This manual is the result of a collaboration between health practitioners who are members of the Quebec association ATENE (Association de Therapeutes en Nutrition Endocellulaire), and the doctors of the association AMINE (Association Medicale Internationale de Nutrition Endocellulaire). It has been translated into English, published and distributed in the United States by the Biosphere International Foundation.

The nutritional solutions proposed to strengthen and balance the body were put into practice for several years by numerous health practitioners of different countries.

This practical guide to Nutripuncture obviously does not dispense anyone of a medical consultation as soon as an organic dysfunction is detected. Once the diagnosis has been made and the therapy established, Nutripuncture has proven to be a very effective means of improving the functioning of the weakened organs or areas of the body.

Today, studies on the uses of Nutripuncture continue in various health domains, demonstrating that deviations of the vital currents are the basis of numerous physical and psychological pathologies.
The studies of Nutripuncture result from a combination of research made by Georges Lakhovsky on cellular oscillation and of the Chinese concept of health.

The work of Georges Lakhovsky on oscillating polymetallic circuits, which were able to reinforce the vital potential of certain organisms, inspired a team of French practitioners in the 1980's. For many years, they sought to reinforce the nutritional self-regulation of the organs, using electro-physical processes similar to those used by Georges Lakhovsky.

In the course of their research, they observed that in a physical body, communication by electro-magnetic paths is rapid and selective, as opposed to the chemical path, slower and more general. Moreover, the various combinations of information contained in minerals transmit to the body a specific message directed towards precise places in the body. After years of research, this work culminated in the finalization of different formulas: a General Cellular Nutritional Regulator (G.C.N.R.) Nutri Yin-Nutri Yang, and a series of 38 nutrients. This was the birth of Endocellular Nutrition, which facilitates the circulation of electromagnetic information that regulates health.

These nutrients convey information to specific areas of the body, as an acupuncture needle does. For this reason this method is called Nutripuncture.

Barbara McClintock (1902-1992) demonstrated the influence of the outside environment on the genome. She obtained the Nobel prize in 1983.
The effect of each nutrient is targeted to a specific area, which allows the selective regulation of the weakest points, regardless of whether it is in excess or deficient, without flooding the whole body. In this way, through a selective communication that assists its self-regulation, each cell draws from the nutritional bath the elements it needs.

In the series of nutrients, there are five that specifically nourish feminine functions and five others that nourish masculine functions.

**Nutripuncture** is not a substitute for medical therapies, but, by helping to balance the field, it supports cellular health and nourishes the vital currents. In this way it enhances the effectiveness of all therapies.

**Nutrients Specific for Women**
- **NUTRI 07♀** Shou Yang Ming meridian, controls feminine sexual expression: the vagina
- **NUTRI 24♀** Vector of feminine polarity
- **NUTRI 28♀** Meridian that regulates the uterus
- **NUTRI 35♀** Master of Heart
- **NUTRI 37♀** Triple Warmer

**Nutrients Specific for Men**
- **NUTRI 06♂** Shou Yang Ming meridian, controls masculine sexual expression: the penis
- **NUTRI 14♂** Vector of masculine polarity
- **NUTRI 21♂** Meridian that regulates the prostate
- **NUTRI 36♂** Master of Heart
- **NUTRI 38♂** Triple Warmer
Shou Shao Yin meridian, regulates arteries.
Zu Shao Yin meridian, regulates the cerebellum.
Shou Jue Yin and Shou Shao Yang meridians, hair regulators.
Shou Shao Yin, heart meridian.
Shou Yang Ming, colon meridian.
Shou Yang Ming meridian, governs masculine sexual expression: the penis.
Shou Yang Ming meridian, governs feminine sexual expression: the vagina.
Shou Shao Yin meridian, regulates the cerebral cortex.
Zu Shao Yin meridian, regulates the adrenal glands.
Zu Yang Ming, stomach meridian.
Zu Jue Yin, liver meridian.
Shou Tai Yin meridian, regulates the hypothalamus.
Shou Tai Yin meridian, small intestine meridian.
Shou Tai Yin meridian, governs masculine polarity: the larynx in man.
Shou Yang Ming meridian, regulates lymphatic circulation.
Shou Tai Yin meridian, regulates muscular function.
Zu Tai Yin meridian, governs the balance of bone structure.
Zu Tai Yin, spleen/pancreas meridian.
Shou Jue Yin and Shou Shao Yang meridians, regulators of the skin.
Shou Tai Yin, lung meridian.
Zu Tai Yin meridian, regulates the prostate.
Zu Shao Yin, kidney meridian.
Zu Tai Yang meridian, governs the balance of the retina.
Shou Tai Yin meridian, regulates feminine polarity: the breasts in women.
Shou Tai Yin meridian, regulates the sinuses.
Zu Tai Yin meridian, related to the thalamus (earth).
Zu Tai Yang meridian, regulates the thyroid.
Zu Tai Yin meridian, regulates the uterus.
Zu Tai Yang meridian, regulates blood circulation (veins).
Zu Shao Yang, gallbladder meridian.
Zu Tai Yang, bladder meridian.
Shou Shao Yang meridian, regulates the sense of sight.
Ren Mai: conception meridian.
Du Mai: gouverneur meridian.
Shou Jue Yin: Master of Heart meridian for women.
Shou Jue Yin: Master of Heart meridian for men.
Shou Shao Yang: Triple Warmer meridian for women.
Shou Shao Yang: Triple Warmer meridian for men.
Today health is no longer considered as the absence of disease. It is a state of physical and psychological well-being, by which every individual can attain a healthy and vibrant life.

Indeed, health results from a state of balance, which reflects the proper functioning of the internal organs, in relation with the 5 senses. The latter allow one to appreciate life and to perceive information from it, to communicate, to walk, to learn, to acknowledge, to be present to oneself at any time. So, one can describe a healthy individual as a dynamic, well-balanced, organized, serene being, in harmony with himself and his circle of acquaintances. Though health may be a collective aim, it nevertheless requires a personal commitment from every individual.

Nutripuncture is an essential tool for maintaining, regulating and optimizing the balance of the vital currents. Its action is not a substitute for the bodily functions, it accompanies them and supports their harmonious functioning. These nutrients regulate the information which activates cellular functioning.

Indeed, the information from the minerals used in the formulation of these nutrients leads to electromagnetic cellular reactions that are indispensable to life. In this way Nutripuncture assists in the balanced absorption of food, which is the necessary fuel for organic and mental functions. By regulating the information which controls every function, Nutripuncture restores, enhances and protects health.
Nutripuncture® - what does it do?

- It activates cellular exchanges, indispensable to life,
- It nourishes the most weakened organ circuits.
In fact, an organ is not static, but interacts with the environment. Its indivi-
duality corresponds to a physiological function which, at a given moment, can be weakened.
- It regulates the vital currents according to the seasons, whose cycles interact on specific and particularly sensitive organs. Maintaining the balance of biorhythms, synchronized to the passage of the seasons, has long been the goal of endocellular nutrition.
- It improves the behavioral dynamics of the individual.
By using these nutrients, one can clearly perceive the relation between the physical and the psychological spheres, already revealed by Traditional Chinese Medicine (TCM), a medicine thousands of years old, which built a dynamic model of the human being integrated into a no less dynamic universe. Its principles derive directly from Chinese philosophy as we know it today.

Who is Nutripuncture for?

Endocellular nutrients improve everyone's quality of life by reinforcing the vital balance of the body: growing children, teenagers, adults, pregnant women, senior citizens, sports athletes, students, anyone can benefit from their use.

Instructions for use:
Chew one of each recommended nutrient twice a day between meals.

In the case of a particular weakness in one area, a major stress on the body or the dysfunction of a communication circuit, it is recommended to use Nutripuncture several times a day.
RELATION BETWEEN THE BODY AND THE ENVIRONMENT

The vital currents which energize our organs are influenced by the environment. External stimuli can cause functional or behavioral changes, eventually affecting cellular functions. The psychobiological response of the body, necessary for the preservation of its homeostasis (vital potential), is the result of the interaction between internal (genetic and behavioral) and external (climatic and territorial) stimuli.

Some introductory notes on the meridians

The work of Georges Lakhovsky, and the recent work of others such as Voiekov, show that, in the body, what circulates through the meridians is electromagnetic information related to molecular shape. Electromagnetic communication circuits, which link different organs together, are made up of a succession of muscular-cutaneous resistance points. They form lines of vital force that correspond to the morphogenetic currents set down during the embryogenetic period. In this brief presentation of the meridians, we will speak of the role of four fundamental circuits, as well as the Governor and Conception meridians that connect the upper and lower parts of the body, and the Master of Heart and Triple Warmer meridians, the "messengers" of the nervous pole (regulators of the sympathetic-parasympathetic nervous systems).

CLIMATE
Climate changes
Seasons
Pathology inducing factors related to the place and to the season

EXTERNAL STIMULI

TERRITORY
Nutrition
Geobiology (underground magnetism)
Culture - customs - education

THE INDIVIDUAL

GENETIC (INNATE)
Genetic predispositions
DNA
RNA

INTERNAL STIMULI

EMOTIONAL BEHAVIOR
Feelings
Personality
Character

CERTAIN MEASURING INSTRUMENTS ARE ABLE TO DEMONSTRATE THE EXISTENCE OF THE DIFFERENT MERIDIANS BY AN ELECTRICAL MEASUREMENT OF THE “TING” POINTS ON THE TIPS OF THE FINGERS.
Bipolarity is a law found in all biological processes, such as acid - base, nervous pole - metabolic pole, and sympathetic - parasympathetic nervous systems. The interaction of two poles can be discerned everywhere. Without it life is not possible.

According to Traditional Chinese Medicine, Yin and Yang epitomize the laws governing the organization and the dynamics of living organisms. The synergy of these opposing and complementary poles generates and maintains the vital balance of all the organs.

This duality is expressed in the difference in potential of the cell membrane which activates cellular communication and exchanges.

This membrane balance, essential for proper cellular function, is enhanced by the basic nutritional supplement:

**NUTRI YIN - NUTRI YANG**

On the level of the organs, this synergy is expressed through two main systems, which are the basis of the bipolar balance in the body:

- **The cerebral pole** (nervous command system, governed by the cerebral cortex).
- **The metabolic pole** (system that provides the necessary fuel for metabolism), governed by the liver, in conjunction with the gall bladder.

All the organs depend on these two poles and can affect their functioning.

The main organs are paired according to the principle of bipolarity:
- the heart with the small intestine,
- the lungs with the colon,
- the stomach with the spleen/pancreas,
- the kidneys with the bladder.

These organs are not isolated. They contribute to the unity and the expression of the individual through the 5 senses.
The 2 poles of the body

SENSORY MOTOR CEREBRAL POLE

METABOLIC POLE

Each meridian interacts with the cerebral pole and the metabolic pole and thus has an influence on their balance.

Bipolarity is also exemplified by the Governor and Conception meridians, which, in synergy, connect the perineum with the cerebral pole, assuring in this way communication between the lower and the upper body.

GENERAL NUTRITION
THE VARIOUS USES
of Nutripuncture®

The cell is surrounded by a double fat and protein layer allowing exchanges between its interior and the outside environment. Its vital potential is conditioned by the difference between the electric potentials inside the cell and outside of it. The more constant this difference is, the better its vitality will be.

One can use associative Nutripuncture or sequential Nutripuncture.

- Nutri Yin-Nutri Yang, en nourrissant l’équilibre membranaire, optimise cette différence de potentiel présente dans chaque cellule de l’organisme. Ce Régulateur Nutritionnel Cellulaire Général (R.N.C.G.) est conseillé dans tous les cas d’asthénie, de fatigue intense...

- Les 38 autres nutriments ont un impact sur différents points de l’organisme, en rapport avec les circuits de communication des organes : les méridiens.

Associative nutripuncture: NUTRI YIN-NUTRI YANG followed by one or several nutrients according to the needs of the individual. Nutri Yin-Nutri Yang, through its general action on cellular exchanges, potentialises the action of every nutrient.

Sequential Nutripuncture: 5 nutrients, without Nutri Yin-Nutri Yang, that follow a given order. These nutrients, like the words of a sentence, have a definite order which gives meaning to the whole. Therefore, sequential Nutripuncture provides the body with a more targeted and precise piece of information. For example, it can be aimed at a joint or a bone, the function of which depends on the synergy of several areas of the body, interconnected according to a structure.

So, it is possible to develop quite a rich language that deals with structural, organic, humoral, cognitive and psychological functions.

A updated list of Nutripuncture sequences, adapted for every disorder, is supplied to certified health practitioners during the on-going advanced level training; only they are authorized to advise them.

For any information, contact info@biosphere-foundation.com
**NUTRI YIN-NUTRI YANG**

**A fundamental nutritional supplement**

Every change arising in one’s environment may cause a change in the membrane potential, which is why it behooves us to promote the cellular exchanges as a preventive measure.

**NUTRI YIN-NUTRI YANG** is a fundamental nutrient which enables every bodily function as well as the body as a whole to maintain its balance by optimizing the exchanges. It restores energy and vitality by facilitating communication between the cells and the environment.

**NUTRI YIN-NUTRI YANG** can be given at any age and has been shown to be particularly effective for people in a weakened state, school-aged and growing children, pregnant women, adults under stress, older persons, students and athletes. During a period of convalescence, **NUTRI YIN-NUTRI YANG**, contributes to a faster recovery.

**USE OF NUTRI YIN-NUTRI YANG**:

**NUTRI YIN-NUTRI YANG** is used every time there is an exchange imbalance, expressed by any physical or psychological disturbance, such as:

- General fatigue,
- Stress,
- Hypersensitivity,
- Sleep disorders,
- After-effects of surgical operations,
- Loss of energy,
- Low morale,
- Hyper-excitability.

It can be associated with other endocellular nutrients to increase their efficiency.

---

Nutri Yin and Nutri Yang should always be taken together because they are not dissociable. Take one tablet from each bottle one after the other, twice a day, between meals.
The two main organs of the body are the brain and the liver. The central nervous system is a basic element that analyzes and directs the dynamics of the whole body. The metabolic pole, and in particular the liver, supplies the fuel needed for its vitality. These two poles, cerebral and hepatic, are crossroads. All the information concerning the condition, balanced or not, of the other organs goes through them. Thus a disturbance of the stomach or the pancreas can have an effect on the liver or on the cerebral pole. Each organ, while fulfilling its own function, also participates in the global expression of the individual and in his or her adaptation to the environment.

**NUTRITION OF THE CEREBRAL CORTEX (NUTRI 08)**

It has a restorative action on the cerebral cortex, our pole of consciousness, which expresses our identity, uniqueness and individuality.

One of the main functions of the cerebral cortex is the memorization of information accumulated by the cellular experience of each organ. Its function can be disrupted by the quality and the quantity of the information which it receives from the environment, but also by the dysfunction of other organs. So an emotional shock can divert the information which governs the balance of the heart, to the point of creating a depressive state.

It is thus recommended to nourish the cerebral cortex in order to facilitate its autoregulation in the following situations:

- Pseudo-depressive states.
- Mental fatigue while studying for exams.

In these cases, one begins with basic associative Nutripuncture:

NUTRI YIN-NUTRI YANG + NUTRI 08

- After a surgical operation:  
  NUTRI YIN-NUTRI YANG + NUTRI 02 + NUTRI 08
- Sleep disorders:  
  NUTRI YIN-NUTRI YANG + NUTRI 08 + NUTRI 11
The CÉRÉBRAL CORTEX is activated by two functions in particular, the Master of Heart and the Triple Warmer, which govern the sympathetic and parasympathetic systems. The nutrients which nourish their functions are specifically designed for men and for women.

For women

NUTRITION OF THE LIVER (NUTRI 11)

The liver contains the energy reserves of the body. Its malfunctioning can lead to a decline of vitality and a state of fatigue. The liver nutrition NUTRI 11 acts as a metabolic regulator. It is recommended in the following cases:

- Physical fatigue,
- Hepatic disorders,
- General cleansing of the body,
- Irritability,
- Depressive tendancies.

Hepatic disorders can result from disturbances in other organs: kidney disturbances or blood circulation problems can have an effect on this function. The hepatic function includes that of the gall bladder.

NUTRITION OF THE GALL BLADDER (NUTRI 30)

The gall bladder plays a fundamental role in fat emulsion. Its malfunctioning is often responsible for hepatic and fat-related disorders. It is often dysfunctional in anxious and worried persons. NUTRI 30 improves bile function and the psychological context that goes with it.

The combined nutrition of these two poles, cerebral and metabolic, reinforces the general balance of the body. It is recommended for tired or older persons to strengthen and stimulate their vitality:

NUTRI YIN-NUTRI YANG + NUTRI 08 + NUTRI 11 + NUTRI 30
ORGAN FUNCTIONS

The organs are not isolated: they communicate with one another, assuring the healthy state of the body. They participate, each in its own place, in the language of the body and in the global expression of the individual.

To view the organs only in relation to their anatomy and their function is an over-simplification. For example, the disturbance of an organ such as the bladder, whose main recognized function is that of a reservoir, can lead to different kinds of pathologies. This means that this organ is sensitive to various information that can affect its mucous membranes and the way it functions, modifying its connections in the organization of the body.

In any case, the message is clear: there is a disturbance of the vital currents that can lead to a functional disorder over time.

ORGANS AND STRESS

A relation of cause and effect

The behavior of an individual is related to the state of balance or imbalance of his or her organs, and of their language and their communication. Today nobody disputes the relation which exists between the physical and the psychological, between the mind and the body. At the beginning of the 20th century James William proposed the hypothesis of a possible relation between functions, organs and the mind, previously reported by Traditional Chinese Medicine.

The latest research in P.N.E.I. (Psycho-Neuro-Endocrino-Immunology) has finally demonstrated this.

The work done on Nutripuncture, has demonstrated the cause-and-effect relation between behavior and the meridians. In human beings, we well know the relation between the heart and generosity, or between the stomach, courage and the commitment to action. In animals, this relation is evident and has been proved in the laboratory, by studies on stomach ulcers, which occur when one blocks the animal's movement, its action. This is what is called "a constraint ulcer".

The relation between behavior and organic functioning is thus impossible to put into doubt.

When one is faced with serious external demands, it is advisable to preventively support the autoregulation of the meridians most subject to stress: in mourning, for example, the kidney and bladder meridians are involved; in the loss of a job, it is the stomach and spleen-pancreas meridians; when people marry one often finds the heart and small intestine meridians.

Major stress factors (mourning, divorce, job loss, marriage) have an impact on the immune system.

A difficulty in one organ will show up when its field is weakened or when it is made fragile by other organs.
THE LANGUAGE OF THE ORGANS

The information conveyed by the meridians gives to the human body great possibilities of physical, behavioral and mental expression. It forms cybernetic circuits which make the human being very complex and difficult to understand.

In fact, each organ has not only a biochemical function but it also has an effect on the structural, humoral, endocrine, immunological and mental balance of the individual. In addition, all the organs can influence one another according to a hierarchy and a rather complex communication network. Furthermore, each of the 5 senses is related to a family of meridians.

