

The Yellow Emperor Goes "Quantic"

By Dr. Igor Cetojevic



YIN - YANG

Heaven was created by an accumulation of Yang;
The Earth was created by an accumulation of Yin;
Water and Fire are the symbols of Yin and Yang;
Yin and Yang are the source of power and
the beginning of everything in creation;
Yang ascends to Heaven,
Yin descends to Earth;
Hence the universe represents motion and rest,
controlled by the wisdom of nature;
Nature grants the power to beget and to grow,
to harvest and to store,
to finish and to begin anew

from Nei-Ching



The Body and Yin -Yang Relativity

The internal organs of the body are hidden and protected from external influences are Yin relative to the exposed skin and muscle which are Yang.

Lower part of the body is in contact and rooted to the ground, more Yin.

Upper body is able to move freely, more Yang.

Body Organs and Tissues

Yin

'Solid' Internal organs, that perform the function of storage and assimilation –anabolism

Yang

'Hollow' organs that provide digestion and elimination – catabolism

'Solid' – Zang Yin organs

Liver
Heart
Spleen
Lung
Kidney



'Hollow' - FU Yang organs

Gall Bladder
Small Intestine
Stomach
Large intestine
Urine Bladder

Yin -Yang are relative not absolute!

The heart is a 'solid' organ and therefore is Yin, but also has propulsive contraction while squeezing the blood through the vessels, which is Yang.

This is what is meant by the Yang within Yin.

Physiological Connections

Yin

Blood
Lymph
Mucous
Urine
Perspiration
Nutrition

Yang

Circulation
Secretion
Discharge
Peristalsis
Perspiring
Respiration



Constitutional Patterns



Yin

Low energy
 Lethargic
 Pale complexion
 Small, soft and flaccid body
 Delicate features
 Weak soft voice
 Tends to feel cold
 Tend toward damp

Yang

High energy
 Hyperactive
 Ruddy, flushed complexion
 Large, firm, fleshy body
 Coarse future
 Loud voice
 Hypertensive
 Tends to feel warm
 Tends toward dry

Functions of Yin & Yang

YIN

COOLING
 NOURISHING
 MOISTENING
 CALMING

YANG

WARMING
 TRANSFORMING
 PROTECTING
 HOLDING

Diagnostic Parameters


Yin

Internal
 Cold
 Deficiency
 Chronic

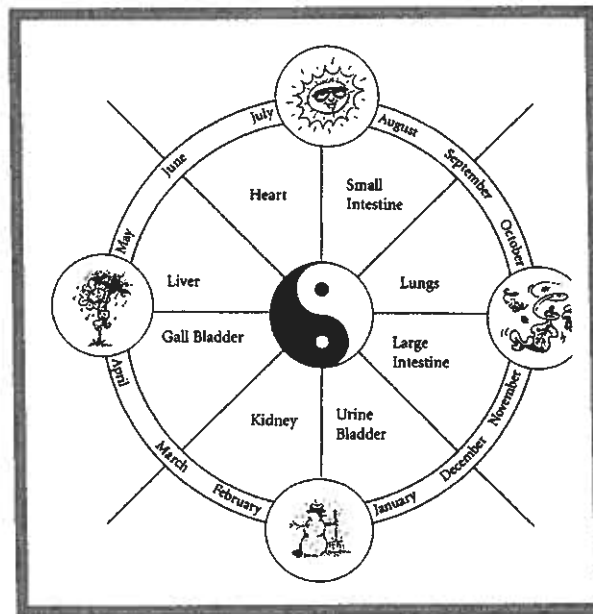
Yang

External
 Hot
 Excess
 Acute

Biological Clock - Qi circulation

	DAY		NIGHT
Stomach	7-9 am		Pericardium 19-21pm
Spleen	9-11 am		Triple Warmer 21-23pm
Heart	11-13 am		Gall Bladder 23-1 am
Small intestine	13-15 pm		Liver 1-3 am
Urinary bladder	15-17 pm		Lungs 3-5 am
Kidney	17-19 pm		Large intestine 5-7 am

Organs/Season Chart



Organs and Their Associations

Liver – Gall Bladder

Eyes, spring, anger, ligaments/tendons, wind, sour, wood

Heart-Small Intestine

Tongue, summer, joy, blood vessels, heat, bitter, fire

Lungs- Large Intestine

Nose, autumn, sadness, skin, dryness, pungent, metal

Kidney - Urine Bladder

Ears, winter, fear, bones/bone marrow, brain, reproductive organs, cold, salty, water

