

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

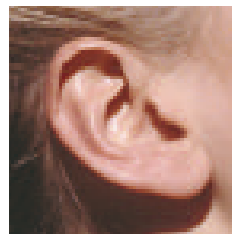
SUMMER:	Heart - Small Intestine
END OF SUMMER:	Stomach - Spleen/Pancreas
AUTUMN:	Lung - Colon
WINTER:	Kidney - Bladder
SPRING:	Liver- Gall Bladder
	Cerebral Cortex: Master Heart - Triple Heater

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:	Hearing
SPRING:	Touch



INFORMATION

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NUTRIPUNCTURE

*Season
 after Season
 Build
 your health
 in family*



WINTER

FROM DECEMBER 22 TO MARCH 20

NUTRIPUNCTURE FOR WINTER

Each individual, depending on their sensitivity, experiences a different winter. 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: kidneys or bladder weaknesses, lumbar sensitivity, disruptions in the blood circulation, mental disorders including a depressed state of mind characterized by a fear of future, of death...

According to Traditional Chinese Medicine, the quality of health during this period is linked to the autoregulation capacity of the group **Kidney-Bladder** and its vital currents. In synergy with other vital currents, it governs the sense of hearing.



MERIDIANS FAMILY

Meridians **Kidney (22)** and **Bladder (31)** are the key for Winter, to which are connected other functions:

- **Kidney (22)**, governed by meridian *Zu Shao Yin*, govern the balance of water. They act as a filter for all the substances released in the blood from cellular metabolism. Cleansing the blood, they eliminate metabolites to maintain homeostasis.
- **Bladder (31)**, governed by meridian *Zu Tai Yang*, complementary to kidney, is considered in TCM as "the mirror of soul". Due to its meridian course, one of the most complex in the organism, it performs a far more important role than a mere tank.
- **Veins (29)**, governed by meridian *Zu Tai Yang*, regulate vein circulation, carrying the metabolites resulting from the cellular work.
- **Cerebellum (02)**, governed by meridian *Zu Shao Yin*, regulates muscular tonicity and balance of the upright position. It is linked to internal ear.
- **Retina (23)**, governed by meridian *Zu Tai Yang*, allows the reception of the image, depending on how the reality is perceived.
- **Thyroid (27)**, governed by meridian *Zu Tai Yang*, plays an important role in basal metabolism. "Biological clock", it helps to fit into time and a place.
- **Adrenals (09+29)**, governed by meridian *Zu Shao Yin* and *Zu Tai Yang*, linked to the genetic origin, assuring the sustainability of the species.

Therefore Winter 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.

HOW TO BALANCE HEALTH DURING WINTER

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 winter, three general associations are successively used.

I - FIRST GENERAL ASSOCIATION

(to use during the first 3 weeks)

Revitalizes the master meridians of the season, Kidney and Bladder:

Nutri Yin-Nutri Yang + Nutri 22 + Nutri 31

If there is a kidney or bladder sensibility, this *Associative Nutripuncture* is to be used longer : twice a day for 2 months.

It helps to relax fearful people, lacking assurance and sometimes living in illusion. It is specially interesting for shy children.

II - SECOND GENERAL ASSOCIATION *(to use from the fourth week of the season or from the beginning with the first general association)*

Feeds the meridians regulating the sense of hearing and refines the listening:

Nutri Yin-Nutri Yang + Nutri 02 + Nutri 09 + Nutri 22 + Nutri 29

III - THIRD GENERAL ASSOCIATION

This association supports the hormonal balance and facilitates the adrenals function, in relation with elements related to feminine polarity (breasts) or male polarity (larynx). It is particularly effective in post-juvenile period:

Woman:

Nutri Yin-Nutri Yang + Nutri 09 + Nutri 24♀ + Nutri 29 + Nutri 35♀

Man:

Nutri Yin-Nutri Yang + Nutri 09 + Nutri 14♂ + Nutri 29 + Nutri 36♂

Winter is also the best period to strengthen the posture and the lumbar balance. To do this, the following association can be used:

Nutri Yin-Nutri Yang + Nutri 02 + Nutri 16 + Nutri 17

SPRING/INTERSEASON

There is a 2 or 3 week period, between every season, called "interseason". According to Traditional Chinese Medicine, it prepares way for the approaching season.

During this short period, the meridians of **Stomach and Pancreas**, take over and govern the body. This is a period which reoccurs between all the seasons (except Late Summer, which is the actual period of Stomach/Pancreas).

A general association can be used to facilitate this transition in preparation for the arrival of Spring:

Nutri Yin-Nutri Yang + Nutri 10 + Nutri 18

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.