5 MERIDIAN FAMILIES AND 5 SENSES

- Heart and Small intestine: sense of SIGHT
- Lungs and Colon: sense of SMELL
- Stomach and Spleen/Pancreas: sense of TASTE
- Kidney and Bladder: sense of HEARING

The sense of TOUCH
It is governed by the synergy between the cerebral pole, the Cerebral Cortex-Master of Heart/Triple Warmer and the metabolic pole: Liver-Gall Bladder.

THE NUTRIPUNCTURE NUTRIENTS IN ACTION

Each nutrient delivers information to precise points (IP). This information concerns several functions.

So, an IP of the heart does not include only muscular and mechanical functions of the heart but all that is connected with it: circulation, metabolic exchanges and also related behavior, such as drives, desires, and enthusiasm.

The IP of the small intestine includes the function of assimilation and sorting of reabsorbed nutritional elements, the immunizing action of T lymphocytes (Lie), and also the capacity to choose.

The study of Nutripuncture has led to the formulation of a new concept of functional physiology which classifies these items in a way that is slightly different from that of the Chinese tradition. It sheds a new light on human physiology by demonstrating the role of the vital currents in health and the fundamental relation between information, function and structure.
## The 5 Families:

Every Nutrient in its family and its season

<table>
<thead>
<tr>
<th>Family</th>
<th>Nutrients</th>
<th>Sense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart - Small Intestine Family</td>
<td>Nutri 04 - Nutri 13, Nutri 01 - Nutri 32 - Nutri 08</td>
<td>SIGHT</td>
</tr>
<tr>
<td>Stomach - Spleen/Pancreas Family</td>
<td>Nutri 10 - Nutri 18 - Nutri 21♂ - Nutri 28♀, Nutri 17 - Nutri 26</td>
<td>TASTE</td>
</tr>
<tr>
<td>Lungs - Colon Family</td>
<td>Nutri 20 - Nutri 05 - Nutri 25 - Nutri 12, Nutri 14♀ - Nutri 24♀ - Nutri 06♂ - Nutri 07♀, Nutri 16 - Nutri 15</td>
<td>SMELL</td>
</tr>
<tr>
<td>Kidney - Bladder Family</td>
<td>Nutri 22 - Nutri 31 - Nutri 09 - Nutri 29 - Nutri 02, Nutri 23 - Nutri 27</td>
<td>HEARING</td>
</tr>
<tr>
<td>Liver – Gall bladder and MH/TW Family</td>
<td>Nutri 08 - Nutri 11 - Nutri 30, Nutri 35♀ - Nutri 37♀, Nutri 36♂ - Nutri 38♂, Nutri 19 - Nutri 03, Nutri 33 - Nutri 34</td>
<td>TOUCH</td>
</tr>
</tbody>
</table>

See corresponding meridians on page 4
THE EXPRESSION OF GENDER:
Masculine or feminine?

One of our human aspects is the consciousness of our sexual sensibility. This results from the acceptance or the refusal of one's masculinity or femininity.

The reality of gender is obviously genetic, but its acceptance is personal and influenced by stimuli received from the environment. It is the result of the relations with one's parents and of their effect on the development of the child.

Very often we do not realize the enormous influence that belonging to a gender has on our physical and mental well-being. It modulates the expression of all the organs, as well as the hormonal balance, allowing the boy's or girl's personality to unfold to become a man or a woman. At any age one can nourish the harmonious expression of the masculine or feminine sensibility, which is the basis of good physical and mental balance.

This nutrition is recommended during puberty, to accompany an often difficult passage. It strengthens the balance of the organs, the symbol of the young woman (breasts) as well as the changing organ of the young man (the Adam's apple).

To nourish feminine expression:

NUTRI YIN-NUTRI YANG + NUTRI 24♀ + NUTRI 07♀

To nourish masculine expression:

NUTRI YIN-NUTRI YANG + NUTRI 14♂ + NUTRI 06♂
PSYCHOSOMATIC DYNAMICS

Communication currents that support the organs

The organs assure a physical function but are also the mainstay of an individual's behavior. One does not take into sufficient consideration the role played by every organ in a person's attitudes. They are the reflection of the functional or information-related balance or imbalance of one or several organs. The study of this relation has led to a definition of behavioral profiles as well as the psychosomatic dynamics of the meridians.
HEALTHY BEHAVIOR

Maintaining and potentializing this dynamic behavioral flow by specific nutrition

• Heart - Small intestine family

HEART: Desire, project, enthusiasm, rhythm, capacity to recognize, "self-esteem", ability to make plans
SMALL INTESTINE: Choice, decision.

NUTRI YIN-NUTRI YANG + NUTRI 04 + NUTRI 13

• Stomach - Spleen/Pancreas family

STOMACH: respect for oneself, capacity to act, will, courage.
PANCREAS: implementation, carrying out an action, transformation, logical and concrete thought.

NUTRI YIN-NUTRI YANG + NUTRI 10 + NUTRI 18

• Lung-Colon family

LUNG: personal inspiration, self-confidence and confidence in others, expression of one's individuality, expression of one's masculine or feminine sensibility, imaginative thought (philosophical speculation), creativity.
COLON: organization, capacity to put in order, to prioritize tasks.

NUTRI YIN-NUTRI YANG + NUTRI 20 + NUTRI 05

• Kidney-Bladder family

KIDNEY: inner assurance, joy of living, reflective thought.
BLADDER: lucidity, objectivity.

NUTRI YIN-NUTRI YANG + NUTRI 22 + NUTRI 31

• Liver - Gall-bladder and MH/TW family

LIVER: wisdom, understanding.
GALL-BLADDER: serenity, coherence.

NUTRI YIN-NUTRI YANG + NUTRI 11 + NUTRI 30
UNHEALTHY BEHAVIOR
for each of the 5 families

1 • HEART-SMALL INTESTINE FAMILY

HYPER-EMOTIONAL TEMPERAMENT:

Heart – weak ego:
- dominated by one's feelings,
- emotional instability,
- vital need to be liked and acknowledged, but does not acknowledge oneself,
- feeling of being indispensable to others,
- wants to be indispensable, overly solicitous,
- dedication, sacrifice, life devoted to others,
- excessive kindness which alienates the other person,
- guilt feelings (real or imaginary faults),
- self-deprecating, underestimates oneself,
- ready to do anything to be forgiven,
- lack of desire in one's life, lack of plans, of enthusiasm,
- falls madly in love,
- fear of lacking money, overspending, generous to a fault,
- pity (for oneself or others).

Heart – strong ego:
- seductive, tries to please, bewitching, captivating, charming,
- jealous, passionate, impetuous, ardent,
- has difficulty sharing, egotistical, miserly, greedy, covetous,
- narcissistic, vain,
- ungrateful,
- hatred (liver).

Underfunctioning small intestine:
- indecision, loss of will power, hesitation, difficulty choosing,
- submissive to the choices of the others,
- stocks up out of fear of lacking, sensation of inner emptiness.

Overfunctioning small intestine:
- makes decisions based on what will please others and not with regard to oneself,
- obesity - eats out of compensation,
- bulimic, gluttonous, voracious, wolfs down one's food.
The imbalance of the HEART-SMALL INTESTINE family can lead to disturbances related to this organ pair:

- **Heart:** cardiovascular problems often develop in an emotional context and where there is faulty communication (palpitations, irregular heartbeat, etc...).

- **Small intestine:** any reabsorption problems:
  - digestive assimilation,
  - fat metabolism disturbances (cholesterol and triglycerides, etc...),
  - changes in dietary intake with overweight, obesity,
  - certain alcoholic states related to an uncompensated emotional imbalance
  - eye problems with, for example, a sensitivity to light,
  - difficulty adapting to summer.

By nourishing the vital currents of the HEART-SMALL INTESTINE family, one favors:

- **On the psychological level:**
  - a deep desire to give and to share,
  - a greater acknowledgement of the others,
  - a better vision of the future,
  - getting started on projects,
  - a greater tolerance of the emotional states of others
  - the expression of one’s own desires,
  - ease in taking care of oneself,
  - the expression of a strong vital energy and a greater capacity to love,
  - ease in making choices for oneself.

- **On the physical level:**
  - an improvement in the balance of the cardiovascular system,
  - better food assimilation.

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

**NUTRI YIN-NUTRI YANG + NUTRI 04 + NUTRI 13**
HYPERACTIVE, AUTHORITARIAN TEMPERAMENT:

Overfunctioning pancreas:
- lives only through one's work,
- lack of respect, especially towards others,
- impertinent, insolent, shameless,
- contemptuous, arrogant, success-driven, ambitious, scheming,
- overly-strong will, which imposes itself by logic,
- male chauvinist temperament, macho,
- proud, pretentious, domineering, authoritarian, despotic,
- man or woman of power, knowing, learned, scholarly,
- excessive logic, reasoning, Cartesianism, excessive rationalism,
- wants to structure everything in an excessive logic,
- wants to understand everything, to demonstrate everything without feeling anything (like a computer),
- always wants to be right.

Underfunctioning pancreas:
- dominated by one's work, one's boss, one's superior..., 
- lack of respect for oneself,
- subjected to the will of others, "a slave",
- wavering, difficulty doing things in a concrete way, lacks structure (bones),
- man or woman of duty.

Overfunctioning stomach:
- forced action, lives in a world of "I have to", "because",
- hyperactive, excessive activism,
- wants to do too much, under stress, overwhelmed,
- wants to do things in the place of others.

Underfunctioning stomach:
- difficulty acting,
- lazy, inactive,
- passive, phlegmatic, idleness.
An imbalance of the STOMACH-SPLEEN/PANCREAS family can lead to:

- digestive difficulties (gastric dyspepsia, heaviness),
- pancreas problems,
- a weakening of the skeleton,
- problems with the prostate or the uterus,
- weakness of the knees,
- certain mouth problems such as teeth-grinding,
- general changes in the sense of taste,
- dental problems (first molars in particular),
- difficulty adapting to the end of summer season.

By nourishing the vital currents of the STOMACH-SPLEEN/PANCREAS family, one favors:

• **On the psychological level:**
  - the respect for oneself in action,
  - a stronger desire to finish one's work,
  - better communication on the job,
  - an awareness of one's physical limits, knowing how to pace oneself
  - a better ability to put one's plans into action.

• **On the physical level:**
  - better digestion and assimilation,
  - stronger muscular force,
  - more solidity, but with flexibility,
  - the desire to engender, to bring to life.

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

NUTRI YIN-NUTRI YANG + NUTRI 10 + NUTRI 18
3 • LUNG - COLON FAMILY

PERFECTIONIST, IDEALISTIC TEMPERAMENT:

Overfunctioning lungs:
- follower of an ideology, an idol, a politician or a guru,
- fanatic, extremist, quixotic,
- believes he or she holds the truth, wants to convince,
- intolerant, inflexible, sectarian, doctrinaire,
- conformist, goes by the book, without imagination,
- full of distrust, doubting, sceptical,
- incredulous

Underfunctioning lungs:
- a person who is dominated by an ideology, whether professional, social, political, religious or family related
- idealistic, defeatist, pessimistic,
- fear of disappointing others, easily disappointed by others, (tendency to idealize them) disenchanted, disillusioned, driven to despair,
- looking for a model, wants to look like him or her, would like "to be like", "to look like "...
- lives for an image, according to the fashion, loss of one's individuality, of one's personality,
- unoriginal ( the difference between an original and a copy),
- gregarious instinct,
- sense of shame,
- feels unworthy, often unclear,
- lack of hope and confidence, no self-confidence (looks for it in others), gullible, naïve
- sad, nostalgic, romantic, languid, melancholic,
- head in the clouds, ethereal,
- fickle, changeable.

Overfunctioning colon:
- always tense, under strain, can become obsessional, lacks flexibility, can't relax, rigid,
- stiff, affected, haughty,
- perfectionist, meticulous, nit-picking, fastidious, obsessive, rigorous,
- too scrupulous,
- narrow-minded, mean-spirited, small-minded.
Underfunctioning colon:
- muddled, disorganized, chaotic
- total lack of firmness and organization.

An imbalance in THE LUNG - COLON family can lead to:
- all lung disorders (bronchitis, coughing)
- spasmodialgia, chronic fatigue,
- all colon disturbances (constipation, functional colon pathologies),
- muscular strains due to a lack of flexibility,
- sinus problems,
- problems with the sense of smell,
- hormonal disturbances in relation with the hypothalamus,
- a weakening of the immune system,
- difficulties adapting to autumn.

By nourishing the vital currents of the LUNG - COLON family, one favors:

• On the psychological level:
  - an improvement in self-confidence and better inspiration,
  - an optimal organization of one's work according to one's own needs,
  - an acknowledgement of others in their own different values, without judging them,
  - more tolerance towards oneself and towards others.

• On the physical level:
  - better breathing,
  - a better balance in the ear, nose and throat area,
  - an improvement in one's intestinal track,
  - more relaxed physically, with more flexibility.

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

NUTRI YIN-NUTRI YANG + NUTRI 20 + NUTRI 05
4 • KIDNEY-BLADDER FAMILY

ANXIOUS, TIMOROUS TEMPERAMENT:

Overfunctioning kidneys:
- afraid of nothing, risk-taking, reckless,
- braving danger, kamikaze,
- think that nothing can happen to them,
- rash.

Underfunctioning kidneys:
- dominated by one's fears, apprehensions, worries,
- anxiety, dread,
- fear of the future, of aging,
- fear of hurting others or oneself,
- fear of death – one's own or loved ones',
- fear of life, of giving life,
- fear of emptiness, of darkness, of the cold (head colds), of water, fear of falling,
- fear of forgetting something,
- chicken-hearted, timorous, overly prudent, withdrawn, cowardly, weak,
- difficulty in communicating and listening to others,
- muteness,
- lack of manly or womanly assurance,
- inhibited, apathetic, dormant, torpid,
- afraid to express oneself, shyness, blushes easily,
- self-effacing, colorless,
- all phobias (claustrophobia, agoraphobia, etc...).

Overfunctioning bladder:
- hallucinations, false lucidity, blindness,
- wants to look at the world through rose-colored glasses (or another color!),
- illusions, confusion.

Underfunctioning bladder:
- lack of objectivity, of lucidity (because of fear),
- doesn't want to see, or know or be aware
An imbalance in the KIDNEY-BLADDER family can lead to:

- all lumbar and kidney-based pathologies: sciatica, lumbago, etc...
- bladder problems (cystitis, urinary infections, bed-wetting, incontinence, etc...)
- weakness in the ankles,
- hearing problems,
- difficulty keeping one's balance,
- difficulty adapting to winter.

Nourishing the vital currents in the KIDNEY-BLADDER family 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,
- a steady voice, in harmony with the whole body.

**On the physical level:**

- a more well-balanced urinary tract,
- improved hearing
- stronger osteo-muscular tone..

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

NUTRI YIN - NUTRI YANG + NUTRI 22 + NUTRI 31

After a while, and depending on the intensity, these four temperaments have an impact on the balance of the 2 poles:

- metabolic: the irascible person,
- cerebral: the apathetic person.
LIVER – GALL BLADDER FAMILY
CONNECTED WITH THE MASTER OF HEART-TRIPLE WARMER

1 / LIVER – GALL BLADDER:

IRASCIBLE TEMPERAMENT

Overfunctioning liver:
- dominated by anger,
- gets angry for a mere nothing, impulsive, carried away, irritable,
- excessive, immoderate,
- caustic, virulent, impetuous,
- resentful, aggressive, quarrelsome,
- fighter, brutal, violent,
- dissipated, turbulent, boiling, volcanic,
- rebellious, in revolt, furious, enraged.

Underfunctioning liver:
- dominated by one's bad moods,
- has a grudge against oneself,
- taciturn, often depressive, of dark humor,
- desire to destroy oneself, suicidal tendency.

Overfunctioning gall bladder:
- resentful, grumbling, fretful, grumpy, complaining,
- surly, argumentative, grim, acerbic.

Underfunctioning gall bladder:
- morose, worrisome,
- bitter, embittered, envious (heart).

An imbalance of the LIVER – GALL BLADDER family can lead to:
- all liver problems,
- gall bladder problems,
- physical fatigue,
- difficulty adapting to spring.

By nourishing the vital currents of the LIVER – GALL BLADDER family, one favors:
- On the psychological level:
  - more peace, serenity,
  - domination over one's drives, less anger,
  - a more coherent life,
- an awareness of one's and others' limits,
- greater effectiveness in one's undertakings,
- moderation in eating habits.

**On the physical level:**
- Better digestion, and better bile elimination.

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

NUTRI YIN-NUTRI YANG + NUTRI 11 + NUTRI 30

### 2 / MASTER OF HEART-TRIPLE WARMER

**APATHETIC TEMPERAMENT:**

**Underfunctioning MH - TH:**
- depressive tendency,
- flaccid, indolent, indifferent, without vigour, without vitality,
- insensitive, slow, passive,
- dejected,
- lack of nervous energy.

**Overfunctioning MH - TH:**
- overly intellectual.

An imbalance of the MASTER OF HEART-TRIPLE WARMER pair can lead to:
- skin problems,
- disturbances of organ envelopes.

By nourishing the vital currents of MASTER OF HEART-TRIPLE WARMER, one favors:
- a better expression of one's masculine or feminine polarity,
- a greater feeling of well-being,
- more vitality, energetic.

We nourish the related vital currents, whether the deviation is caused by an excess or a lack, using:

Pour la femme : NUTRI YIN-NUTRI YANG + NUTRI 35♀ + NUTRI 37♀
Pour l'homme : NUTRI YIN-NUTRI YANG + NUTRI 36♂ + NUTRI 38♂
GIVE A BOOST to the vital currents according to the rhythm of the seasons

Our biological clock, by which the body adapts itself to its environment, is in tune with the circadian rhythms synchronized with the movement of the earth around its axis. It also follows the rhythm of the seasons, that is, the rotation of the earth around the sun. These rhythms are stimuli which require the body to adapt to its environment. Every season activates different vital currents.

To maintain this biorhythm balance, synchronized to the passage of the seasons, has long been the goal of Endocellular Nutrition. By using specific nutrients, it is possible to stimulate the vital currents of the body in relation to the season.

Chinese tradition places a transition period between each season, called the interseason. It also adds a fifth season to the other four: the end of the summer.

BENEFITS OF SEASONAL NUTRIPUNCTURE

Every individual has his or her constitutional or acquired weaknesses. These determine our behavior and our physical and mental balance. This field is modified by outside stimuli, in particular the seasons, to which the individual adapts himself according to the condition of his vital currents. According to TCM, every season activates a family of meridians and in particular the "master organs" of the family.