Spleen – Stomach

Lips, the end of each season, worry, muscle, dampness, sweet, earth

FIVE ELEMENTS

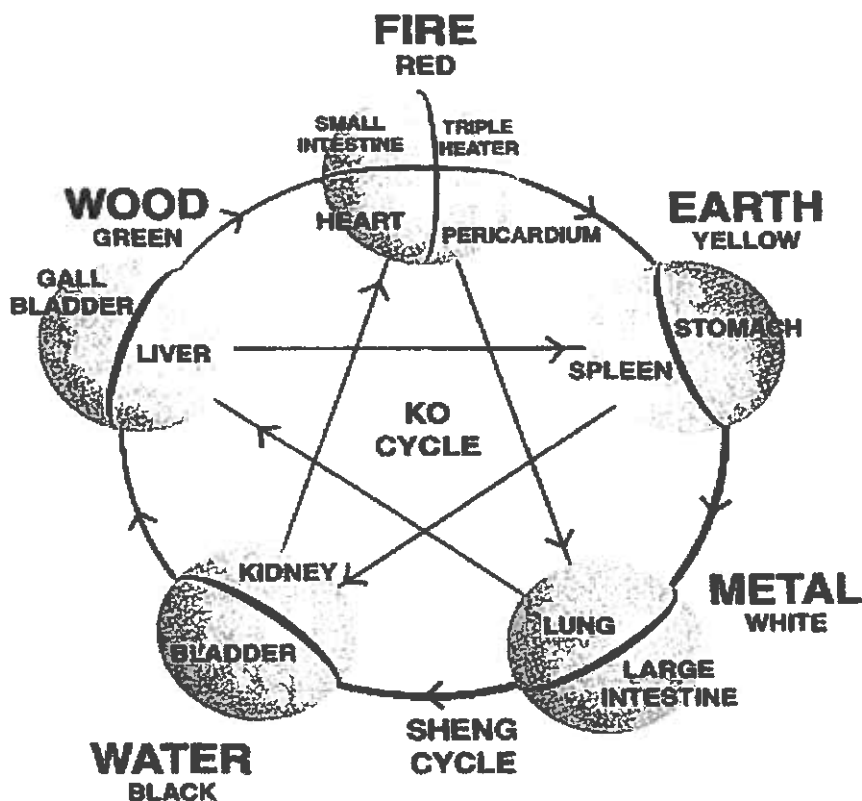


Chart of Organs and the Associations

Yin Organ	Yang Organ	Facial Feature	Season	Emotion	Body Connection	Energy	Taste	Element
Liver	Gall Bladder	Eyes	Spring	Anger	Ligaments/ Tendons	Wind	Sour	Wood
Heart	Small Intestine	Tongue	Summer	Happiness Unhappiness	Blood Vessels	Heat	Bitter	Fire
Lungs	Large Intestine	Nose	Autumn	Sadness	Skin	Dryness	Pungent	Metal
Kidney	Urine Bladder	Ears	Winter	Fear	Bones/ Bone Marrow	Coldness	Salty	Water
Spleen	Stomach	Lips	The end of each season	Nervousness Worry	Muscles	Dampness	Sweet	Earth

Zang-Fu Organs in CTM

Knowledge of the Zang-Fu organs plays a central role in Chinese Traditional Medicine.

The main function of Zang-Fu organs is to assimilate and transform the energies of the earth (food) and of the heaven (air).

The Zang-Fu organs and their patterns shape the personality and the structure of our body.

Zang Organs (YIN)

They are **solid** and belong to Yin, and are more internal.

“The Zang organs store essential Qi and do not discharge waste; they are full but can not be filled”.

The Zang organs are responsible for production, transformation, storage, release and regulation of substances.

They have a direct relationship to our emotions and our physical activities; the union of body, spirit and soul.

The Zang organs are the Kidney, Heart, Lungs, Liver, Spleen, and Pericardium.

Fu Organs (YANG)

Fu organs are more **hollow**, belong to Yang and are more external.

“The Fu organs process and convey matter and do not store. Thus they are filled, but not full.”

