

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

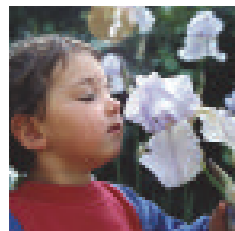
SUMMER:	Heart - Small Intestine
END OF SUMMER:	Stomach - Spleen/Pancreas
AUTUMN:	Lung - Colon
WINTER:	Kidney - Bladder
SPRING:	Liver- Gall Bladder
	Cerebral Cortex: Master Heart - Triple Heater

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

AUTUMN

FROM SEPTEMBER 23 TO DECEMBER 21

NUTRIPUNCTURE FOR AUTUMN

Each individual, depending on their sensivity, experiences a different autumn. 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: lungs or colon weakness...

These disorders may be accompanied by obsessive and perfectionistic behavior.

According to Traditional Chinese Medicine, the quality of health during this period is linked to the autoregulation capacity of the group **Lungs - Colon** and its vital currents.

In synergy with other vital currents, it governs the sense of smell, lymphatic circulation, immune and hormonal systems, as well as feminine or male sexual identity.



MERIDIANS FAMILY

Meridians **Lungs (20)** and **Colon (05)** are the key for Autumn, to which are connected other organs or functions:

- **Lungs (20)**, governed by meridian *Shou Tai Yin*, give the breath by exchanging with the surrounding air.
- **Colon (05)**, governed by meridian *Shou Yang Ming*, besides his metabolic action, expresses the faculty of organization.
- **Sinus (25)** and **Hypothalamus (12)** governed by meridian *Shou Tai Yin*, regulate olfaction.
- **Lymphatic system (15)** governed by meridian *Shou Yang Ming*, allows a person's individual makeup.
- **Larynx (14♂)** governed by meridian *Shou Tai Yin*, characterizes the man and activates, from the puberty, his male expression.
- **Breasts (24♀)** governed by meridian *Shou Tai Yin*, characterizes the woman and activates, from the puberty, her feminine expression.
- **Vagina (07♀)** for women and **Penis (06♂)** for men, governed by meridian *Shou Yang Ming*, are the sexual demonstration.
- **Muscles (16)**, governed by meridian *Shou Tai Yin*, expression of movement, bring suppleness.

Therefore Autumn 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. By nourishing organs of this family, men and women express their own sensibility, their deepest intuition, and recover, in Autumn, a sense of renewal or freedom to breathe more fully, depending on their feminine or male polarity.

HOW TO BALANCE HEALTH DURING AUTUMN

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 Autumn, three general associations are successively used.

I - FIRST GENERAL ASSOCIATION

(to use during the first 3 weeks)

Revitalizes the master meridians of the season, **Lungs and Colon**:

Nutri Yin-Nutri Yang + Nutri 20 + Nutri 05

If there is a lungs or colon fragility, this *associative Nutripuncture* is to be used longer: twice a day for 2 months.

It helps to relax over-idealistic, perfectionist or poorly-organized people, and facilitates a behavior more flexible and less rigid.

II - SECOND GENERAL ASSOCIATION

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

Revitalize the sense of smell:

Nutri Yin-Nutri Yang + Nutri 25 + Nutri 12 + Nutri 15

If the person shows a nasopharyngeal sensibility, this association would be improved by replacing **Nutri 15** with **Nutri 07♀** for women and **Nutri 06♂** for men:

Woman : Nutri Yin-Nutri Yang + Nutri 25 + Nutri 12 + Nutri 07♀

Man : Nutri Yin-Nutri Yang + Nutri 25 + Nutri 12 + Nutri 06♂

III - THIRD GENERAL ASSOCIATION

This association potentializes the sexual polarity, male or feminine:

Woman : Nutri Yin-Nutri Yang + Nutri 24♀ + Nutri 07♀

Man : Nutri Yin-Nutri Yang + Nutri 14♂ + Nutri 06♂

WINTER/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 Winter:

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.