**SUMMER:** Heart - Small Intestine  
**END OF SUMMER:** Stomach - Spleen / Pancreas  
**AUTUMN:** Lungs - colon  
**WINTER:** Kidney - bladder  
**SPRING:** Liver - gall bladder  
**Master of Heart - Triple Warmer**

In every season, the vital circuits of certain organs are particularly called upon. As a result there is a difference in the way they function and an increased sensitivity to certain factors in the surroundings depending on the season. That is why some people prefer one season to another and feel better at certain periods of the year. Others may notice a degradation of their health every year;
**GIVE A Boost** to the vital currents according to the rhythm of the seasons

Our biological clock, by which the body adapts itself to its environment, is in tune with the circadian rhythms synchronized with the movement of the earth around its axis. It also follows the rhythm of the seasons, that is, the rotation of the earth around the sun. These rhythms are stimuli which require the body to adapt to its environment. Every season activates different vital currents.

To maintain this biorhythm balance, synchronized to the passage of the seasons, has long been the goal of Endocellular Nutrition. By using specific nutrients, it is possible to stimulate the vital currents of the body in relation to the season.

Chinese tradition places a transition period between each season, called the interseason. It also adds a fifth season to the other four: the end of the summer.

**Benefits of Seasonal Nutripuncture**

Every individual has his or her constitutional or acquired weaknesses. These determine our behavior and our physical and mental balance. This field is modified by outside stimuli, in particular the seasons, to which the individual adapts himself according to the condition of his vital currents. According to TCM, every season activates a family of meridians and in particular the "master organs" of the family.

<table>
<thead>
<tr>
<th>Season</th>
<th>Master organs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summer</strong></td>
<td>Heart - Small Intestine</td>
</tr>
<tr>
<td><strong>End of Summer</strong></td>
<td>Stomach - Spleen / Pancreas</td>
</tr>
<tr>
<td><strong>Autumn</strong></td>
<td>Lungs - colon</td>
</tr>
<tr>
<td><strong>Winter</strong></td>
<td>Kidney - bladder</td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td>Liver - gall bladder</td>
</tr>
<tr>
<td></td>
<td>Master of Heart-Triple Warmer</td>
</tr>
</tbody>
</table>

In every season, the vital circuits of certain organs are particularly called upon. As a result there is a difference in the way they function and an increased sensitivity to certain factors in the surroundings depending on the season. That is why some people prefer one season to another and feel better at certain periods of the year. Others may notice a degradation of their health every year;
for example, a worsening of lung problems in autumn, or an outbreak of their lumbar pains in winter. One also finds an increase of heart attacks in the summer and in winter, as well as a worsening of spasmophilia in autumn...

On the other hand, through the systematic use of seasonal Nutripuncture, we energize the vital currents and so we may notice, from one year to the next, an improvement in our health.

Before the beginning of the season, it is advisable to use seasonal Nutripuncture for 3 weeks (2 - 3 times a day).


**Take advantage of the seasons to sharpen your five senses!**

Every season intensifies one of the five senses, governed by the family of organs that are related to that season:

- **SUMMER:** sight
- **END OF SUMMER:** taste
- **AUTUMN:** smell
- **WINTER:** hearing
- **SPRING:** touch
NutriPuncture for Summer

to improve the sense of sight

Summer is the season of the blazing sun and, according to TCM, corresponds to the element Fire.

When it is experienced in a positive way, summer is the occasion to express our desire to live in freedom and acknowledgement towards others. So it is the time to take a new look at ourselves and others to find our "self-esteem", and an accurate view of reality.

It is the time when the Heart-Small Intestine family, particularly affected when feelings are growing stronger, needs to be revitalized.

Suggestions for Associative Nutripuncture:

NUTRI YIN-NUTRI YANG + NUTRI 04 + NUTRI 13

Particularly sensitive areas at this time of year and for which it is most beneficial to use Nutripuncture:

NUTRI 01 Shou Shao Yin meridian, regulates the arteries.
NUTRI 04 Shou Shao Yin, heart meridian.
NUTRI 08 Shou Shao Yin meridian, regulates the cerebral cortex.
NUTRI 13 Shou Tai Yang, small intestine meridian.
NUTRI 32 Shou Shao Yin meridian, regulate sight.

Heart-Small Intestine: SENSE OF SIGHT
**NUTRIPUNCTURE FOR THE END OF SUMMER**

to improve the sense of taste

At the end of the summer, as in every interseason, we are influenced by the concrete action of the **STOMACH-SPLEEN/PANCREAS**, family, director of this season, in which we are led to express our desire to live, to find our place, to express our life, in respect for ourselves and others. This period corresponds in TCM to the **element Earth**.

Suggestions for Associative Nutripuncture:

**NUTRI YIN-NUTRI YANG + NUTRI 10 + NUTRI 18**

Particularly sensitive zones at this time of year and for which it is most beneficial to use Nutripuncture:

NUTRI 10 Zu Yang Ming, **stomac** méridian.
NUTRI 17 Zu Tai Yin, meridian that governs **bone structure** balance.
NUTRI 18 Zu Tai Yin, **spleen / pancreas** méridian.
NUTRI 21♂ Zu Tai Yin, meridian that regulates the **prostate** (for men).
NUTRI 26 Zu Tai Yin, meridian related to the cerebellar **nuclei**.
NUTRI 28♀ Zu Tai Yin, meridian that regulates the **utérus** (for women).
NUTRIPUNCTURE FOR AUTUMN

to improve the sense of smell

The autumn corresponds in TCM to the element Air and to the sense of smell. So that there can be a genuine renewal of inspiration, it is important to help the LUNGS bring this breath of life to all the cells of the body, according to one’s masculine or feminine polarity. It is also essential to nourish the COLON to facilitate the elimination of waste and optimize metabolism.

Suggestions for Associative Nutripuncture:

NUTRI YIN-NUTRI YANG + NUTRI 20 + NUTRI 05

Particularly sensitive zones at this time of year and for which it is most beneficial to use Nutripuncture:

NUTRI 05 Shou Yang Ming, colon meridian.
NUTRI 06♂ Shou Yang Ming, meridian that governs sexual masculine expression: penis.
NUTRI 07♀ Shou Yang Ming, meridian that governs sexual feminine expression: vagina.
NUTRI 12 Shou Tai Yin meridian that regulates the hypothalamus.
NUTRI 14♂ Shou Tai Yin, meridian that governs masculine polarity: the larynx in men.
NUTRI 15 Yang Ming, meridian that regulates lymphatic circulation.
NUTRI 16 Shou Tai Yin, meridian that regulates muscle functions.
NUTRI 20 Shou Tai Yin, lung meridian.
NUTRI 24♀ Shou Tai Yin, meridian that regulates feminine polarity: the breasts in women.
NUTRI 25 Shou Tai Yin meridian that regulates the sinuses.

Lungs-Colon: SENSE OF SMELL
NUTRIPUNCTURE FOR WINTER
to improve the sense of hearing

In TCM, winter is related to the element water and the sense of hearing. It is particularly fruitful at this time of year to look introspectively at oneself and others. This enables one to look reality in the face, to attain assurance and clarity and to banish fear. It is therefore important, when the KIDNEY-BLADDER family is particularly exerted, to support it in its function of blood purification, as it carries information throughout the body.

Suggestions for Associative Nutripuncture:

NUTRI YIN-NUTRI YANG + NUTRI 22 + NUTRI 31

Particularly sensitive areas at this time of year, and for which it is most beneficial to use Nutripuncture:

NUTRI 02 Zu Shao Yin, meridian that regulates the cerebellum.
NUTRI 09 Zu Shao Yin, meridian that regulates the adrenal glands.
NUTRI 22 Zu Shao Yin kidney méridian.
NUTRI 23 Zu Tai Yang, meridian that regulates the retina.
NUTRI 27 Zu Tai Yang, meridian that regulates the thyroid.
NUTRI 31 Zu Tai Yang bladder méridian.
NUTRIPUNCTURE FOR SPRING
to improve the sense of touch

Spring is the season of renewal, a time of rising sap, the sign of a new life cycle. In order for there to be a genuine cellular renewal, it is important to nourish the LIVER-GALL BLADDER family so that it can, in turn, supply all the organs with new energy.

Suggestions for Associative Nutripuncture:

| NUTRI YIN-NUTRI YANG + NUTRI 11 + NUTRI 30 |

Particularly sensitive areas at this time of year, and for which it is most beneficial to use Nutripuncture:

- NUTRI 03* Shou Jue Yin et Shou Shao Yang meridians, hair regulators.
- NUTRI 08 Shou Shao Yin, meridian that regulates the cerebral cortex.
- NUTRI 11 Zu Jue Yin liver meridian.
- NUTRI 19* Shou Jue Yin et Shou Shao YangYang meridians, regulators of the skin.
- NUTRI 30 Zu Shao Yang gall bladder meridian.
- NUTRI 33 Ren Mai, conception meridian.
- NUTRI 34 Du Mai, governor meridian.
- NUTRI 35♀ Shou Jue Yin, Master of Heart. for women.
- NUTRI 36♂ Shou Jue Yin, Master of Heart for men.
- NUTRI 37♀ Shou Shao Yang, Warmer meridian for women.
- NUTRI 38♂ Shou Shao Yang, Warmer meridian for men.

*This nutrient should be always preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.
Endocellular nutrients regulate the electromagnetic information which circulates in the body. They maintain the balance of cellular exchanges as well as the natural autoregulation of the meridians, which are the communication circuits of the organs. This balance allows every organ to draw from its nutritional environment the elements that are necessary for its optimal functioning.

There are 40 endocellular nutrients in this collection, which have been serving health since 1985. Two of them, Nutri Yin and Nutri Yang, have an additional action as regulators of the cellular exchanges and have an energizing effect on the body as a whole.

The other 38 nutrients have an effect on particular zones of the body, including gender-specific zones. Twenty-eight nutrients are for both men and women. Five are specific to men and five others to women. These nutrients work by nourishing the vital currents conveyed by the acupuncture meridians. This is why endocellular nutrition is called Nutripuncture.

Each one of these products, numbered from 01 à 38, is related to a meridian. This gives a better understanding of the impact of each nutrient on the vital currents which govern the human body.

This guide will provide you with a simple and practical approach to using Nutripuncture as well as an understanding of the laws which govern health and their relation to the five senses. It will enable you to use these nutritional supplements to support the body in its individuality, according to the condition it is manifesting.
Nutripuncture stimulates specific points in the body and transmits information which optimizes the autoregulation of every organ and creates a favorable environment for them in which they can function smoothly.

- **Nutri Yin-Nutri Yang**, by nourishing the membrane balance, optimizes the polarization of every cell of the body. It is therefore a General Cellular Nutritional Regulator (G.C.N.R.), recommended when the body is in a weakened state.

- The other 38 nutrients have an impact on various points of the body, in relation to the communication circuits of the organs: the meridians.

They can be used in **associative** or **sequential Nutripuncture**:

**Associative Nutripuncture: Nutri Yin-Nutri Yang** optimizes the action of the nutrients used in association with it. The association of the G.C.N.R. (General Cellular Nutritional Regulator): Nutri Yin-Nutri Yang and the nutrients helps to stimulate the body as a whole by regulating the membrane balance on the level of every cell in the body, and also assists the autoregulation of the body on all levels including: structural, organic, humoral, cognitive and psychological.

**NB:** Nutri 03 and Nutri 19 must be preceded by Nutri Yin-Nutri Yang except in sequential Nutripuncture.

**Sequential Nutripuncture: sequential Nutripuncture never uses the G.C.N.R.: Nutri Yin-Nutri Yang.** It consists of 5 nutrients in a precise order which convey information to a precise point.

A list of Nutripuncture sequences, adapted to every disorder, is supplied to health practitioners that have received a special training in their use. They are the only ones authorized to recommend them. For more information, contact the ATENE ATENE association in Canada or AMINE in France.

**NB:** Nutripuncture and the recommendations in this guide are not to be used in place of a medical examination whenever there is a physical problem.
40 products...

- The G.C.N.R. (General Cellular Nutritional Regulator) Nutri Yin-Nutri Yang and a range of 38 nutrients called “NUTRI” followed by a number for ex. “nutri 11” for liver, “nutri 28” for uterus, etc...).
- Nutri Yin-Nutri Yang comes in a package of 2 pillboxes of 60 tablets: one of Nutri Yin, and one of Nutri Yang. They must be taken together.
- For the Nutri from 01 to 38, each of the pillboxes contains 60 tablets.

for everyone to use...

In associative Nutripuncture: chew the Nutri Yin tablet followed by the Nutri Yang tablet, then chew one tablet of each selected nutrient.

In sequential Nutripuncture: the 5 nutrients are to be taken in a very specific order.

Take each tablet one after the other, twice a day between meals.

... totally safe:

These nutrients are not at all habit-forming and there are no restrictions on who can use them. They can be given to everyone: men, women, children, pregnant women, older persons, students, always using the gender-specific nutrient according to one's sex.

composition:

The tablets are in a base of lactose, sorbitol and magnesium stearate. They are permeated with information from minerals by an electromagnetic process.

The G.C.N.R.: Nutri Yin-Nutri Yang Yang is an excellent complement to any therapy; it fosters better membrane balance and therefore, more efficient absorption of medicine in the body.
NUTRI YIN - NUTRI YANG balances cellular exchanges

NUTRI YIN-NUTRI YANG is a fundamental nutrient, it helps every organ and the body in general to find their balance.

- it activates cellular exchanges
- it helps the meridians and organs to recover their full capacity,
  - it allows the sensory motor cerebral pole to direct the organs,
  - and the metabolic pole to supply them with the energy they need.

NUTRI YIN-NUTRI YANG can be given to everyone, whatever their age. It has been shown to be particularly effective for weak persons, schoolchildren, during growth periods, pregnant women, adults under stress in their work, older persons, students and athletes.

In a period of convalescence, NUTRI YIN-NUTRI YANG, contributes to a faster recovery.

**SUGGESTIONS FOR USE**

NUTRI YIN-NUTRI YANG is used every time there is a physical or mental disturbance, indicating a membrane imbalance:

- general fatigue,
- stress,
- oversensitivity,
- sleep disorders,
- following surgical operations with anaesthesia,
- loss of energy,
- low morale,
- hyper-excitability.

NUTRI YIN and NUTRI YANG must be taken together, never separately.

Take each tablet one after the other, twice a day between meals.
NUTRI 01 (Shou Shao Yin meridian)

balances the vital currents of the arteries

The arterial system allows the heart to pulsate in a rhythmic way and to project oxygen-rich blood, necessary for cell life, to the whole body. It is a system in which resources are exchanged and shared.

The arterial system belongs to the Heart-Small intestine family which relates to the sense of sight.

SUGGESTIONS FOR USE

- Psychological indications:
  - lack of drive, lack of impetus with NUTRI 04,
  - lack of communication with NUTRI 29.

- Physiological indications:
  NUTRI 01 nourishes the whole arterial system:
  - arterial circulation with NUTRI 04,
    in addition to medical treatment,
  - circulatory congestion with NUTRI 30,
  - excess of toxins in the blood with:
    for women: NUTRI 30 and NUTRI 37♀,
    for men: NUTRI 30 and NUTRI 38♂,
  - congestive headaches with:
    for women: NUTRI 30 and NUTRI 37♀,
    for men: NUTRI 30 and NUTRI 38♂,
  - any inflammatory condition with NUTRI 11 and NUTRI 22,
  - arterial high blood pressure, with NUTRI 04, NUTRI 22 and NUTRI 29,
  - acne with NUTRI 11 and NUTRI 19*.

*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

NUTRI 02 (Zu Shao Yin meridian)

balances the vital currents of the cerebellum

The cerebellum, the tree of life in ancient cultures, controls the balance of the upright position. It regulates the tonicity of the muscles when they are at rest. It exerts an automatic control over voluntary and semi-voluntary movements in the body. It is also the organ of sensitivity.

The cerebellum belongs to the Kidney-Bladder family and relates to the sense of hearing.
**SUGGESTIONS FOR USE**

**NUTRI 02** supports the balance of the vital currents of the cerebellum in the following cases:

- **Psychological indications:**
  - lack of emotional balance,
  - psychological instability associated with a lack of assurance with **NUTRI 22**,  
  - destabilised: by an emotional event with **NUTRI 04**, by fear with **NUTRI 22**,  
- **Physiological indications:**
  - balance problems, dizziness.

**NUTRI 03**  (Shou Jue Yin et Shou Shao Yang meridians)

**Balances the vital currents of the hair**

Hair is sensitive to the influence of sex hormones. The body distributes sulfur, first of all to the hair (4 %), then the lungs, the bladder, skin and bones. It belongs to the Liver-Gall bladder family and relates to the sense of touch.

**SUGGESTIONS FOR USE**

**NUTRI 03** is effective in the following cases:

- **Psychological indications:**
  - general uneasiness with **NUTRI 19**,
  - se sentir mal entouré. Manque de sertissage avec **NUTRI 19**.

- **Physiological indications:**
  - all hair problems:
    - seborrhea with **NUTRI 11** and **NUTRI 30**,  
    - to regulate oily hair with:
      - for women: **NUTRI 05** and **NUTRI 37**  
      - for men: **NUTRI 05** and **NUTRI 38**,
    - to nourish dry hair with:
      - for women: **NUTRI 35**
      - for men: **NUTRI 36**.

*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.*
NUTRI 04 (Shou Shao Yin meridian) balances the vital currents of the heart

The heart sends blood throughout the body, it is an organ of communication. It participates in the sharing of resources through arterial circulation and the return of cellular information by venous circulation.

Every beat is a projection of blood in the circulatory current, according to a rhythmic movement.

Its nutritional metabolism is linked to fats which supply the TPA necessary for its functioning.

It is more sensitive in summer.

Together with the small intestine, the heart makes up one of the five families of organ – meridians. It is connected with the sense of sight.

SUGGESTIONS FOR USE

NUTRI 04 can be used to balance the heart in the following cases:

• Psychological indications:
  - lack of desires, lack of projects,
  - difficulty getting over emotions, being too emotional,
  - tendency to feel guilty, to feel unloved,
  - difficulty sharing,
  - tendency to forget oneself in order to please others,
  - emotional instability with:
    for women: NUTRI 28♀,
    for men: NUTRI 21♂,
  - fear of loving or of not being loved with NUTRI 22.

• Physiological indications:
  - any heart problem, to be used in addition to medical treatment,
  - palpitations, extrasystoles, tachycardia,
  - arterial problems with NUTRI 01,
  - arterial high blood pressure, with NUTRI 01, NUTRI 22 and NUTRI 29,
  - to adapt well to summer with NUTRI 13.
**NUTRI 05** (Shou Yang Ming meridian) balances the vital currents of the colon

The colon handles the evacuation of stools, after water reabsorption. Stools have a different consistency according to the hormones they contain. Every zone of the colon has a particular response to certain hormones. The evacuation of stools is normally made according to the physical and psychological balance of the individual. The colon is more sensitive in autumn. In Traditional Chinese Medicine, it expresses the faculty of organization. Constipation is often the reflection of a psychological tension due to perfectionism, or even obsession. Together with the lungs, the colon makes up one of the five families of organ - meridians. It is connected with the sense of smell.

**SUGGESTIONS FOR USE**

**NUTRI 05** helps the peristalsis, flexibility of the colon, as well as efficient intestinal transit. It can be used in the following cases:

- **Physiological indications:**
  - difficulty organizing,
  - excessive perfectionism, and a tendancy to become obsessive, which indicate a lack of flexibility with:
    - for women: NUTRI 07♀,
    - for men: NUTRI 06♂.