They are filled with food or digestive products and they evacuate these into a subsequent Fu organ to be excreted as waste products.

The Fu organs are the Stomach, Small intestine, Large Intestine, Gall Bladder, Urine Bladder and Triple Warmer (San Jiao)

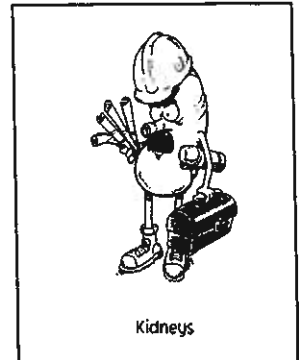
Zang Organs (YIN)

Kidney

Kidney store the Essence (Jing).
They produce marrow, fill up the brain
and control the bones.
They govern water.
They control the reception of Qi.

Kidneys are seats of Mingmen, source of life.
They control the lower orifices.
Kidneys open into the ears.
They manifest in the quality of our hair.
Kidneys house willpower.

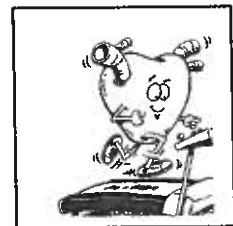
The emotions connected to the Kidney are
fear, fright, insecurity and shock.



Heart Function

The Heart governs the Blood and controls the vessels.
The Heart houses the Spirit (Shen).
The Heart opens at the tongue.
The Heart manifests in the facial complexion.

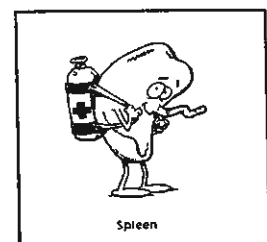
The emotions of the Heart are desire and joy.



Spleen Function

The Spleen governs transportation and transformation.
The Spleen governs the muscles and the four extremities.
The Spleen holds the Blood in the vessels.
The Spleen holds the organs in place.
The Spleen opens into the mouth and manifests in the lips.
The Spleen is responsible for learning.

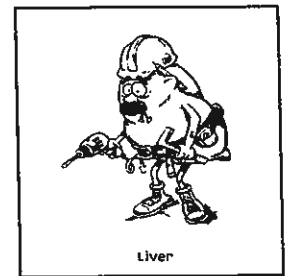
Emotions worry and over-thinking affect the Spleen.



Liver Function

The Liver ensures the smooth flow of Qi.
The Liver stores Blood and regulates its volume
The Liver controls the sinews.
The Liver opens at the eyes.
The Liver manifests in the nails.
The Liver houses the Ethereal Soul.

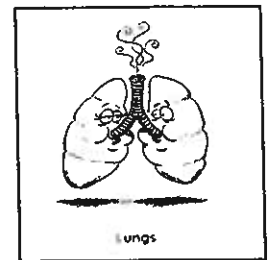
The emotions of the Liver are anger and frustration.



Lungs Function

The Lungs govern Qi and respiration
The Lungs govern diffusion and descending.
The Lungs open at the nose.
The Lungs control the body's surface.
The Lungs house the Corporeal Soul.

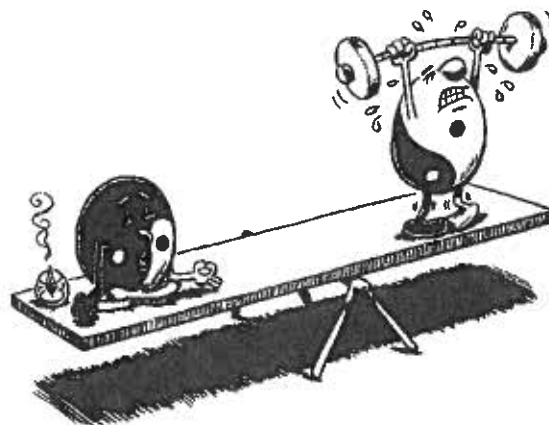
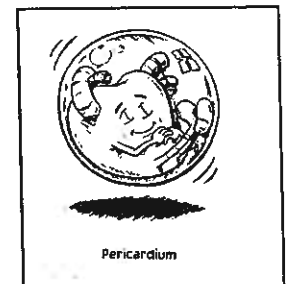
The emotions of the Lungs are sorrow and sadness.



Pericardium

Pericardium is the membrane surrounding the Heart.
It belongs to the Yin function group.
Its main function is to protect the heart.

