with *OLÉATONIC Metabolic*, by **Laboratoires Activa** (2 caps a day). It is recommended that one use a sun protection such as UV 30 or 50.

In case of sunburn or fragile skin:

(take these in this precise order, no yin or yang)

Nutri 19 + Nutri 01 + Nutri 11 + Nutri 04 + Nutri 18

END OF SUMMER/INTERSEASON

From August 15th to September 22nd is the end of Summer, seen by Traditional Chinese Medicine as a real season, called the fifth season.

During this period, meridians of **Stomach and Pancreas** take over and govern the body; therefore it would be beneficial to improve taste for action with:



Woman : Nutri Yin-Nutri Yang + Nutri 10 + Nutri 18 + Nutri 28♀

Man : Nutri Yin-Nutri Yang + Nutri 10 + Nutri 18 + Nutri 21♂

SUGGESTIONS FOR USE

Each proposed association can be taken twice a day or following a specific course of treatment with Nutripuncture.

Chew 1 tablet of each Nutri® outside meals.

Follow the directions of use indicated for each product.