- **Physiological indications:**
  - irritable bowel syndrome,
  - constipation with NUTRI 16,
  - intestinal transit problems with NUTRI 20 and NUTRI 33,
  - inflammatory colitis, with NUTRI 01 and NUTRI 11,
  - shoulder pains with:
    - for women: NUTRI 17 and NUTRI 37♀,
    - for men: NUTRI 17 and NUTRI 38♂,
  - to adjust well to autumn with NUTRI 20,
  - to control oily hair with:
    - for women: NUTRI 03* and NUTRI 37♀,
    - for men: NUTRI 03* and NUTRI 38♂.

* This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture..
**NUTRI 06**

(Shou Yang Ming meridian)

**Balances the vital currents of the penis**

NUTRI 06 helps men find the power of their masculine expression, and to acknowledge women.

The penis belongs to the Lung-Colon family and relates to the sense of smell.

**SUGGESTIONS FOR USE**

NUTRI 06 nourishes masculine polarity, it is specifically for men:

- **Psychological indications:**
  - difficulty expressing one's personality as a man, with **NUTRI 14** and **NUTRI 36**,
  - to nourish the male genital sphere with **NUTRI 21**.

- **Physiological indications:**
  - difficulty expressing one's masculine sexuality with **NUTRI 05**,  
  - to stimulate the sense of smell with **NUTRI 12** and **NUTRI 25**,
  - hip pain with **NUTRI 17** and **NUTRI 30**.

Nutri 06 is exclusively for men.

---

**NUTRI 07**

(Shou Yang Ming meridian)

**balances the vital currents of the vagina**

NUTRI 07 helps women to find the expression of their femininity and to nourish the vagina.

It belongs to the Lung-Colon family and relates to the sense of smell.

**SUGGESTIONS FOR USE**

NUTRI 07 nourishes feminine polarity; it is specifically for women:

- **Psychological indications:**
  - to nourish one's femininity with **NUTRI 24** and **NUTRI 35**,
  - to help women to express their sexuality with **NUTRI 05**.
Physiological indications:
- any vaginal problems, in addition to medical treatment,
- the feminine genital sphere, with NUTRI 28♀,
- hot flashes, with NUTRI 24♀, NUTRI 37♀,
- hip pain, with NUTRI 17, NUTRI 24♀ and NUTRI 30,
- to balance the vaginal flora with NUTRI 15 and NUTRI 30.

NUTRI 07♀ is exclusively for women.

NUTRI 08 (Shou Shao Yin meridian)
balances the vital currents of the cerebral cortex

The cerebral cortex receives and records information coming from the whole body and the outside world, through the 5 senses. It is in direct contact with all the organs and their communication circuits. It manages the cephalic pole, which is also the pole of consciousness, and governs the whole body.

The cerebral cortex is the driving element of all the organ-meridians. It can be influenced by the state of the various organs, resulting from individual behavioral habits.

The cerebral cortex belongs to the Heart-Small intestine family and relates to the sense of sight.

SUGGESTIONS FOR USE

NUTRI 08 nourishes the cerebral pole and gives the brain all the necessary strength for its leading role; it can be considered as a neurological regulator. It is suggested:

• Psychological indications:
  - general imbalance with NUTRI 11,
  - overwork, intellectual fatigue, depressive states with NUTRI 12,
  - lack of projects with NUTRI 04.

• Physiological indications:
  - studying for exams with NUTRI 12 and NUTRI 18,
  - following general anesthetics with NUTRI 12 and NUTRI 30,
  - serious asthenia with NUTRI 11 and NUTRI 12,
  - for the athlete for optimal muscular functioning with NUTRI 02, NUTRI 12 and NUTRI 16.
Balance the vital currents of the adrenals

The adrenal glands affect muscular tone by their action on the amount of cortisol in the blood and on the hydro-electrolytic balance through aldosterone.

They are related to postural balance, centred at the navel, which corresponds to the axis of embryonic development, at the midpoint between the 2 poles, cephalic and caudal.

The adrenal glands belong to the Kidney-Bladder family in connection with the sense of hearing.

SUGGESTIONS FOR USE

NUTRI 09 helps to find one's place and to regain:

• Psychologically:
  - vitality,
  - more energy.

• Physiologically:
  - postural balance of the bones with: for women: NUTRI 17 and NUTRI 28♀, for men: NUTRI 17 and NUTRI 21♂,
  - postural balance of the muscles with NUTRI 16 and NUTRI 31,
  - muscle tone with:
    for women: NUTRI 07♀, for men: NUTRI 06♂.

It can be also advised in the following cases:

- weak ankles with NUTRI 17 and NUTRI 29,
- hearing problems with NUTRI 29 and NUTRI 33,
- to stimulate the gonads with:
  for women: NUTRI 29, NUTRI 33 and NUTRI 35♀, for men: NUTRI 29, NUTRI 33 and NUTRI 36♂.
**NUTRI 10** (Zu Yang Ming meridian)  
balances the vital currents of the stomach

The stomach assures the breaking up of food and plays an essential role in the digestion of proteins. The action in the re-absorption of iron and vitamin B12 is essential for the forming of red blood cells. The stomach expresses the capacity and the zest to take action in life and in one's profession. Stress at work often has a repercussion on the stomach.

Together with the spleen and the pancreas, the stomach makes up one of the five families of organ-meridians. It relates to the sense of taste.

**SUGGESTIONS FOR USE**

* NUTRI 10 helps to act according to one's own taste and to become less excessive.

• Psychological indications:
  - acting by force, pushing oneself beyond one's limits
  - loss of interest in one's work,
  - being dominated by one's work,
  - to adapt to the end of summer with NUTRI 18,
  - pathologies during the weekend that improve on Monday with NUTRI 18.

• Physiological indications:
  - functional gastralgia, gastric dyspepsia,
  - in addition to any treatment for ulcers,
  - heartburn in pregnant women with NUTRI 33,
  - to adjust well to end of the summer and the interseasons with NUTRI 18.

**NUTRI 11** (Zu Jue Yin meridian)  
balances the vital currents of the liver

The liver regulates the functioning of the metabolic pole; it helps produce all the nutritional elements necessary for the cells (TPA) and nourishes the whole body with humoral information.

The liver is strongly connected with all the organs and meridians, whose dysfunctions can thus disturb its functional balance. This organ is particularly called upon in the spring.
In association with the gall bladder, the liver constitutes one of the five families of organ-meridians and represents the metabolic pole; it relates to the sense of touch.

**SUGGESTIONS FOR USE**

**NUTRI 11** has a very broad action. It is advised in the following cases:

- **Psychological indications:**
  - general instability with **NUTRI 08**, 
  - quick tempered or at the other end of the spectrum depressed,
  - physical or mental fatigue with **NUTRI 08** and **NUTRI 12**.

- **Physiological indications:**
  - any hepatic disturbance: it is a helpful addition to medical treatment,
  - depurative and detoxifying action on the body with **NUTRI 30**,
  - any inflammatory condition with **NUTRI 01**,
  - helps digestion with **NUTRI 18**,
  - to find one's balance in spring with:
    - for women: **NUTRI 30**, **NUTRI 35♀** and **NUTRI 37♀**,
    - for men: **NUTRI 30**, **NUTRI 36♂** and **NUTRI 38♂**,
  - oily hair with **NUTRI 03**, **NUTRI 05** and **NUTRI 30**,
  - any skin problem with **NUTRI 19* and NUTRI 30**,
  - acne, with **NUTRI 01** and **NUTRI 19*.”

* This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

**NUTRI 12 (Shou Tai Yin meridian)**

balances the vital currents of the hypothalamus

The hypothalamus plays a fundamental role in hormone balance. It is in connection with the rhinencephalon, the most archaic part of the brain, which receives input from odors that act on sexual hormonal secretions.

The hypothalamus is under the influence of the cerebral cortex; it is particularly sensitive to stress and to physical and intellectual overwork.

The hypothalamus belongs to the Lung-Colon family and relates to the sense of smell.
SUGGESTIONS FOR USE

NUTRI 12 can help in the following cases:

• Psychological indications:
  - physical and intellectual overwork, depressive states, with NUTRI 08,
  - loss of one's masculine or feminine sensibility with:
    for women: NUTRI 24♀,
    for men NUTRI 14♂.

• Physiological indications:
  - hormonal balance with NUTRI 08,
  - studying for exams with NUTRI 08,
  - serious fatigue with NUTRI 08 and NUTRI 11,
  - following surgical operations under general anesthesia with NUTRI 08 and NUTRI 30,
  - loss of the sense of smell with:
    for women: NUTRI 07♀ and NUTRI 25,
    for men: NUTRI 06♂ and NUTRI 27.
  - for the athletes for optimal muscular functioning with NUTRI 02, NUTRI 08 and NUTRI 16.

NUTRI 13 (Shou Tai Yang meridian)

balances the vital currents of the small intestine

The small intestine is made up of three parts: the duodenum which surrounds the top of the pancreas, the jejunum folded up on itself vertically and the ileum on a horizontal plane, which is joined to the cæcum. Its role is food assimilation.

It selectively re-absorbs food that has been broken down in the upper part of the digestive tract, in the form of carbohydrates, lipids and proteins according to the needs of the body. These various elements are materials that are necessary for the production of living substances.

The function of the small intestine is that of sorting, choice and therefore decision. It is a selective choice in order to build. It is more sensitive in the season of summer.

Together with the heart, the small intestine makes up one of the five families of organs-meridians. It relates to the sense of sight.
NUTRI 13 helps with nutritional balance and reabsorption; it can be useful in the following cases:

- Psychological indications:
  - difficulty making decisions,
  - difficulty living with and expressing one's own choice.

- Physiological indications:
  - obesity with emotional disturbance,
  - problems concerning fats with NUTRI 27,
  - shoulder problems with NUTRI 05 and NUTRI 17,
  - to adjust well to summer with NUTRI 04.

NUTRI 14 ♂ (Shou Tai Yin meridian) balances the vital currents of the larynx (Adam's apple)

In puberty, the voice of the young man changes, it breaks and becomes gradually deeper. A more voluminous larynx makes the Adam's apple stick out. It is the organ that expresses virility.

The larynx belongs to the Lung-Colon family and relates to the sense of smell.

NUTRI 14 ♂ enhances the expression of masculine polarity, it can help in the following cases:

- Psychological indications:
  - to nourish masculine polarity with NUTRI 06♂.

- Physiological indications:
  - elbow pain in men with:
    NUTRI 17, NUTRI 36♂ and NUTRI 38♂,
  - hearing or listening problems in men with:
    NUTRI 29 and NUTRI 38♂,
  - laryngeal problems in men with NUTRI 27 and NUTRI 38♂.

Nutri 14♂ is exclusively for men.
**NUTRI 15** (Yang Ming meridian)

balances the vital currents of the lymphatic system

The lymphatic system supports immunity. Lymph is a secreted by the cell as a result of its cellular work. It expresses the deep reality of every individual, as defined according to each person's individual makeup. It guarantees the integrity of the “self” which protects the body.

The lymphatic system belongs to the Lung-Colon family and relates to the sense of smell.

**SUGGESTIONS FOR USE**

NUTRI 15 helps to boost a weakened immune system:

- Psychological indications:
  - difficulty expressing one's individual impressions according to one's own senses with NUTRI 12 and NUTRI 25,
  - lack of trust in one's own feelings.

- In a physical context:
  - respiratory problems with NUTRI 20 and NUTRI 25,
  - viral infections with NUTRI 12 and NUTRI 25,
  - to stimulate one's general defenses with NUTRI 26 and NUTRI 33,
  - for balance the vaginal flora for women with NUTRI 079.

**NUTRI 16** (Shou Tai Yin meridian)

balances the vital currents of the muscles

The muscles impart movement to the body. The capacity to move is the mark of a living being. The various aspects of muscles are: strength, impetus, tonicity, elasticity and coordination; these are in conjunction with the five families of organ-meridians.

The muscles belong to the Lung-Colon family and relate to the sense of smell.
SUGGESTIONS FOR USE

NUTRI 16 is useful in all of the following cases:

• Psychological indications:
  - lack of flexibility,
  - for people who are too tense and overstrained
  - to persons with spasmodophilia in which case it may often be necessary to combine with another nutrient according to their emotional state.

• In a physical context:
  - cramps, aches, spasms, muscular cramps (smooth muscles and striated muscles),
  - colitis attack with NUTRI 05,
  - for the athlete before and after an event, it facilitates optimal muscular functioning and a fast recovery with:
    NUTRI 02, NUTRI 08 and NUTRI 12,
  - to stimulate muscular strength with NUTRI 10.

It promotes:
  - the formation of the osteo-muscular skeleton, with: NUTRI 17 and NUTRI 18,
  - muscular postural balance with NUTRI 09 and NUTRI 31,
  - muscular flexibility with:
    for women: NUTRI 05, NUTRI 20 and NUTRI 24♀,
    for men: NUTRI 05, NUTRI 14♂ and NUTRI 20,
  - muscle tone with NUTRI 22 and NUTRI 31,
  - muscular impetus with NUTRI 04 and NUTRI 13,
  - muscular strength with NUTRI 10 and NUTRI 18,
  - muscular coordination with NUTRI 08, NUTRI 11 and NUTRI 30.

NUTRI 17 (Zu Tai Yin meridian)
balances the vital currents of the bones

The bone is the densest, the most mineral-laden tissue of the body. The skeleton represents the framework, the internal structure of the body and the personality.
It provides postural balance.

The bones belong to the Stomach-Spleen/Pancreas family; they participate in the construction of the skeleton.
SUGGESTIONS FOR USE

**NUTRI 17** stimulates bone metabolism as a whole. It is useful in the following cases:

- **Psychological indications:**
  - lack of structure, lack of emotional stability,
  - lack of flexibility with **NUTRI 16**.

- **Physiological indications:**
  to accelerate the healing of fractures,
  - to stimulate growth with **NUTRI 18**,
  - to assure good postural bone balance with:
    - for women: **NUTRI 09** and **NUTRI 28♀**,
    - for men: **NUTRI 09** and **NUTRI 21♂**,
  - lack of joint flexibility with:
    - for women: **NUTRI 24♀**, **NUTRI 35♀** and **NUTRI 37♀**,
    - for men: **NUTRI 14♂**, **NUTRI 36♂** and **NUTRI 38♂**,
  - demineralisation with **NUTRI 10** and **NUTRI 18**,
  - excessive bone densification with **NUTRI 22** and **NUTRI 31**,
  - bone inflammations with **NUTRI 04** and **NUTRI 13**,
  - cervical problems with:
    - for women: **NUTRI 27**, **NUTRI 35♀** and **NUTRI 37♀**,
    - for men: **NUTRI 27**, **NUTRI 36♂** and **NUTRI 38♂**,
  - shoulder pathologies with **NUTRI 05** and **NUTRI 13**,
  - to stimulate the formation of the osteo-muscular skeleton, with **NUTRI 16** and **NUTRI 18**,
  - elbow pathologies with:
    - for women: **NUTRI 24♀**, **NUTRI 35♀** and **NUTRI 37♀**,
    - for men: **NUTRI 14♂**, **NUTRI 36♂** and **NUTRI 38♂**,
  - hip pathologies with:
    - for women: **NUTRI 07♀** and **NUTRI 30**,
    - for men: **NUTRI 06♂** and **NUTRI 30**,
  - knee pathologies with:
    - for women: **NUTRI 28♀**,
    - for men: **NUTRI 21♂**,
  - ankle pathologies with **NUTRI 09** and **NUTRI 29**,
  - osteoporosis with:
    - for women: **NUTRI 18** and **NUTRI 37♀**,
    - for men: **NUTRI 18** and **NUTRI 38♂**.
NUTRI 18 (Zu Tai Yin meridian) balances the vital currents of the pancreas

The role of the pancreas is that of metabolic transformation. By exocrine, enzyme and endocrine secretions, it participates in the regulation of nutritional intake that is necessary for the life of the body, in its action and its movement, as well as in its construction and its growth.

It is in connection with the sense of taste, and therefore our appetite: an appetite for nourishment, for doing, for accomplishing, for self-realization, for engendering, for giving life.

Together with the stomach, the pancreas makes up one of the five families of organ-meridians. It relates to the sense of taste.

SUGGESTIONS FOR USE

NUTRI 18 stimulates the pancreas in all of its functions:

• Psychological indications:
  - to act freely and not only out of a sense of duty,
  - an appetite for work,
  - pathology during the weekend that improves on Monday, with NUTRI 10,
  - authoritarianism, disregard of the freedom of others,
  - difficulty fitting in.

• Physiological indications:
  - for a diabetic case, in combination with NUTRI 27, it is very useful, in addition to medical treatment,
  - any disturbance of the pancreas,
  - disturbance in protein metabolism with NUTRI 27,
  - to stimulate the formation of the osteo-muscular skeleton with NUTRI 16 and NUTRI 17,
  - to facilitate digestion with NUTRI 11,
  - intellectual work using logic, studying for exams, with NUTRI 08,
  - to adjust well to the return from summer vacation, the end of summer and the interseasons, with NUTRI 10.
NUTRI 19* (Shou Jue Yin and Shou Shao Yang meridians)

balances the vital currents of the skin

The skin, as a whole, is a tactile organ.
It is also the expression of a boundary, a frontier between the internal and the external world. It defines the shape and is the envelope of the individual. It sometimes serves as an excretory organ when the body is overwhelmed in its work of elimination.

The skin belongs to the Liver-Gall bladder family and Master of Heart-Triple Warmer and relates to the sense of touch.

SUGGESTIONS FOR USE

NUTRI 19* helps to nourish all levels of skin (ectoderme, mesoderme, endoderme). It is advised in the following cases:

• Psychological indications:
  - general feeling of uneasiness with NUTRI 03*,
  - tendency to put oneself in another's place.

• Physiological indications:
  - any skin problem, often in association with: NUTRI 11 and NUTRI 30, to enhance medical treatment,
  - lack of elasticity of the skin with NUTRI 20,
  - lack of hydration, poor skin tone with NUTRI 22,
  - oily skin with NUTRI 04,
  - Acne with NUTRI 01 and NUTRI 11.

* This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

NUTRI 20 (Shou Tai Yin meridian)

balances the vital currents of the lungs

The lungs bring in oxygen, which is necessary for the combustion, the transformation of matter, and they eliminate waste with exhalation.
Pulmonary respiration is a semi-voluntary act. This unconscious movement, with its influence on the exchange of gases, reveals problems with relationship, experienced by everyone, as it relates to one's identity as a man or a woman.
The lungs provide breath and inspiration, flexibility and self-confidence, in accordance with the masculine or feminine personality of each person. They are particularly sensitive to the season of autumn.

Together with the colon, the lungs make up one of the five families of organ-meridians. They are related to the sense of smell.