Pericardium is not generally regarded as an independent organ,
but as a part of the heart function and the heart pathology.

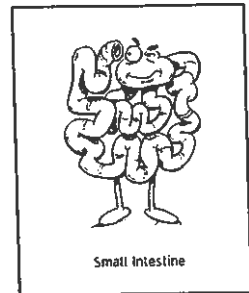


Fu Organs (YANG)

Small Intestine Function

The Small Intestine receives food and water that have been decomposed by the Stomach and Spleen.

It divides pure from impure. It is the main organ for food absorption.



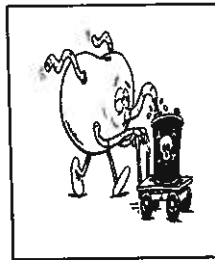
Urine Bladder Function

The Bladder is located in the lower abdomen. It stores and discharges urine and has an external-internal relationship with the Kidneys.

The Bladder assimilates impure fluids from other organs and after, with help of Kidney Yang stores urine or discharges it.

The Bladder requires Kidney Yang for proper function; if it is weak enuresis and incontinence can appear.

Emotions connected to the Bladder are: Jealousy, suspicion, holding grudges (not forgiving), fear.



Stomach Function

The Stomach is responsible for "reception and ripening" of the food.

The Stomach begins the transformation of food by separating it into its pure and impure aspects.

The pure parts, the essence (nutrients) are sent to the Spleen, the impure parts are passed to the Small Intestine.

The Stomach has a downward action (opposite of the Spleen).

'The Stomach is see of the grain and water', source of fluids.



Gall Bladder

The main Gall Bladder function is to secrete bile, which is formed an excess Liver Qi.

The bile aids the Stomach and Spleen with the digestion process.

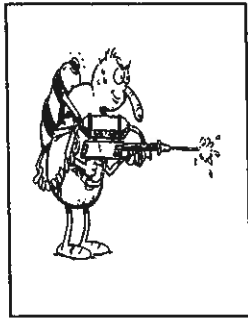
The Gall Bladder is a Extraordinary organ; because it is hollow it is a Yang organ, but it also has a Yin function, to store bile.

Bile is considered to be a pure substance, rather than a waste product. The Liver and Gall Bladder stand in an interior-exterior relationship.

The Liver governs the free flow of bile and it depends on the Gall Bladder Qi to maintain the free flow of the Qi.

The Gall Bladder governs decision-making and courage. The Kidneys will power and decision-making aspects of the Gall Bladder transform impulses into mature action.

The Gall Bladder provides Qi for the tendons, whereas Liver nourishes the tendons with blood.



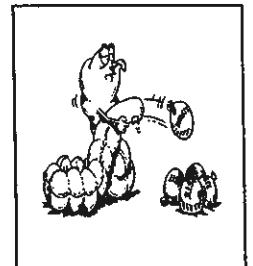
Large Intestine Function

The Large Intestine governs the transformation and discharge of waste.

The Large Intestine is supported by the descending function of the Lung Qi.

The Large Intestine also conveys our mental waste.

A disorder in Large Intestine is predominately the consequence of a disorder of the Spleen and always should be viewed in context with all the other organs involved in digestion!

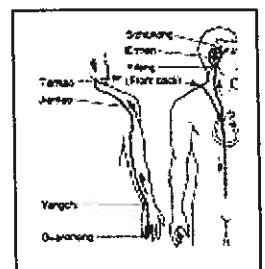


Triple Warmer (*Sanjiao*)

The Triple Warmer is easier to observe as a function, not as an organ.

Its main function is to govern different forms of Qi through the body.

Digestion, absorption, distribution and excretion is performed by different Zang-Fu organs and harmonized by *Sanjiao*.