**SUGGESTIONS FOR USE**

**NUTRI 20** nourishes the lungs. It is advised in the following cases:

- **Psychological indications:**
  - to ease excessive idealism and perfectionism, conformity, rigidity or intolerance,
  - to find more hope in one's life, more flexibility,
  - to be inspired amidst everyday life,
  - to eliminate tobacco dependence, with NUTRI 25 and NUTRI 26.

- **Physiological indications:**
  - any lung pathology, in addition to medical treatment, with NUTRI 15 and NUTRI 25,
  - loss of breath, difficulty breathing, coughing,
  - chronic fatigue with NUTRI 05,
  - lack of muscular flexibility with:
    - for women: NUTRI 16 and NUTRI 24♀,
    - for men: NUTRI 16 and NUTRI 14♂,
  - to adjust well to autumn with NUTRI 05.

**NUTRI 21♂ (Zu Tai Yin meridian)** balances the vital currents of the prostate

The prostate gland is responsible for the secretion of spermatic liquid. The prostate represents for men the desire to express life, whether in the act of becoming a father, of taking responsibility as a father or in finding fulfillment in one's work. It is also related to being set in a particular place, the act of “putting down roots”.

The prostate belongs to the Stomach-Spleen/Pancreas family and relates to the sense of taste.
NUTRI 21 nourishes the prostate gland and helps one to find autonomy through taking actions:

- Psychological indications:
  - to regain one's appetite for existence and procreation,
  - difficulty living according to one's own taste,
  - for those who don't have their feet on the ground, children or adults with their head in the clouds, dreamy, absent,
  - difficulty setting down roots in the place where one lives, after moving or while travelling with NUTRI 27,

- Physiological indications:
  - difficulty conceiving a child with NUTRI 33,
  - prostate disorders (beginning adenoma, prostatitis), in addition to medical treatment,
  - gonalgia (knee pain) in men with NUTRI 17,
  - for postural balance with: NUTRI 09 and NUTRI 17,
  - behavioral instability (due to emotions) with NUTRI 04.

NUTRI 21 is exclusively for men.

NUTRI 22 (Zu Shao Yin meridian) balances the vital currents of the kidneys.

The kidneys act as a filter for all substances produced in cellular metabolism released in the blood. This filter sorts out and re-absorbs, it eliminates waste through the bladder. After filtration, it communicates to the whole body the activity of every organ at the metabolic level. The hat is re-absorbed allows this exchange.

The kidneys support a sense of self assurance.

Together with the bladder, the kidneys make up one of the five families of organ-meridians. They relate to the sense of hearing.

NUTRI 22 often associated with NUTRI 31 can help in the following cases:

- Psychological indications:
  - all kinds of fear (of death, of getting pregnant, fear of water, of darkness,
- when at the dentist’s, just before surgery,
- all phobias (agoraphobia, claustrophobia, etc.)
- anxiety,
- shy, uncommunicative, timid character, lack of assurance, undaring, blushes easily,
- someone who has difficulty talking.

Physiological indications:
- any kidney pathology as an addition to medical treatment, which it reinforces,
- blockage of lumbar vertebrae with NUTRI 17, especially if it is caused by fear,
- ankylosing spondylitis with NUTRI 17 and NUTRI 31,
- dizziness and loss of balance, with NUTRI 02 and NUTRI 31,
- high arterial blood pressure with NUTRI 01, NUTRI 04 and NUTRI 29,
- to adjust well to winter with NUTRI 31.

NUTRI 23 (Zu Tai Yang meridian) balances the vital currents of the retina

The retina is related to the central nervous system. It allows the formation of images. These images are the result of the projection of sight by the anterior chamber of the eye.

In the process of sight, the retina and the posterior chamber of the eye correspond to the reception of the image, whereas the anterior chamber corresponds to the act of seeing things. The retina belongs to the Kidney-Bladder family.

SUGGESTIONS FOR USE

NUTRI 23 nourishes the posterior chamber of the eye: the retina, vitreous humor... The crystalline lens, between both chambers, is where focusing takes place. It is advised in the following cases:

Psychological indications:
- lack of receptiveness,
- wanting to see reality as different from what it is,
- someone who is lost in his or her illusions with NUTRI 31,
- sense of sight disturbed by fears with NUTRI 22 and NUTRI 31.
NUTRI 24♀ (Shou Tai Yin meridian)

balances the vital currents of the breasts

The breasts symbolize the expression of femininity. At puberty, the appearance of the breasts is physical evidence of a hormonal transformation. Mammary pathologies are often connected to a block in the expression of femininity.

The breasts belongs to the Lung-Colon family and relate to the sense of smell.

SUGGESTIONS FOR USE

NUTRI 24♀ promotes the expression of femininity:

• Psychological indications:
  - lack of expression of one's feminine polarity,
  - difficulty living life as a woman, with NUTRI 07♀ and, if required, NUTRI 37♀,

• Physiological indications:
  - for nausea in pregnant women with NUTRI 28♀ and NUTRI 33, mammary disorders generally in addition to other therapy,
  - during pregnancy, associated with NUTRI 28♀ and NUTRI 33, hot flashes with NUTRI 07♀, NUTRI 37♀,
  - elbow pains with NUTRI 17, NUTRI 35♀ and NUTRI 37♀,
  - to modulate one's voice with NUTRI 07♀ and NUTRI 09♀,
  - loss of voice, voice problems with NUTRI 17 and NUTRI 37♀,
  - difficulty hearing or listening with NUTRI 29 and NUTRI 37♀.

Nutri 24♀ is exclusively for women.
NUTRI 25 (Shou Tai Yin meridian)

balances the vital currents of the sinuses

The sinuses, along with the nasal cavities, filter inhaled substances. Olfactory information is received by the olfactory bulbs, which are connected to the hypothalamus. The nostrils are directed downward; with them one can perceive the smell of the earth, of reality. The sinuses are related to communication through air.

A healthy sinus system reflects respiratory balance which is also connected to healthy feminine or masculine expression. The sinuses belong to the Lung-Colon family and relate to the sense of smell.

SUGGESTIONS FOR USE

NUTRI 25 nourishes the vital currents of the sinuses and also the rhinopharynx and the nasal cavities. It also acts on the sense of smell:

• Psychological indications:
  - lack of inspiration with:
    for women: NUTRI 12 and NUTRI 24♀,
    for men: NUTRI 12 and NUTRI 14♂.

• Physiological indications:
  - any disturbance of the sinuses, it is the nutrient to use for sinus problems and colds,
  - related congestive conditions:
    for women: NUTRI 01, NUTRI 30, and NUTRI 37♀,
    for men: NUTRI 01, NUTRI 30, and NUTRI 38♂,
  - chronic sinusitis with:
    for women: NUTRI 07♀,
    for men: NUTRI 06♂,
  - allergies, often due to disturbances in one's relationship to the outside world,
  - as soon as sneezing starts,
  - runny nose with:
    for women: NUTRI 12 and NUTRI 37♀,
    for men: NUTRI 12 and NUTRI 38♂,
  - respiratory disorders with NUTRI 15 and NUTRI 20,
  - helps to stop smoking with NUTRI 08 and NUTRI 26,
  - disorders concerning the sense of smell with:
    for women: NUTRI 07♀, NUTRI 12 and NUTRI 33,
    for men: NUTRI 06♂, NUTRI 12 and NUTRI 33.
NUTRI 26 (Zu Tai Yin meridian)
balances the vital currents of the motor cerebral system, in relation to earth

NUTRI 26 corresponds to the motor system in the central nervous system. This system helps to find one’s place in life and is related to the prostate for men and the uterus for women. It is in relation to the sense of taste, and therefore our appetite: to be nourished, to live, to exist, to act, to reveal oneself.

The motor cerebral system belongs to the Stomach-Spleen/Pancreas family.

SUGGESTIONS FOR USE

NUTRI 26 nourishes the vital currents of the motor cerebral system:

• Psychological indications:
  - to regain one's poise, when there is intellectual fatigue due to a lack of concrete action
  - when one is “scatterbrained”,
  - to act in a concrete way, associated with NUTRI 08.

• Physiological indications:
  - after dental treatment (any work in the mouth disturbs the sense of taste),
  - taste problems, loss of taste, in association with:
    for women: NUTRI 35Ω,
    for men: NUTRI 36♂,
  - jet lag with NUTRI 27,
  - easily fatigued with lowered immunity with NUTRI 15 and NUTRI 33,
  - following radiotherapy with NUTRI 27 and NUTRI 32.

NUTRI 27 (Zu Tai Yang meridian)
balances the vital currents of the thyroid

The thyroid appears on the 18th day of life in the womb and presides over the elaboration of the nervous system throughout gestation. Any thyroid deficiency in this period will affect the behavioral
balance of the brain and can lead to hypothyroid-caused mental retardation. Throughout life, the thyroid plays an important role in basal metabolism, particularly with regard to the small intestine in the metabolism of fats. The thyroid gland gives us a sense of time and helps us to fit into time and a place. Certain thyroid pathologies appear after moving when the move was not well adjusted to, after the death of a loved one or a serious shock, which makes the patient say: “my life stopped the day this happened” which means that they are stuck at another point in time.

The thyroid belongs to the Kidney-Bladder family and relates to the sense of hearing. It expresses communication with regard to time.

**SUGGESTIONS FOR USE**

**NUTRI 27** nourishes the vital currents of the thyroid gland. It is effective in the following cases:

- **Psychological indications:**
  - lack of roots,
  - difficulty finding one's bearings
  - being out of synch in time.

- **Physiological indications:**
  - disorders of the thyroid gland, either hypo- or hyper-,
  - while travelling so as not to suffer from jet lag, associated with **NUTRI 26**,
  - sensation of not being in one's actions and life,
  - moving to another home with:
    - for women: **NUTRI 28♀**,
    - for men: **NUTRI 21♂**,
  - working three shifts, to adapt to change of schedule, to help to find ones roots,
  - cervical pains in the fourth cervical vertebra
  - neck pathologies with:
    - for women: **NUTRI 17, NUTRI 35♀** and **NUTRI 37♀**, for men: **NUTRI 17, NUTRI 36♂** and **NUTRI 38♂**,
  - fat disturbances, in association with **NUTRI 13**,
  - regulation of protein metabolism, in association with **NUTRI 18**,
  - disorders of the larynx, loss of voice, voice problems with:
    - for women: **NUTRI 24♀** and **NUTRI 37♀**,
    - for men: **NUTRI 14♂** and **NUTRI 38♂**,
  - following radiotherapy, with **NUTRI 26** and **NUTRI 32**.
NUTRI 28 (Zu Tai Yin meridian) balances the vital currents of the uterus

The uterus is a place of life, begetting, creation; it expresses the desire to exist and is the means of giving life. While fertilization takes place in the fallopian tubes, implantation takes place in the uterus. Implantation represents the ability to fit into a place and to find one's roots.

The uterus belongs to the Stomach-Spleen/Pancreas family and is connected to the sense of taste.

SUGGESTIONS FOR USE

NUTRI 28 nourishes the vital currents of the uterus. It is useful in the following cases:

• Psychological indications:
  - difficulty living according to one's own taste, instead of trying to please someone else,
  - to find one's autonomy in taking concrete action,
  - for those who don't have their “feet on the ground”, children or adults in the clouds, dreamy, absent,
  - difficulty having roots in the place where one lives, sometimes a cause of depression; after moving or while travelling,
  - to find oneself, with NUTRI 27.

• Physiological indications:
  - Disorders of the uterus, menstrual cramps, uterine weakness.

In obstetrics: with NUTRI 24 and NUTRI 33:
  - contractions at the beginning of gestation, nausea, disgust (loss of a desire to procreate, to engender),
  - to be in harmony with pregnancy, “to adopt” the process of gestation.

In a general way:
  - difficulty engendering with NUTRI 33,
  - gonalgia (knee pain) in women with NUTRI 17,
  - to find one's postural balance with: NUTRI 09 and NUTRI 17,
  - emotional instability with NUTRI 04.

Nutri 28 is exclusively for women.
NUTRI 29 (Zu Tai Yang meridian)
balances the vital currents of the veins

The veins participate, along with the arteries, in blood circulation which is a process of exchanging back and forth. NUTRI 29 stimulates vein circulation as a whole and promotes the return of blood and the reception of information from the cells. Metabolites, which are the result of cellular work and represent what has taken place in the cells are carried and thus communicated to the rest of the body by the veins.

The veins belongs to the Kidney-Bladder family and are related to the sense of hearing.

SUGGESTIONS FOR USE

NUTRI 29 is advised in the following cases:

• Psychological indications:
  - communications problem with others, difficulty listening,
  - feeling sorry for the misfortune of others with NUTRI 04.

• Physiological indications:
  - heavy legs, varicosity, tendency towards varicose veins, edema in the legs,
  - vein congestion in general with:
    for women: NUTRI 35♀ and NUTRI 37♀,
    for men: NUTRI 36♂ and NUTRI 38♂,
  - dilated veins with NUTRI 31,
  - bruises with:
    for women: NUTRI 37♀, for men: NUTRI 38♂,
  - arterial high blood pressure with NUTRI 01, NUTRI 04 and NUTRI 22,
  - hemorrhoids with:
    for women: NUTRI 30, NUTRI 37♀,
    for men: NUTRI 30, NUTRI 38♂,
  - varicose ulcers, with NUTRI 01, NUTRI 19* and NUTRI 30,
  - certain hearing problems, in association with:
    for women: NUTRI 24♀ and NUTRI 33,
    for men: NUTRI 14♂ and NUTRI 33,
  - more specifically, when there is a difficulty listening to others and communicating, one can use NUTRI 09, NUTRI 29 and NUTRI 33,
  - to stimulate the gonads, with:
    for women: NUTRI 09 and NUTRI 35♀,
    for men: NUTRI 09 et NUTRI 38♂,
  - ankle pain, with NUTRI 09 and NUTRI 17.
NUTRI 30 (Zu Shao Yang meridian)
balances the vital currents of the gall bladder

The gall bladder plays a role in the emulsion of fats, in the detoxification of the blood, by the metabolism of bile pigments. It facilitates the purification of the body. It has an excretory function. Along with the liver, it acts on skin problems, oily hair, congestive conditions, toxic conditions, inflammatory processes. It is, in addition to the liver, particularly called upon in the spring.

Together with the liver, the gall bladder makes up one of the five families of organ-meridians. It is connected to the sense of touch.

SUGGESTIONS FOR USE

NUTRI 30 is a general purifier, it stimulates the vital currents of the metabolic pole and favors bile evacuation.

• Psychological indications:
  - the bilious, dyspeptic personality, who is easily worried,
  - people who are full of resentment, bitterness,
  - quick tempered persons, with NUTRI 11.

• Physiological indications:
  - any disturbance of the gall bladder, such as underfunctioning, or biliary dyspepsia,
  - an overload of toxins in the blood, with:
    for women: NUTRI 01 and NUTRI 37♀,
    for men: NUTRI 01 and NUTRI 38♂,
  - physical fatigue, in association with NUTRI 11,
  - headaches with:
    for women: NUTRI 23 and NUTRI 37♀,
    for men: NUTRI 23 and NUTRI 38♂,
  - congestive headaches, especially in the temples, with:
    for women: NUTRI 01 and NUTRI 37♀,
    for men: NUTRI 01 and NUTRI 38♂,
  - following anesthesia with NUTRI 08 and NUTRI 12,
  - in the case of a worsening of symptoms at the beginning of treatment caused by a strain on the metabolic pole with:
    for women: NUTRI 11, NUTRI 30 and NUTRI 37♀,
    for men: NUTRI 11, NUTRI 30 and NUTRI 38♂,
  - hip pain with:
    for women: NUTRI 07♀, NUTRI 17 and NUTRI 24♀,
    for men: NUTRI 06♂, NUTRI 17 and NUTRI 14♂.
**NUTRI 31** (Zu Tai Yang meridian) balances the vital currents of the bladder

The bladder is like a mirror, a mirror of the organs, well-known by acupuncturists (the Shu Association points of all the organs can be found on the Bladder meridian).

It reflects the functioning of every organ and represents how lucidly one can perceive reality.

It is paired with the kidneys. This pair is responsible for blood balance by filtering metabolites, indications of cellular activity, and by eliminating toxins. It is particularly called upon in winter. Because there is less perspiration, urination is more frequent during cold periods.

Together with the kidneys, the bladder makes up one of the five families of organ-meridians. It is connected to the sense of hearing.

**SUGGESTIONS FOR USE**

NUTRI 31 is advised in the following cases:

- **Psychological indications:**
  - someone who does not want to look reality in the face, who lacks objectivity and lucidity,
  - when faced with a complex problem, foster a clearer understanding,
  - all fear, anxiety, shyness, with NUTRI 22.

- **Physiological indications:**
  Any pathology related to bladder can benefit from the following nutrition:
  - functional disorders: chronic interstitial cystitis with NUTRI 33,
  - urination problems (bed-wetting, incontinence...) in association with:
    - for women: NUTRI 22, NUTRI 33 and NUTRI 37♀,
    - for men: NUTRI 22, NUTRI 33 and NUTRI 38♂,
  - dilated veins with NUTRI 29,
  - problems with the sense of balance with NUTRI 02 and NUTRI 22,
  - postural balance with NUTRI 09 and NUTRI 16,
  - sciatica and lumbago with NUTRI 16 and NUTRI 22,
  - ankylosing spondylitis (“bamboo” spinal column) with NUTRI 17 and NUTRI 22,
  - to adapt well to winter with NUTRI 22.
NUTRI 32 (Shou Shao Yin meridian)  balances the vital currents of the sense of sight

This nutrient is related to sight and more exactly its projection. It is our way of looking at reality which gives a clear or deformed vision of it; it is each person’s “point of view” of the world. NUTRI 32 nourishes the elements that make up the anterior chamber of the eye: cornea, aqueous fluid, lens, iris.

The sense of sight belongs to the Heart-Small intestine family and is connected to the projection of sight.

SUGGESTIONS FOR USE

NUTRI 32 is effective in the following cases:

• Psychological indications:
  - lack of plans with NUTRI 04,
  - lack of enthusiasm.

• Physiological indications:
  NUTRI 32 stimulates the sense of sight in its action of projection:
  - to help in any disturbance of the anterior chamber of the eye,
  - over-sensitivity to light,
  - to nourish the sense organ of sight, in association with NUTRI 23

  one may also use:
  for women: NUTRI 35♀,
  for men: NUTRI 36♂,
  - after radiotherapy with NUTRI 26 and NUTRI 27.

NUTRI 33 (Ren Mai meridian)  任脉  balances the vital currents of the Conception

The Conception meridian is not associated with any organ; it fulfills a function. It connects, complementary to the Governor meridian (Nutri 34), the bottom of the body (sexual pole) with the top of the body (cephalic pole) and facilitates communication between these 2 extremities. So, these 2 meridians allow the individual to be oriented and to find his bearings in the 3 dimensions of space: up-down, front-back and right-left.

The function of the Conception meridian is to favor conception in general. It helps a person to conceive his or her life, in a balanced way with his or her five senses.
SUGGESTIONS FOR USE

**NUTRI 33** is used in the following cases:

- **Psychological indications:**
  - lack of zest, of realization in one's life, even laziness,
  - depression with **NUTRI 34**,
  - problem distinguishing left from right in children with **NUTRI 34** or also **NUTRI 27**.