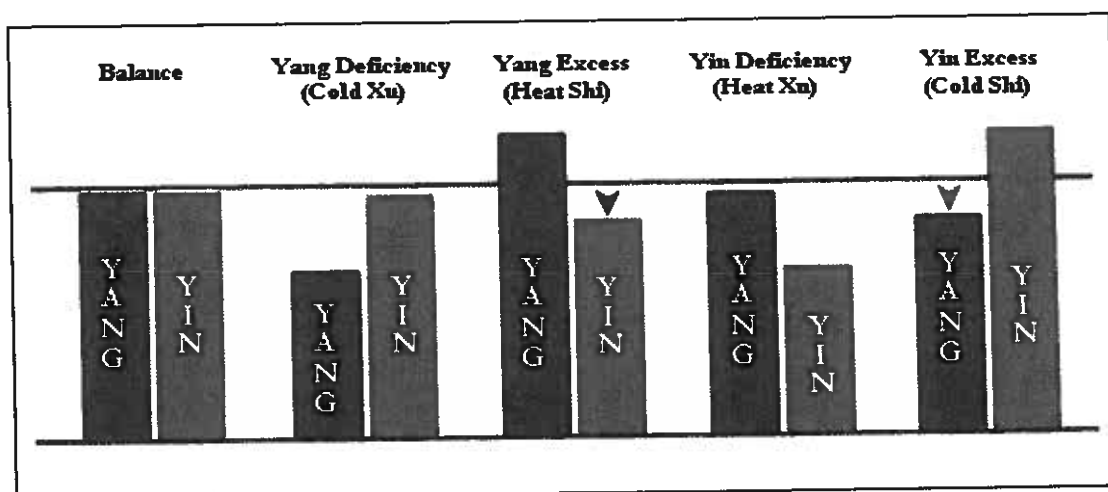
Pathogenic Factors

These are climatic factors which influence the body and can cause disease.

They are called the '6 Excesses' and include:

Cold
Heat
Summer Heat
Dampness
Dryness
Wind

They always represent an Excess pattern and must be treated accordingly (sedative, i.e. dispelling). The function of Defense - Wei Qi - is to protect us against the invasion of Pathogenic Factors.



Cold

Cold is a Yin factor, damaging the Yang function of the body. A relative Yang Deficiency is accompanied by Cold- signs. Cold can be divided into:

External Cold (caused by a cold climate, and can attack joints, muscles or Channels)

External cold corresponds to Excess Cold.

If a person feels cold – think about:

Internal Deficit Cold - a Yang Deficiency of the Lungs, Spleen and Kidney causing an inability to warm the body properly. It increases a person's sensitivity to external cold.

Internal Excess Cold - a Yin Excess that can be caused by a cold climate or over consumption of cold foods and beverages.

Internal Excess Cold damages Yang functions and can lead to Yang Deficiency - the inability to warm the body properly

Heat

Heat is a Yang factor and damages Yin functions as well as the Body Fluids.

Heat tends to rise and concerns the upper body.

Heat evaporates water. In the body it damages Yin and leads to dryness, Blood Deficiency and Body Fluid Deficiency.

Heat also can transform Dampness into Phlegm.

If a person feels hot think about:

External Heat - caused by a hot climate, consumption of spicy food and hot beverages. It can manifest on the skin as excess perspiration and, if extreme, can attack joints, muscles or Channels.

External Heat corresponds to Excess Heat.

Internal Heat – when the body unable to cool itself, is divided into Excess and Deficit Heat

Internal Deficit Heat is based on a Yin Deficit (usually of the Kidney, Liver, Lungs and Heart)

Internal Excess Heat is caused by a hot climate or the consumption of spicy foods and hot beverages.

It corresponds to Yin Excess symptoms which further damage the Yin.

Excess Heat can also originate from Qi Stagnation.

Summer Heat

Summer Heat corresponds to the Summer weather as a cause of disease and appears only in this season.

This is Yang factor and damages Yin Function (cooling, moistening, nourishing, calming) and as well Body Fluids.

Summer Heat also damages Qi. It tends to ascend to upper part of the body, resulting in excessive perspiration to maintain the body temperature. This weakens the Blood Fluids and the Qi.

Dampness

Dampness is a Yin factor and damages the Yang function of the body.

Dampness has a very close connection with the Spleen (responsible for transportation and transformation)

Dampness leads to the obstruction and stagnation of the Qi-Blood and Body Fluid circulation.

Dampness is heavy and clammy, viscous and lingering, resulting in a feeling of heaviness in the concerned body area.

Dampness is divided into:

External Dampness that is caused by a damp or wet climate or environment. It can manifest on the body's surface and attack joints, muscles and Channels.

Internal Dampness always involves the Spleen, weakening transformation and transportation. Dampness is produced in the Spleen and stored in Lung. The Kidneys also could be affected.

Dampness with Cold leads to stagnation and pain. Dampness with Heat is the cause of severe internal disease.

Yin Deficiency could be masked by the development of Dampness.

Dryness

Dryness is a yang factor and damages the Yin functions, particularly the moistening and nourishing function and Body Fluids.

Dryness especially affects the Lungs and manifests in symptoms of Lung Yin Deficiency and Dryness in the Lungs.

Wind

Wind is a Yang factor and damages the Yin in the body. Often Wind behaves like a catalyst, which enables other Pathogenic factors to invade the body (Wind-Cold, Wind-Heat).

Wind moves quickly, comes and goes. Wind pains appear and disappear suddenly.

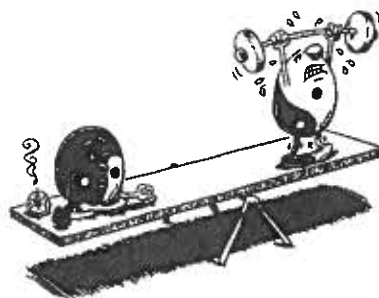
Wind attack upper part of body (Lungs, Liver and skin).

External Wind obstructs Defense (Wei Qi).

External Wind is caused by a windy climate and changes in the weather.

It manifests in the body's surface and attack joints, muscles or Channels. It also appears in combinations such as Wind-Cold, Wind-Heat, Wind-dampness.

Internal Wind is always connected with a disturbance of the Liver.



Affirmation:

I can accomplish anything I choose, I am a worthy and valuable person, I am intelligent and capable, I do my best and my best is good enough, I easily attract money into my life and use it wisely, I deserve happiness and success in my life, I love myself and I am loved by others, My beliefs control my genes and I control my beliefs.



The Four Agreements

By Don Miguel Ruiz

Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use power of your word in the direction of truth and love.

Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be victim of needless suffering.

Don't Make Assumptions.

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed of sick. Under any circumstances, simply do your best, and you will avoid self judgment, self abuse and regret.

Basic Digestion Questionnaire / SCIO

(From SCIO Demographics Panel) Please check all known symptoms which are related to your condition or disease!

- | | | | |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Do you eat processed food? Do you not eat fresh and row vegetables? | <input type="checkbox"/> | Do you have any of these stool condition?
1 float 2 stinky 3 greasy 4 sticky 5 light in color |
| <input type="checkbox"/> | Is your mouth dry during eating? Do you eat quickly? | <input type="checkbox"/> | Do your symptoms comes suddenly? |
| <input type="checkbox"/> | Do you crave liquids with a meal? Do you bloat or belch after eating? | <input type="checkbox"/> | Are your symptoms chronic? |
| <input type="checkbox"/> | Is there little absorption in small intestine? | <input type="checkbox"/> | Is your spirit restless? |
| <input type="checkbox"/> | Does your temperature or level of thirst fluctuate? | <input type="checkbox"/> | Are your symptoms worse with cold? |
| <input type="checkbox"/> | Is there pain in your lower abdomen? | <input type="checkbox"/> | Are your symptoms worse with dampness and humidity? |
| <input type="checkbox"/> | Is your immune system weakened by emotional stress? | <input type="checkbox"/> | Are your symptoms worse in heat? |
| <input type="checkbox"/> | Do you have rectal gas? | <input type="checkbox"/> | Are your symptoms worse in wind or draft? |
| <input type="checkbox"/> | Do you have sinus problems? | <input type="checkbox"/> | Are your symptoms worse in dry weather? |
| <input type="checkbox"/> | Do you have a sore throat often? | <input type="checkbox"/> | Do you crave salty food? |
| <input type="checkbox"/> | Are you susceptible to bacteria or fungus infection or cancer? | <input type="checkbox"/> | Do you feel too much sadness? |
| <input type="checkbox"/> | Are there any disorders of blood cell count? | <input type="checkbox"/> | Do you feel anxiety easy? |
| <input type="checkbox"/> | Are you susceptible to fungus infection? | <input type="checkbox"/> | Do you crave spicy food? |
| <input type="checkbox"/> | Is your blood ever toxic? | <input type="checkbox"/> | Do you fear too much? |
| <input type="checkbox"/> | Do you have urinary or growth problem? | <input type="checkbox"/> | Do you crave sweet food? |
| <input type="checkbox"/> | Do you have trouble waking up with the sun? | <input type="checkbox"/> | Do you feel too much anger? |
| <input type="checkbox"/> | Do you have trouble with metabolism? | <input type="checkbox"/> | Do you hate or love bitter food? |
| <input type="checkbox"/> | Do you have any heart condition? | <input type="checkbox"/> | Do you have a weak will? |
| <input type="checkbox"/> | Are there any disorders of breathing? | <input type="checkbox"/> | Do you crave sour food? |
| <input type="checkbox"/> | Do you have any blood sugar disorder? | <input type="checkbox"/> | Do you not hear your body's needs? |
| <input type="checkbox"/> | Do you have any infections or cholesterol disease? | <input type="checkbox"/> | Do you have trouble envisioning your future? |
| <input type="checkbox"/> | Are you tired and fatigued all the time? | | |
| <input type="checkbox"/> | Are there any sexual system disorders? | | |
| <input type="checkbox"/> | Are you unable to control sexual thoughts or anger? | | |
| <input type="checkbox"/> | Do you worry too much? | | |
| <input type="checkbox"/> | Mental fatigue? | | |