- **Physiological indications:**
  - difficulty engendering with:
    - for women: **NUTRI 28**
    - for men: **NUTRI 21**
  - for a harmonious pregnancy with **NUTRI 24** and **NUTRI 33**,
  - stimulation of the gonads with:
    - for women: **NUTRI 09**, **NUTRI 29** and **NUTRI 35**,
    - for men: **NUTRI 09**, **NUTRI 29** and **NUTRI 36**,
  - to improve one's hearing with **NUTRI 09** and **NUTRI 29**,
  - stimulation of the sense of smell with:
    - for women: **NUTRI 07** and **NUTRI 25**,
    - for men: **NUTRI 06** and **NUTRI 25**,
  - to stimulate bodily defenses with **NUTRI 15** and **NUTRI 26**,
  - spatial disorientation with **NUTRI 34**,
  - for postural balance with **NUTRI 34**,
  - hiccups with **NUTRI 34**.

**NUTRI 34** *(Du Mai meridian)*

balances the vital currents of the Governor

The Governor meridian is not associated with any organ; it fulfills a function. It connects the lower and the upper parts of the body, complementary to the Conception meridian (**NUTRI 33**).

Thus it is also related to space orientation. It controls and directs the vigor of the individual in his or her actions and helps one to govern one's life.
SUGGESTIONS FOR USE

**NUTRI 34** is indicated in the following cases:

- Psychological indications:
  - lack of personal drive, creativity, ability to react,
  - disorientated, confused person with **NUTRI 33**,
  - problem distinguishing left from right in children with **NUTRI 33** or also **NUTRI 27**,
  - tendency towards depression, in addition to therapy, with **NUTRI 33**.

- Physiological indications:
  - **NUTRI 34** stimulates the body in the following cases:
    - sleepiness,
    - for postural balance with **NUTRI 33**,
    - hiccups with **NUTRI 33**.

---

**NUTRI 35** (Shou Jue Yin meridian)

balances the vital currents of the Master of Heart

For women, the meridian Master of Heart is not associated with any organ; it fulfills a function. It stimulates the functioning of the organs in relation to the cephalic pole, in accordance with one’s polarity. Master of Heart balances feminine sexuality.

It is paired in its action with the Triple Warmer meridian (Nutri 37). This pair, related to the metabolic pole, belongs to the Liver-Gall bladder family and expresses the sense of touch.

---

SUGGESTIONS FOR USE

**NUTRI 35** stimulates the whole body according to its feminine polarity:

- Psychological indications:
  - apathetic temperament with **NUTRI 37**,

- Physiological indications:
  - in certain allergies with loss of feminine polarity,
  - to help regulate the autonomic nervous system,
  - nervous balance: to help in the medical treatment of cerebral
congestion with NUTRI 37♀,
- loss of sensitivity with NUTRI 02 and NUTRI 37♀,
- to stimulate the gonads with NUTRI 09, NUTRI 29 and NUTRI 33,
- to stimulate the sense of sight with NUTRI 23 and NUTRI 32,
- to tone up the skin with NUTRI 19*,
- dry hair with NUTRI 03*,
- osteo-articular flexibility with NUTRI 17 and NUTRI 24♂,
- elbow pain with NUTRI 17, NUTRI 24♂ and NUTRI 37♀,
- to adjust well to spring with NUTRI 11, NUTRI 30 and NUTRI 37♀.

Nutri 35♀ is exclusively for women.
*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

**NUTRI 36♂ (Shou Jue Yin meridian)** balances the vital currents of the Master of Heart

For men, the Master of Heart meridian is not associated with any organ; it fulfills a function.

It stimulates the functioning of the organs in relation to the cephalic pole, in accordance to one’s polarity.

Master of Heart balances male sexuality.

It is paired in its action with the Triple Warmer meridian (Nutri 38♂). This pair, associated with the metabolic pole, belongs to the Liver-Gall bladder family and expresses the sense of touch.

**SUGGESTIONS FOR USE**

NUTRI 36♂ stimulates the whole body according to its male polarity:

- Psychological indications:
  - apathetic temperament with NUTRI 38♂,
  - to help regulate the autonomic nervous system.

- Physiological indications:
  - in certain allergies where there is loss of masculine polarity,
  - nervous balance: to help in the medical treatment of cerebral congestion with NUTRI 38♂,
  - loss of sensitivity with NUTRI 02 and NUTRI 38♂,
- to stimulate the gonads with NUTRI 09, NUTRI 29 and NUTRI 33,
- to stimulate the sense of sight with NUTRI 23 and NUTRI 32,
- to stimulate skin tone with NUTRI 19*,
- dry hair with NUTRI 03*,
- osteo-articular flexibility with NUTRI 17 and NUTRI 14♂,
- elbow pain with NUTRI 14♂, NUTRI 17 and NUTRI 38♂,
- to adjust well to spring with NUTRI 11, NUTRI 30 and NUTRI 38♂.

NUTRI 36♂ is exclusively for men.

*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

NUTRI 37♀ (Shou Shao Yang meridian)
balances the vital currents of the Triple Warmer

For women, the Triple Warmer meridian is not associated with any organ; it fulfills a function. Its role is that of a general body regulator. It gives heat and life and maintains neuro-sensory balance. It regulates excess any case of neuro-vegetative hyper-excitability.

It is paired in its action with the Master of Heart ♀ meridian (Nutri 35♀). This pair, related to the metabolic pole, belongs to the Liver-Gall bladder family and expresses the sense of touch.

SUGGESTIONS FOR USE

NUTRI 37♀ plays the role of a body regulator:

• Psychological indications:
  - apathetic temperament with NUTRI 35♀,
  - to nourish one’s femininity with NUTRI 07♀ and NUTRI 24♀.

• Physiological indications:
  - any congestion with NUTRI 30,
  - bruises with NUTRI 29,
  - excess of toxins in the blood with NUTRI 01 and NUTRI 30,
  - headaches with NUTRI 23 and NUTRI 30,
  - congestive headaches with NUTRI 01 and NUTRI 30,
  - sinus congestion with NUTRI 25,
  - retinal congestion with NUTRI 23,
  - helps in the treatment of cerebral congestion with NUTRI 35♀,
- hemorrhoids with NUTRI 29 and NUTRI 30,
- loss of sensitivity with NUTRI 02 and NUTRI 35♂,
- loss of voice, voice problems with NUTRI 24♂ and NUTRI 27,
- elasticity of the skin with Nutri NUTRI 19*,
- oily hair with NUTRI 05 and NUTRI 03*,
- elbow pain with NUTRI 17, NUTRI 24♂ and NUTRI 35♂,
- shoulder pain with NUTRI 05,
- to adapt well to spring with NUTRI 11, NUTRI 30 and NUTRI 35♂.

*Nutri 37♀ is exclusively for women.

Nutri 37♀ is exclusively for women.

*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.

**NUTRI 38♂ (Shou Shao Yang meridian)**

balances the vital currents of the Triple Warmer

For men, the Triple Warmer meridian is not associated with any organ; it fulfills a function. Its role is that of a general body regulator. It gives heat and life and maintains neuro-sensory balance. It regulates the excess in any case of neuro-vegetative hyperexcitability.

It is paired in its action with the Master of Heart meridian (Nutri 36♂). This pair, related to the metabolic pole, belongs to the Liver-Gall bladder family and expresses the sense of touch.

**SUGGESTIONS FOR USE**

NUTRI 38♂ plays the role of a body regulator:

- Psychological indications:
  - apathetic temperament with NUTRI 36♂,
  - to help to express one’s male polarity with NUTRI 06♂ and NUTRI 14♂.
- Physiological indications:
  - any congestion with NUTRI 30,
  - bruises with NUTRI 29,
  - excess of toxins in the blood: with NUTRI 01 and NUTRI 30,
  - headaches with NUTRI 23 and NUTRI 30,
  - congestive headaches with NUTRI 01 and NUTRI 30,
  - sinus congestion with NUTRI 25,
  - retinal congestion, with NUTRI 23,
  - hemorrhoids with NUTRI 29 and NUTRI 30,
- helps in the treatment of cerebral congestive disorders, with NUTRI 36*,
- loss of sensitivity with NUTRI 02 and NUTRI 36*,
- loss of voice, voice problems with NUTRI 14* and NUTRI 27,
- olasticity of the skin with NUTRI 19*,
- oily hair with NUTRI 03* and NUTRI 05,
- elbow pain with NUTRI 14*, NUTRI 17 and NUTRI 36*,
- shoulder pain with NUTRI 05,
- to adapt well to spring with NUTRI 11, NUTRI 30 and NUTRI 36*.

Nutri 38* is exclusively for men.

*This nutrient should always be preceded by Nutri Yin-Nutri Yang in associative Nutripuncture.
ASSOCIATIVE NUTRIPUNCTURE

These associations of nutrients are designed to improve the communication circuits in the body. They act on the field where functional and even physical disorders can appear. The purpose of Nutripuncture, is to support the body, which does not exclude, on any account, the use of an appropriate, necessary medical treatment during an illness.

For each of the disorders listed below, you will find how to nourish the circuits that are more particularly weakened. This succinct approach helps to attain more balanced health, but always requires a preliminary medical diagnosis, whenever there is a physical problem. Nutripuncture is an excellent addition to any ongoing therapy.

SUGGESTIONS FOR USE

Each suggested association can be taken twice a day or according to a personalized rhythm.

Chew one tablet of each nutrient one after the other between meals, beginning with Nutri Yin-Nutri Yang.

FOR WOMEN

I - GENERAL BALANCE

<table>
<thead>
<tr>
<th>Condition</th>
<th>NYNY association</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worsening of condition after a treatment:</td>
<td>NYNY + 11 + 30 + 37♀</td>
</tr>
<tr>
<td>General anesthetics (after-effects):</td>
<td>NYNY + 08 + 12 + 30</td>
</tr>
<tr>
<td>General fatigue:</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Intellectual fatigue, depression:</td>
<td>NYNY + 08 + 11 + 12</td>
</tr>
<tr>
<td>Cortisone therapy (after-effects):</td>
<td>NYNY + 09 + 11</td>
</tr>
<tr>
<td>Jet lag:</td>
<td>NYNY + 26 + 27 + 28♀</td>
</tr>
<tr>
<td>Moving or travelling:</td>
<td>NYNY + 26 + 27 + 28♀</td>
</tr>
<tr>
<td>Metabolic imbalance:</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Mental confusion, unbalanced:</td>
<td>NYNY + 33 + 34</td>
</tr>
<tr>
<td>Blood detoxication:</td>
<td>NYNY + 11 + 30</td>
</tr>
<tr>
<td>Mourning:</td>
<td>NYNY + 04 + 26 + 31</td>
</tr>
<tr>
<td>Inflammations:</td>
<td>NYNY + 01 + 11</td>
</tr>
<tr>
<td>Confusion between left and right:</td>
<td>NYNY + 27 + 33 + 34</td>
</tr>
<tr>
<td>Posture (to be centered):</td>
<td>NYNY + 33 + 34</td>
</tr>
<tr>
<td>X-ray therapy (after-effects):</td>
<td>NYNY + 26 + 27 + 32</td>
</tr>
<tr>
<td>Dental treatment:</td>
<td>NYNY + 22 + 26 + 31</td>
</tr>
<tr>
<td>Spasmophilia:</td>
<td>NYNY + 04 + 05 + 16 + 20</td>
</tr>
<tr>
<td>Stimulation of general body defenses:</td>
<td>NYNY + 15 + 26 + 33</td>
</tr>
</tbody>
</table>
Mentally overworked, studying for exams: NYNY + 08 + 12
Working three shifts: NYNY + 10 + 26 + 27
Vitality: NYNY + 09

## II - II - CARDIOVASCULAR SYSTEM

<table>
<thead>
<tr>
<th>Condition</th>
<th>NYNY Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angina pectoris</td>
<td>+ 01 + 04 + 11</td>
</tr>
<tr>
<td>Irregular heart beat</td>
<td>+ 02 + 04 + 27</td>
</tr>
<tr>
<td>Congestive headaches</td>
<td>+ 01 + 29 + 30</td>
</tr>
<tr>
<td>Venous congestion</td>
<td>+ 29 + 30 + 37♀</td>
</tr>
<tr>
<td>Dilated veins, varicose veins</td>
<td>+ 09 + 23 + 29</td>
</tr>
<tr>
<td>Over-excitable heart</td>
<td>+ 04 + 32 + 37♀</td>
</tr>
<tr>
<td>Bruises</td>
<td>+ 29 + 37♀</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>+ 29 + 30 + 37♀</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>+ 01 + 04 + 22 + 29</td>
</tr>
<tr>
<td>Inflammations</td>
<td>+ 01 + 11</td>
</tr>
<tr>
<td>Venous stasis, heavy legs</td>
<td>+ 15 + 26 + 29</td>
</tr>
<tr>
<td>Palpitations due to emotions</td>
<td>+ 04 + 27</td>
</tr>
<tr>
<td>All heart problems</td>
<td>+ 04</td>
</tr>
<tr>
<td>All disturbances in arterial function</td>
<td>+ 01 + 04 + 29</td>
</tr>
<tr>
<td>All vein problems</td>
<td>+ 01 + 29</td>
</tr>
<tr>
<td>Congestive sanguine temperament</td>
<td>+ 01 + 30</td>
</tr>
<tr>
<td>Varicose ulcers</td>
<td>+ 01 + 19 + 29 + 30 + 37♀</td>
</tr>
</tbody>
</table>

## III - DERMATOLOGY

<table>
<thead>
<tr>
<th>Condition</th>
<th>NYNY Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe acne</td>
<td>+ 11 + 19 + 30 + 37♀</td>
</tr>
<tr>
<td>Acne (field)</td>
<td>+ 05 + 07♀ + 19 + 30</td>
</tr>
<tr>
<td>Excessive scar tissue</td>
<td>+ 05 + 19 + 33</td>
</tr>
<tr>
<td>Oily hair</td>
<td>+ 03 + 05 + 37♀</td>
</tr>
<tr>
<td>Dry hair</td>
<td>+ 03 + 35♀</td>
</tr>
<tr>
<td>For glowing skin</td>
<td>+ 04 + 19</td>
</tr>
<tr>
<td>Elasticity of the skin</td>
<td>+ 19 + 20</td>
</tr>
<tr>
<td>Hydration, good skin tone</td>
<td>+ 19 + 29</td>
</tr>
<tr>
<td>Oily skin</td>
<td>+ 13 + 19</td>
</tr>
<tr>
<td>Psoriasis</td>
<td>+ 05 + 18 + 19 + 30</td>
</tr>
<tr>
<td>Varicose ulcers</td>
<td>+ 01 + 19 + 29 + 30 + 37♀</td>
</tr>
<tr>
<td>Any type of skin problem</td>
<td>+ 11 + 19 + 30</td>
</tr>
<tr>
<td>Any type of hair problem</td>
<td>+ 03</td>
</tr>
</tbody>
</table>
IV - DIGESTIVE SYSTEM

Gallstones:
Cirrhosis of the liver:
Inflammatory colitis:
Functional colon disorders:
Constipation:
Diabetes (field):
Functional diarrhea:
Slow and difficult digestion:
Diverticulosis:
Gastric dyspepsia:
Functional gastralgia:
Hemorrhoids:
Hepatitis:
Hypoglycemia:
Bile deficiency:
Crohn's disease (terminal ileitis):
Obesity due to a feeling of emptiness:
Rectal pathology:
Ulcerative colitis:
Metabolic overload:
Problems with food assimilation:
Problems concerning fats:
All liver-gall bladder problems:
Problems with intestinal transit:
Stomach ulcer:

NYNY + 10 + 18 + 30
NYNY + 11 + 35♀ + 37♀
NYNY + 01 + 05 + 11
NYNY + 05 + 16
NYNY + 05 + 10 + 16 + 37♀
NYNY + 18 + 27
NYNY + 11 + 13 + 22
NYNY + 10 + 11 + 18
NYNY + 05 + 35♀ + 37♀
NYNY + 10
NYNY + 05 + 29 + 30 + 34 + 37♀
NYNY + 04 + 11 + 30
NYNY + 18
NYNY + 30 + 37♀
NYNY + 05 + 13 + 30
NYNY + 04 + 13
NYNY + 04 + 05 + 11 + 30
NYNY + 04 + 05 + 11 + 30 + 37♀
NYNY + 13 + 30
NYNY + 01 + 11 + 13
NYNY + 11 + 13 + 30 + 37♀
NYNY + 11 + 30
NYNY + 05 + 20 + 33
NYNY + 10 + 18

V - ENDOCRINOLOGY

For the gonads (ovaries):
Cortisone therapy (after-effects):
Hypo- or hyperthyroidism:
Endocrine disorders - to nourish the central command:

NYNY + 09 + 29 + 35♀
NYNY + 09 + 11
NYNY + 27
NYNY + 08 + 12 + 32

1 - GYNECOLOGY

Hot flushes:
Menstrual headaches:
Difficulties with one's feminine identity:
Painful sexual intercourse:

NYNY + 01 + 09 + 12 + 35♀
NYNY + 28♀ + 30 + 37♀
NYNY + 07♀ + 24♀ + 35♀
NYNY + 07♀ + 16 + 24♀
Balance of the genital system:

Uterine fibroma:

Frigidity:

Hypofertility (implantation difficulty):

Irregular menstrual cycle:

Osteoporosis:

Stimulation of the ovaries:

Breast problems:

Vaginal pathology, Bartholinitis:

Nerve stimulation in the vaginal area:

Premenstrual syndrome:

Menopause difficulties:

Breastfeeding:

Uterine contractions:

Harmony of the pregnancy:

Wrong position of the baby:

Nausea, vomiting:

Fear of giving birth:

Post-partum difficulties:

Pyrosis of the pregnant woman:

2 - OBSTETRICS

2 - OBSTETRICS

Breastfeeding:

Uterine contractions:

Harmony of the pregnancy:

Wrong position of the baby:

Nausea, vomiting:

Fear of giving birth:

Post-partum difficulties:

Pyrosis of the pregnant woman:

VI - NEPHRO-UROLOGY

Interstitial cystitis:

Cystitis:

Glomerulonephritis (consequences):

Kidney failure (consequences):

Polycystic kidney (consequences):

Nephrotic syndrome (consequences):

Problems with urination (bed-wetting, incontinence):

VII - NEUROLOGY

Circulatory headaches, migraines:

Menstrual headaches:

Spatial disorientation:

Sympathetic nervous balance:
Insensitivity, anesthesia:
Sleeplessness:
Car sickness:
Paresis, hypoesthesia:
Drowsiness:
Dizziness, loss of balance:

NYNY + 02
NYNY + 08 + 11 + 30
NYNY + 02 + 28♀
NYNY + 35♀ + 37♀
NYNY + 34
NYNY + 02 + 22 + 31

1 - DEPRESSION

With anxiety:
With apathy, dejection:
With mental fatigue:
After a disappointment in love:
After moving:
With spatial disorientation:
With melancholy:
Paranoid:
By overwork:
Sensation of being elsewhere:

NYNY + 22 + 31
NYNY + 08 + 11
NYNY + 08 + 12
NYNY + 04 + 13
NYNY + 27 + 28♀
NYNY + 33 + 34
NYNY + 05 + 20
NYNY + 10 + 18 + 33 + 34
NYNY + 10 + 18
NYNY + 26 + 27

2 - PSYCHOLOGY

Anorexia - bulimia:
Apathy:
Excessive idealism:
Indecision, lack of personal choice:
Instability, confusion:
Lack of inner assurance:
Lack of self-confidence:
Lack of desire:
Lack of desire to act:
Lack of lucidity and objectivity:
Lack of roots, of stability:
Difficulty going into action:
Arrogant, authoritarian:
Difficulty with one's feminine polarity:
To overcome fear and anxiety:
Bad-tempered, vindictive:
Irascible, impulsive, aggressive temperament:

NYNY + 26 + 28♀
NYNY + 35♀ + 37♀
NYNY + 05 + 20
NYNY + 04 + 13
NYNY + 02 + 33 + 34
NYNY + 22 + 31
NYNY + 05 + 20
NYNY + 04 + 13 + 33
NYNY + 10 + 18 + 33
NYNY + 26 + 27
NYNY + 18 + 33
NYNY + 10 + 18
NYNY + 07♀ + 24♀ + 35♀
NYNY + 22 + 31
NYNY + 30 + 37♀
NYNY + 11 + 30

79
VIII - OPHTHALMOLOGY

Retinal congestion: NYNY + 23 + 30 + 37
Over-sensitivity to light: NYNY + 23 + 32
Retinal pathology: NYNY + 23 + 32
Sight stimulation: NYNY + 23 + 32 + 35
Problems with the anterior chamber of the eye: NYNY + 32

IX - EAR, NOSE AND THROAT

Tinnitus: NYNY + 01 + 02 + 29
Angina: NYNY + 15 + 28
Loss of sense of smell: NYNY + 12 + 25 + 35 + 37
Loss of voice, voice problems: NYNY + 24 + 27 + 37
Hearing problems: NYNY + 02 + 09 + 22 + 29
Problems with the sense of taste: NYNY + 26 + 35
Viral rhinopharyngeal infections: NYNY + 12 + 15 + 20 + 25
Problems with the sense of smell: NYNY + 07 + 12 + 25 + 33
Earaches: NYNY + 02 + 22 + 30 + 31
Severe rhinitis: NYNY + 07 + 15 + 25
Allergic rhinitis: NYNY + 15 + 22 + 25
Congestive rhinitis: NYNY + 01 + 11 + 25 + 37
Severe rhinopharyngitis: NYNY + 01 + 07 + 11 + 25
Dizzinesses, loss of balance:
  • because of fear: NYNY + 02 + 22 + 31
  • because of circulation problems: NYNY + 01 + 02 + 29
To have a well-modulated voice: NYNY + 07 + 09 + 24 + 33

X - OSTEO-MUSCULAR SYSTEM

Cramps, spasms, aches: NYNY + 05 + 16 + 20
Growth: NYNY + 17 + 33 + 34
Bone demineralisation: NYNY + 10 + 17 + 18
Development of the osteo-muscular structure: NYNY + 16 + 17 + 18
Fractures, pseudo-arthrosis: NYNY + 17 + 19
Bruises: NYNY + 29 + 37
Hyperdensification of the bones: NYNY + 17 + 22 + 31
Bone inflammation: NYNY + 01 + 04 + 11 + 17 + 30
Osteoporosis: NYNY + 17 + 18 + 35
Joint stiffness: NYNY + 17 + 24 + 35
Scoliosis: NYNY + 04 + 18 + 33 + 34
Spasmophilia:
Motor coordination, sport:
Verticality:

1 - JOINTS

Ankles:
Elbows:
Shoulders:
Knees:
Hips:
Wrists:
Cervical vertebrae:

Coordination:
Strength:
Impetus:
Flexibility:
Tone:

2 - MUSCLES

Coordination:
Strength:
Impetus:
Flexibility:
Tone:

XI - PEDIATRICS

Allergies:
Stuttering:
Convalescence, fatigue:
Diarrhea:
Atopic eczema:
Bed-wetting:
Gastroenteritis:
Hyperactive, unstable:
Laryngitis:
Childhood diseases with rashes:
Sore throat:
Earaches, otitis:
Puberty:
Night terrors:
Nervous tics:
Growth problems:
Confusion between right and left:
Sleep disorders:
Vaccinations:
XII - RESPIRATORY SYSTEM

<table>
<thead>
<tr>
<th>Condition</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma (field)</td>
<td>NYNY + 16 + 23 + 25 + 32</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>NYNY + 11 + 20 + 29 + 30</td>
</tr>
<tr>
<td>Emphysema</td>
<td>NYNY + 05 + 20</td>
</tr>
<tr>
<td>Pulmonary fibrosis</td>
<td>NYNY + 05 + 20 + 35♀</td>
</tr>
<tr>
<td>To stop smoking</td>
<td>NYNY + 25 + 26 + 37♀</td>
</tr>
<tr>
<td>Flu-like syndrome</td>
<td>NYNY + 11 + 20 + 25 + 37♀</td>
</tr>
<tr>
<td>All respiratory problems</td>
<td>NYNY + 15 + 20 + 25</td>
</tr>
</tbody>
</table>

XIII - INSERTION IN TIME

<table>
<thead>
<tr>
<th>Season</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jet lag</td>
<td>NYNY + 27 + 28♀</td>
</tr>
<tr>
<td>Summer</td>
<td>NYNY + 04 + 13</td>
</tr>
<tr>
<td>End of the summer</td>
<td>NYNY + 10 + 18</td>
</tr>
<tr>
<td>Autumn</td>
<td>NYNY + 05 + 20</td>
</tr>
<tr>
<td>Winter</td>
<td>NYNY + 22 + 31</td>
</tr>
<tr>
<td>Spring</td>
<td>NYNY + 08 + 11 + 30</td>
</tr>
</tbody>
</table>

FOR MEN

I - GENERAL BALANCE

<table>
<thead>
<tr>
<th>Condition</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worsening of condition after a treatment</td>
<td>NYNY + 11 + 30 + 38♂</td>
</tr>
<tr>
<td>General anesthetic (after-effects)</td>
<td>NYNY + 08 + 12 + 30</td>
</tr>
<tr>
<td>General fatigue</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Intellectual fatigue, depression</td>
<td>NYNY + 08 + 11 + 12</td>
</tr>
<tr>
<td>Cortisone therapy (after-effects)</td>
<td>NYNY + 09 + 11</td>
</tr>
<tr>
<td>Jet lag</td>
<td>NYNY + 21♂ + 26 + 27</td>
</tr>
<tr>
<td>Moving or travelling</td>
<td>NYNY + 21♂ + 26 + 27</td>
</tr>
<tr>
<td>Metabolic imbalance</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Mental confusion, unbalanced</td>
<td>NYNY + 33 + 34</td>
</tr>
<tr>
<td>Blood detoxication</td>
<td>NYNY + 11 + 30</td>
</tr>
<tr>
<td>Mourning</td>
<td>NYNY + 04 + 26 + 31</td>
</tr>
<tr>
<td>Inflammations</td>
<td>NYNY + 01 + 11</td>
</tr>
<tr>
<td>Confusion between left and right</td>
<td>NYNY + 27 + 33 + 34</td>
</tr>
<tr>
<td>Posture (to be centered)</td>
<td>NYNY + 33 + 34</td>
</tr>
<tr>
<td>X-ray therapy (after-effects)</td>
<td>NYNY + 27 + 26 + 32</td>
</tr>
<tr>
<td>Dental treatment</td>
<td>NYNY + 22 + 26 + 31</td>
</tr>
<tr>
<td>Spasmophilia</td>
<td>NYNY + 04 + 05 + 16 + 20</td>
</tr>
</tbody>
</table>
Stimulation of general body defenses: NYNY + 15 + 26 + 33
Mentally overworked, studying for exams: NYNY + 08 + 12
Working three shifts: NYNY + 10 + 26 + 27
Vitality: NYNY + 09

II - CARDIOVASCULAR SYSTEM

Angina pectoris: NYNY + 01 + 04 + 11
Irregular heart beat: NYNY + 02 + 04 + 27
Congestive headaches: NYNY + 01 + 29 + 30
Venous congestion: NYNY + 29 + 30 + 38
Dilated veins, varicose veins: NYNY + 04 + 32 + 38
Over-excitile heart: NYNY + 04 + 38
Bruises: NYNY + 09 + 23 + 29
Hemorrhoids: NYNY + 04 + 38
High blood pressure: NYNY + 01 + 04 + 22 + 29
Inflammations: NYNY + 01 + 11
Venous stasis, heavy legs: NYNY + 15 + 26 + 29
Palpitations due to emotions: NYNY + 04 + 27
All heart problems: NYNY + 04
All disturbances in arterial function: NYNY + 01 + 04 + 29
All vein problems: NYNY + 01 + 29
Congestive sanguine temperament: NYNY + 01 + 30
Varicose ulcers: NYNY + 01 + 19 + 29 + 30 + 38

III - DERMATOLOGY

Severe acne: NYNY + 11 + 19 + 30 + 38
Acne (field): NYNY + 05 + 06 + 19 + 30
Excessive scar tissue: NYNY + 05 + 19 + 33
Oily hair: NYNY + 03 + 05 + 38
Dry hair: NYNY + 03 + 36
For glowing skin: NYNY + 03 + 19 + 38
Elasticity of the skin: NYNY + 04 + 19
Hydration, good skin tone: NYNY + 19 + 20
Oily skin: NYNY + 13 + 19
Psoriasis: NYNY + 05 + 18 + 19 + 30
Any type of hair problem: NYNY + 03
Any type of skin problem: NYNY + 11 + 19 + 30
Varicose ulcers: NYNY + 01 + 19 + 29 + 30 + 38

83
IV - DIGESTIVE SYSTEM

Gallstones: NYNY + 10 + 18 + 30
Cirrhosis of the liver: NYNY + 11 + 36 + 38
Functional colon disorders: NYNY + 05 + 16
Inflammatory colitis: NYNY + 01 + 05 + 11
Constipation: NYNY + 05 + 10 + 16 + 38
Diabetes (field): NYNY + 18 + 27
Functional diarrhea: NYNY + 11 + 13 + 22
Slow and difficult digestion: NYNY + 10 + 11 + 18
Diverticulosis: NYNY + 05 + 36 + 38
Gastric dyspepsia: NYNY + 10
Functional gastralgia: NYNY + 10
Hemorrhoids: NYNY + 05 + 29 + 30 + 34 + 38
Hepatitis: NYNY + 04 + 11 + 30
Hypoglycemia: NYNY + 18
Bile deficiency: NYNY + 30 + 38
Crohn's disease (terminal ileitis): NYNY + 05 + 13 + 30
Obesity due to a feeling of emptiness: NYNY + 04 + 13
Rectal pathology: NYNY + 04 + 05 + 11 + 30
Ulcerative colitis: NYNY + 04 + 05 + 11 + 30 + 38
Metabolic overload: NYNY + 13 + 30
All liver-gall bladder problems: NYNY + 11 + 30
Problems with food assimilation: NYNY + 01 + 11 + 13
Problems with intestinal transit: NYNY + 05 + 20 + 33
Problems concerning fats: NYNY + 11 + 13 + 30 + 38
Stomach ulcer: NYNY + 10 + 18

V - ENDOCRINOLOGY

Cortisone therapy (after-effects): NYNY + 09 + 11
Hypo- or hyperthyroidism: NYNY + 27
Endocrine disorders - to nourish the central command: NYNY + 08 + 12 + 32
For the gonads (testicles): NYNY + 09 + 29 + 36

VI - NEPHRO-UROLOGIE

Interstitial cystitis: NYNY + 31 + 33
Cystitis: NYNY + 22 + 31
Glomerulonephritis (consequences): NYNY + 01 + 22 + 29
Kidney failure (consequences):
P N Y + 0 1 + 2 2 + 2 9 + 3 1
Polycystic kidney (consequences):
P N Y + 2 2 + 3 1 + 3 6 Σ + 3 8 Σ
Nephrotic syndrome (consequences):
P N Y + 1 0 + 1 8 + 2 2 + 3 1
Problems with urination (bed-wetting, incontinence):
P N Y + 1 6 + 2 2 + 3 1 + 3 8 Σ

URO-GENITAL SYSTEM

Difficulties with one's masculine identity:
P N Y + 0 6 Σ + 1 4 Σ
Premature ejaculation:
P N Y + 0 6 Σ + 2 2 + 3 1 + 3 6 Σ
Male sexual balance:
P N Y + 0 3 + 0 6 Σ + 1 4 Σ + 1 9
Erection (disorders):
P N Y + 0 1 + 0 5 + 0 6 Σ
Gonads (stimulation):
P N Y + 0 9 + 2 9 + 3 6 Σ
Prostatitis:
P N Y + 1 1 + 2 1 Σ + 3 0
Prostatism, prostatic adenoma:
P N Y + 2 1 Σ + 3 6 Σ + 3 8 Σ

VII - NEUROLOGY

Circulatory headaches, migraines:
P N Y + 0 1 + 2 9 + 3 0 + 3 8 Σ
Congestive headaches:
P N Y + 0 1 + 3 0 + 3 8 Σ
Spatial disorientation:
P N Y + 3 3 + 3 4
Sympathetic nervous balance:
P N Y + 3 6 Σ + 3 8 Σ
Insensitivity, anaesthesia:
P N Y + 0 2
Sleeplessness:
P N Y + 0 8 + 1 1 + 3 0
Car sickness:
P N Y + 0 2 + 2 1 Σ
Paresis, hypoesthesia:
P N Y + 3 6 Σ + 3 8 Σ
Drowsiness:
P N Y + 3 4
Dizzinesses, loss of balance:
P N Y + 0 2 + 2 2 + 3 1

1 - DEPRESSION

With anxiety:
P N Y + 2 2 + 3 1
With apathy, dejection:
P N Y + 0 8 + 1 1
With mental fatigue:
P N Y + 0 8 + 1 2
After a disappointment in love:
P N Y + 0 4 + 1 3
After moving:
P N Y + 2 1 Σ + 2 7
With spatial disorientation:
P N Y + 3 3 + 3 4
With melancholy:
P N Y + 0 5 + 2 0
Paranoid:
P N Y + 1 0 + 1 8 + 3 3 + 3 4
By overwork:
P N Y + 1 0 + 1 8
Sensation of being elsewhere:
2 - PSYCHOLOGY

Anorexia - Bulimia: NYNY + 21σ + 26
Apathy: NYNY + 36σ + 38σ
Excessive idealism: NYNY + 05 + 20
Indecision, lack of personal choice: NYNY + 04 + 13
Instability, confusion: NYNY + 02 + 33 + 34
Lack of inner assurance: NYNY + 22 + 31
Lack of self-confidence: NYNY + 05 + 20
Lack of desire: NYNY + 04 + 13 + 33
Lack of desire to act: NYNY + 10 + 18 + 34
Lack of lucidity and objectivity: NYNY + 23 + 31
Lack of roots, of stability: NYNY + 26 + 27
Difficulty going into action: NYNY + 18 + 33
Arrogant, authoritarian: NYNY + 10 + 18
Difficulty with one's masculine polarity: NYNY + 06σ + 14σ + 36σ
To overcome fear and anxiety: NYNY + 22 + 31
Bad-tempered, vindictive: NYNY + 30 + 38σ
Irascible, impulsive, aggressive temperament: NYNY + 11 + 30

VIII - OPHTHALMOLOGY

Retinal congestion: NYNY + 23 + 30 + 38σ
Over-sensitivity to light: NYNY + 23 + 32
Retinal pathology: NYNY + 23 + 32
Sight stimulation: NYNY + 23 + 32 + 36σ
Problems with the anterior chamber of the eye: NYNY + 32

IX - EAR, NOSE AND THROAT

Tinnitus: NYNY + 01 + 02 + 29
Angina: NYNY + 15 + 21σ
Loss of sense of smell: NYNY + 12 + 25 + 36σ + 38σ
Loss of voice, voice problems: NYNY + 14σ + 27 + 38σ
Hearing problems: NYNY + 02 + 09 + 22 + 29
Problems with the sense of taste: NYNY + 26 + 36σ
Viral rhinopharyngeal infections: NYNY + 12 + 15 + 20 + 25
Problems with the sense of smell: NYNY + 06σ + 12 + 25 + 33
Earaches: NYNY + 02 + 22 + 30 + 31
Severe rhinitis: NYNY + 06σ + 15 + 25
Allergic rhinitis: NYNY + 15 + 22 + 25
### Congestive Rhinitis
- NYNY + 01 + 11 + 25 + 38

### Severe Rhinopharyngitis
- NYNY + 01 + 06 + 11 + 25

### Dizzinesses, Loss of Balance
- Because of fear: NYNY + 02 + 22 + 31
- Because of circulation problems: NYNY + 01 + 02 + 29

### To Have a Well-Modulated Voice
- NYNY + 06 + 09 + 14 + 33

---

### X - Osteo-Muscular System

<table>
<thead>
<tr>
<th>Condition</th>
<th>NYNY Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cramps, spasms, aches</td>
<td>NYNY + 05 + 16 + 20</td>
</tr>
<tr>
<td>Growth</td>
<td>NYNY + 17 + 33 + 34</td>
</tr>
<tr>
<td>Bone demineralisation</td>
<td>NYNY + 17 + 18</td>
</tr>
<tr>
<td>Development of the osteo-muscular structure</td>
<td>NYNY + 16 + 17 + 18</td>
</tr>
<tr>
<td>Fractures, pseudo-arthritis</td>
<td>NYNY + 19 + 31</td>
</tr>
<tr>
<td>Bruises</td>
<td>NYNY + 04 + 18 + 33 + 34</td>
</tr>
<tr>
<td>Hyperdensification of the bones</td>
<td>NYNY + 01 + 04 + 11 + 17 + 30</td>
</tr>
<tr>
<td>Bone inflammation</td>
<td>NYNY + 17 + 18 + 36 + 31</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>NYNY + 14 + 17 + 36</td>
</tr>
<tr>
<td>Joint stiffness</td>
<td>NYNY + 04 + 16 + 33 + 34</td>
</tr>
<tr>
<td>Scoliosis</td>
<td>NYNY + 08 + 33 + 34</td>
</tr>
<tr>
<td>Spasmophilia</td>
<td>NYNY + 02 + 16 + 17</td>
</tr>
</tbody>
</table>

#### 1 - Joints

<table>
<thead>
<tr>
<th>Joint</th>
<th>NYNY Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ankles</td>
<td>NYNY + 09 + 17 + 29</td>
</tr>
<tr>
<td>Elbows</td>
<td>NYNY + 17 + 36 + 38 + 31</td>
</tr>
<tr>
<td>Shoulders</td>
<td>NYNY + 05 + 17 + 20</td>
</tr>
<tr>
<td>Knees</td>
<td>NYNY + 17 + 21 + 31</td>
</tr>
<tr>
<td>Hips</td>
<td>NYNY + 06 + 17 + 30</td>
</tr>
<tr>
<td>Wrists</td>
<td>NYNY + 04 + 13 + 17</td>
</tr>
<tr>
<td>Cervical vertebrae</td>
<td>NYNY + 16 + 17 + 27</td>
</tr>
</tbody>
</table>

#### 2 - Muscles

<table>
<thead>
<tr>
<th>Feature</th>
<th>NYNY Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coordination</td>
<td>NYNY + 08 + 11 + 16 + 30</td>
</tr>
<tr>
<td>Strength</td>
<td>NYNY + 10 + 16 + 18</td>
</tr>
<tr>
<td>Impetus</td>
<td>NYNY + 04 + 13 + 16</td>
</tr>
<tr>
<td>Flexibility</td>
<td>NYNY + 05 + 16 + 20</td>
</tr>
<tr>
<td>Tone</td>
<td>NYNY + 16 + 22 + 31</td>
</tr>
</tbody>
</table>
### XI - PEDIATRICS

<table>
<thead>
<tr>
<th>Condition</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>NYNY + 15 + 25 + 22</td>
</tr>
<tr>
<td>Stuttering</td>
<td>NYNY + 02 + 09 + 22 + 29</td>
</tr>
<tr>
<td>Convalescence, fatigue</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>NYNY + 11 + 13 + 22</td>
</tr>
<tr>
<td>Atopic eczema</td>
<td>NYNY + 11 + 19 + 38</td>
</tr>
<tr>
<td>Bed-wetting</td>
<td>NYNY + 16 + 22 + 31 + 38</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>NYNY + 10 + 18 + 22</td>
</tr>
<tr>
<td>Hyperactive, unstable</td>
<td>NYNY + 09 + 14</td>
</tr>
<tr>
<td>Laryngitis</td>
<td>NYNY + 08 + 12 + 33 + 34</td>
</tr>
<tr>
<td>Childhood diseases with rashes</td>
<td>NYNY + 11 + 19 + 38</td>
</tr>
<tr>
<td>Sore throat</td>
<td>NYNY + 15 + 21 + 27</td>
</tr>
<tr>
<td>Earaches, otitis</td>
<td>NYNY + 02 + 22 + 30 + 31</td>
</tr>
<tr>
<td>Puberty</td>
<td>NYNY + 06 + 14</td>
</tr>
<tr>
<td>Night terrors</td>
<td>NYNY + 22 + 31</td>
</tr>
<tr>
<td>Nervous tics</td>
<td>NYNY + 08 + 12 + 22 + 31</td>
</tr>
<tr>
<td>Growth problems</td>
<td>NYNY + 17 + 33 + 34</td>
</tr>
<tr>
<td>Confusion between right and left</td>
<td>NYNY + 33 + 34</td>
</tr>
<tr>
<td>Sleep disorders</td>
<td>NYNY + 08 + 11</td>
</tr>
<tr>
<td>Vaccinations</td>
<td>NYNY + 11 + 15 + 19</td>
</tr>
</tbody>
</table>

### XII - RESPIRATORY SYSTEM

<table>
<thead>
<tr>
<th>Condition</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma (field)</td>
<td>NYNY + 16 + 23 + 25 + 32</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>NYNY + 11 + 20 + 29 + 30</td>
</tr>
<tr>
<td>Emphysema</td>
<td>NYNY + 05 + 20</td>
</tr>
<tr>
<td>Pulmonary fibrosis</td>
<td>NYNY + 05 + 20 + 36</td>
</tr>
<tr>
<td>To stop smoking</td>
<td>NYNY + 25 + 26 + 38</td>
</tr>
<tr>
<td>Flu-like syndrome</td>
<td>NYNY + 11 + 20 + 25 + 38</td>
</tr>
<tr>
<td>All respiratory problems</td>
<td>NYNY + 15 + 20 + 25</td>
</tr>
</tbody>
</table>

### XIII - INSERTION IN TIME

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jet lag</td>
<td>NYNY + 21 + 27</td>
</tr>
<tr>
<td>Summer</td>
<td>NYNY + 04 + 13</td>
</tr>
<tr>
<td>End of the summer</td>
<td>NYNY + 10 + 18</td>
</tr>
<tr>
<td>Autumn</td>
<td>NYNY + 05 + 20</td>
</tr>
<tr>
<td>Winter</td>
<td>NYNY + 22 + 31</td>
</tr>
<tr>
<td>Spring</td>
<td>NYNY + 08 + 11 + 30</td>
</tr>
</tbody>
</table>
ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT NUTRIPUNCTURE

Q: Can one compare Nutripuncture to acupuncture without needles?
Each nutrient delivers information meant to strengthen the balance of the vital currents of the body. In this way, it is close to acupuncture, which has the same action.

Q: Can one take G.C.N.R. Nutri Yin-Nutri Yang by itself?
It is a key nutritional complement which helps one to be more dynamic and balanced, both physically and mentally. It is recommended to begin all associative Nutripuncture with Nutri Yin-Nutri Yang, but one can also take it alone.

Q: How many nutrients are there?
There is a series of nutrients, numbered from 01 to 38, in addition to Nutri Yin-Nutri Yang. 5 nutrients are only for women, and 5 others only for men.

Each nutrient nourishes the communication circuits, information centers of the various organs and their functions, called meridians by Traditional Chinese Medicine. These circuits govern different structural, organic, hormonal, psychosomatic and mental functions.

Q: How does one use the nutrients?
Chew one of each nutrient, one after the other, twice a day between meals. Nutri Yin and Nutri Yang must not be dissociated, for men as well as for women.

There are no restrictions. Nutrients can be taken by anyone: children, infants, pregnant women, and older persons. For infants and persons who have dental problems, one can crush the tablet to a powder.
The nutrients can be used along with any medical treatment. They do not cause dental cavities, or allergies, or dependencies.

Q: I am allergic to lactose, can I take nutrients?
There is no risk of allergy. The patented manufacturing process is such that these tablets can be tolerated by everyone. Furthermore, there is specific sequential Nutripuncture to improve lactose tolerance.
The test for it is easy for a Nutripuncture-trained practitioner to do. Lactose intolerance is related to a lack of lactase.
Q: Is it necessary to brush your teeth after taking nutrients?
This is a question often asked by mothers.
The nutrients are composed of ingredients that do not cause cavities, and so there is no need to brush your teeth when you take nutrients in the evening.

Q: My body has too much of a mineral (eg cobalt); can I take a nutrient which contains it?
The effectiveness of the nutrients comes from the information contained in the minerals, and not their quantity, so there can not be too much of them. Their originality comes from the combination of these different items of information.

Q: What is the composition of the nutrients?
All the tablets are made up of neutralized lactose (73 %), sorbitol (25 %) and magnesium stearate (2 %), plus the information of the various minerals, each nutrient having its specific combination.

Q: In the make-up of the nutrients, one sometimes finds similar minerals. How can their action be different?
The electromagnetic information of the minerals depends on the way they are combined. The action differs according to their various compositions.

Q: Why is a particular mineral used in the composition of certain nutrients; how were these minerals chosen?
The choice of minerals and the way they are combined give every nutrient its specific action. Empirical research on the information from the minerals has made it possible to test their properties in relation to their synergy.

Q: Are nutrients compatible with a natural way of life?
All of the elements contained in the nutrients are natural and totally biocompatible.

Q: What does "biocompatible" mean?
A biocompatible product is a product which creates no disturbance in the vital currents of the body.
The Nutripuncture nutrients are all biocompatible; it is one of their main characteristics.

Q: Is there a relationship between Nutripuncture and homeopathy?
The purpose of homeopathy is to fight disease whereas Nutripuncture strengthens and regulates the vital currents before the appearance of a malfunction. Furthermore, the manufacturing processes are different.

Q: Why is it preferable to take nutrients between meals?
Because they should not be combined with other substances that might interfere with the information and prevent it from reaching a specific body circuit. (When taking medicine, one mustn't take nutrients at the same time).

Q: Can one take nutrients if one is taking medicine?
Remember that nutrients do not replace medicine and do not work in the same way.
Medicine fights against a disease or a symptom. Nutrients target the vital currents and in this way reinforce the effect of medicine.
Q : Are nutrients medicine?
No, because by regulating the vital currents of the body, they sustain health. They have no action against a symptom, their role is to strengthen the field. They are nutritional supplements.

Q : What are the vital currents?
They are electromagnetic currents conveyed by musculo-cutaneous lines that circulate in the body and affect its general well-being. The acupuncture meridians are their foundation.

Q : Are the nutrients food supplements?
They are considered as such, because they have to do the regulation of cellular nutrition. They help the organs to draw from the body's reserves the necessary elements for their functioning. They help to regulate metabolic processes and they aid in food assimilation.

Q : Can one give nutrients to children?
Nutrients can be given at any age, even to infants (grind the tablets to a powder).

Q : I am pregnant; can I take nutrients?
For the future mother and the baby, this nutrition can be of considerable assistance for a harmonious gestation.

Q : Can older persons take nutrients?
Older persons can benefit from Nutripuncture. A study made in Italy in retirement homes showed a progressive appreciation of them by the residents, who noticed a general improvement of their vitality. The only problem is with their teeth. It is sometimes necessary to crush the nutrients.

Q : Does the effectiveness of nutrients diminish with time?
An expiration date is marked on each box, but they are effective beyond that date if kept under normal conditions.

Q : Are the nutrients damaged by airport x-ray checks?
No, there is absolutely no risk of the nutrients being damaged during x-ray security checks in airports.

Q : Can veterinarians use nutrients for animals?
The results are surprising and as rapid as for human beings. Many users give them to their pets (nervous dogs, for example) with very good results.

Q : Do the nutrients take effect quickly, and how long does it take to feel their effects?
The information is transmitted at once. This can be verified by taking pulses and by the electrical measurement of acupuncture points. The effect felt can be immediate or may come later depending on how long it takes to improve the field.
Q : How can one measure the effectiveness of a nutrient?
First of all by the well-being felt by the user. Its effect can also be verified by pulse-taking, by the electrical measurement of the "Ting" acupuncture points, by spectrophotometry, muscle tests, and dark field blood analysis, etc.

Q : How long should one take nutrients?
It all depends on the health of the individual. It takes a while for the vital currents to come back up to full function. Generally speaking twice a day for 3 to 8 weeks is sufficient. On the other hand it might be helpful to take them again later if there is a stressful situation or if the adjustments to be made are extensive. It is not necessary to take several tablets of the same nutrient; one tablet is enough to give the information.

Q : Can nutrients create a dependency?
Nutrients cause no imbalance. There cannot be a state of dependency as with some other products. When the vital currents have reached a state of autoregulation in a given zone, it is not useful to continue to take the same Nutripuncture, but there is no harm in doing so because it is a question of adjustment. So there is no risk of dependency.

Q : What is an association of nutrients?
Associative Nutripuncture consists of:

Nutri Yin-Nutri Yang + Nutri A + Nutri B + Nutri C + etc

It always begins with Nutri Yin-Nutri Yang, followed by the other necessary nutrients. They are chosen according to the various needs of a person in relation to his or her environment.

Associative Nutripuncture has a very general action and helps the autoregulation of each organ on various levels: structural, organic, humoral, cognitive and psychological. The G.C.N.R. Nutri Yin-Nutri Yang gives the nutrients that are associated with it a more dynamic effect.

Q : In an association of nutrients, is there an order to respect?
In associative Nutripuncture (with Nutri Yin-Nutri Yang) the order has no importance, but it is necessary to take Nutri Yin-Nutri Yang first. On the other hand, in sequential Nutripuncture, advised by a practitioner, the order of the 5 nutrients is essential.

Q : Can one invent an association of nutrients for oneself?
Contrary to sequential Nutripuncture, anyone can create their own associative Nutripuncture. In fact, it is possible to associate Nutri Yin-Nutri Yang with all the nutrients you think you need.

An association, as a preventive measure, can be taken either alone or as a complement to any therapy or medical treatment. An association can be taken as needed for 3 to 8 weeks 2 or 3 times a day. If the association used doesn't have enough effect, a qualified specialist will recommend specific sequences, in relation to your needs.
The health practitioners trained in Nutripuncture know its uses and its limits. Any physical symptom should be checked out in medical examination.

Q : Is there a possibility of overdosing in Nutripuncture?
An overdose cannot exist in Nutripuncture because it is used to transmit information for nutritional autoregulation. So there is no possibility of saturation.
Q: I take medicine for an illness and at the same time I use Nutripuncture. Can I stop my treatment if my condition improves?
No, the decision to stop the treatment can only be made by the doctor who gave the prescription.

Q: How many times a day can one take an association of nutrients?
Two or three times a day are enough, but there is no harm in taking more, from time to time or when necessary (for example when practicing sports).

Q: Can one modify the associations that one takes during the course of a day?
This is why associations are so easy to use. This can also help to determine which zones need to be regulated.

Q: Can one take a single nutriment (without Nutri Yin-Nutri Yang)?
It is possible but, it is always preferable to use an association with Nutri Yin-Nutri Yang in order to stimulate all the cellular exchanges. As for Nutri 03 and Nutri 19, they must be preceded by Nutri Yin-Nutri Yang.

Q: How should one try Nutripuncture, and what nutrients should one choose?
One can begin in this way:
- With the G.C.N.R. Nutri Yin-Nutri Yang for several weeks,
- With Nutri Yin-Nutri Yang + the nutrients related to the present season,
- Then, according to your needs, add the nutrients that correspond to the problems you have at the moment.

Q: What nutrients should one choose according to the season in the northern hemisphere? (See brochures on the seasons).

**SUMMER**
Nutri Yin-Nutri Yang + Nutri 04 + Nutri 13

**END OF SUMMER** (August 15 - September 22)
Nutri Yin-Nutri Yang + Nutri 10 + Nutri 18

**AUTUMN**
Nutri Yin-Nutri Yang + Nutri 05 + Nutri 20

**WINTER**
Nutri Yin-Nutri Yang + Nutri 22 + Nutri 31

**SPRING**
Nutri Yin-Nutri Yang + Nutri 11 + Nutri 30

Q: What nutrients can one take as a complement to a medical treatment?
Medicine treats disease, with appropriate tools. Nutripuncture helps to restore the electromagnetic currents disrupted by the disease. That is why it is advisable to use Nutripuncture to stimulate the zones affected by the disease, as well as the immune system, and this will increase the effect of the medical treatment. The series of 38 nutrients can cover one's needs in many different situations.
Q : How can the effectiveness of Nutripuncture be verified?
A health practitioner can verify its effect by measuring the acupuncture points (difference in electric potential) when a function is lost or modified.

Q : What is sequential Nutripuncture?
Sequential Nutripuncture never includes a General Cellular Nutritional Regulator (G.C.N.R.) such as Nutri Yin-Nutri Yang.

A sequence is made up of 5 nutrients set in a very precise order, like words in a sentence, which are designed to deliver a message to the body; each nutrient, according to the place it occupies, gives a different meaning to the sentence.

So, sequential Nutripuncture is a closed system, which nourishes a precise zone of the body. It is the result of the interactive combination of the 5 nutrients which make it up. That is why the order of the nutrients is unchangeable and should be absolutely respected.

The use of the 38 nutrients in sequences of 5, allows for the formulation of a very large amount of information.

Sequences are classified according to the circuits that need to be stimulated, often in relation with a behavioral problem or a physical symptom; they nourish the related zones, but on no account can they be considered a substitute for a therapy. They can be advised only by specialized health practitioners, who are authorized to recommend them.

Q : In sequential nutripuncture, is it necessary to wait a certain length of time between every nutriment?
It is necessary to strictly respect the order in which the nutrients are indicated and to chew them in that order. The time between each one is very short - less than a second after chewing and swallowing the preceding one.

Directions for use:

Chew and swallow between meals 1 tablet of the first nutrient, then immediately take 1 tablet of the following nutrient, continuing until the sequence is finished.
It is possible to take several sequences, one after the other, if necessary. Nutritional sequences are advised only by qualified health practitioners.

N.B. : If there is a nutrient missing from a sequence, taking the other nutrients will not have the desired action. One must not take an incomplete sequence.
BIBLIOGRAPHIE

Académie de Médecine Traditionnelle Chinoise “Précis d’acupuncture chinoise”
A. Chamfrault “Traité de Médecine Chinoise” Editions Chamfrault
A.G. Gurwitch : Biophotonics “Non-equilibrium and Coherent systems in Biology” Biophysics, Biotechnology 1995
A. Lebarbier “L’acupuncture pratique” Editions Maisonneuve
Antonio Damasio “Spinoza avait raison” Odile Jacob 2003

B. M c Clintock “The significance of responses of the genome to challenge” Science 226 : 792-801
B. M c Clintock “M echanisms that rapidly reorganize the genome” Stadler Genetics Symp. Vol. 10
Claudio Viacava “Onde elettromagnetiche” Xenia Edizioni
David Servan Schreiber “Guérir le stress, l’anxiété et la dépression sans médicaments ni psychanalyse” Éditions R. Laffont 2003

Etienne Guillé “L’alchimie de la vie” Éditions Du Rocher
Evelyn Fox Keller’s “A Feeling for the Organism. The life and work of B. M c Clintock” NY, WH Freeman 83
Francesco Bottaccioli “PSYCHO-N EURO-EN DO CRINO IM M U N O LOGIE” Marco Pietteur Éditeur
Francesco Bottaccioli “Allenare le difese”, Edizioni Techniche Nuove
Fritz-A. Popp “Biologie de la lumière” Marco Pietteur Editeur

Georges Lakhovsky “Le secret de la vie” Gauthiers-Villars Editeurs
Georges Lakhovsky “La science du bonheur” Gauthiers-Villars Editeurs
J. Boissin-B. Canguilhem “Les rythmes du vivant” Nathan Université CNRS Éditions
J. Bossy “Bases neurobiologiques des réflexothérapies” Masson Éditeur
Jean-Marc Kespi “Acupuncture” Editions Maisonneuve
J. Reichholf “L’émancipation de la vie” Flammarion

J. Tennenbaum “Entretien avec le Pr. V. Voeikov à l’Université de Moscou” octobre 99 Fusion N°82
Kaznacheiev V.P., Michaialova L.P. “Rayonnement ultra-ténu comme élément de transmission entre les cellules” Novosibirsk 1981
Patrick Veret “La médecine énergétique” Éditions Du Rocher
Patrick Veret “La spasmophilie enfin vaincue” Éditions Du Rocher

Plomin-Defries-McClearn-Rutter “Des gènes au comportement” De Boeck Université Collection
Posner Raichle “L’esprit en image” De Boeck Université Collection
Rockwell Theodore “Radiation Protection Policy : A Primer” 21 st Century
Rosenzweig-Leiman-Breedlove “Psychobiologie” De Boeck Université Collection
Sami-Ali “Le corps, l’espace et le temps” Dunod Editions