More Symptoms (From SCIO Demographics Panel) - Please check all known symptoms related to you or your condition!

- | | | |
|--|--|--|
| <input type="checkbox"/> Pains in arms and hands | <input type="checkbox"/> White flakes skin | <input type="checkbox"/> Low sex interest |
| <input type="checkbox"/> Muscle twitch or tremors | <input type="checkbox"/> Back pains often | <input type="checkbox"/> Excess sex interest |
| <input type="checkbox"/> High cholesterol tendency | <input type="checkbox"/> Poor appetite often | <input type="checkbox"/> Excess mucous |
| <input type="checkbox"/> Indigestion often | <input type="checkbox"/> Irregular pulse or heart beat | <input type="checkbox"/> Productive cough |
| <input type="checkbox"/> Belching or Bloating | <input type="checkbox"/> Fatigue often | <input type="checkbox"/> foamy white |
| <input type="checkbox"/> Hyperventilate often | <input type="checkbox"/> High Blood Pressure tendency | <input type="checkbox"/> red or rusty |
| <input type="checkbox"/> Puffy face | <input type="checkbox"/> Can't loose weight | <input type="checkbox"/> yellow |
| <input type="checkbox"/> Pale skin | <input type="checkbox"/> Ulcer tendency | <input type="checkbox"/> green |
| <input type="checkbox"/> Grey skin | <input type="checkbox"/> Malabsorption syndrome | <input type="checkbox"/> thick |
| <input type="checkbox"/> Dark skin | <input type="checkbox"/> Dilated pupils often | <input type="checkbox"/> thin |
| <input type="checkbox"/> Red blotchy skin | <input type="checkbox"/> Low Blood Pressure tendency | <input type="checkbox"/> Stiffness of body |
| <input type="checkbox"/> Yellow skin | <input type="checkbox"/> Metallic taste in mouth | <input type="checkbox"/> Dark circles under eyes |
| <input type="checkbox"/> Orange skin | <input type="checkbox"/> Silent or Autistic | <input type="checkbox"/> Breathing labored |
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Allergy tendency | <input type="checkbox"/> Wheezing |
| <input type="checkbox"/> Oily skin | <input type="checkbox"/> Birth defect history | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Scaly oily skin near nose | <input type="checkbox"/> Cancer tendency or history | <input type="checkbox"/> Flushed face |
| <input type="checkbox"/> Loss of sense of humor | <input type="checkbox"/> Stretch marks | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Red inflamed skin, rash | <input type="checkbox"/> See spots, blurred vision | <input type="checkbox"/> Fever tendency |
| <input type="checkbox"/> Mental aberrations often | <input type="checkbox"/> Asthma often | <input type="checkbox"/> Fever low grade |
| <input type="checkbox"/> Mouth moves when reading | <input type="checkbox"/> Swollen gland often | <input type="checkbox"/> Fever excess |
| <input type="checkbox"/> Diarrhea often | <input type="checkbox"/> Menses absent | <input type="checkbox"/> Cold limbs often |
| <input type="checkbox"/> Confused easily | <input type="checkbox"/> Menses irregular | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Can't remember dreams | <input type="checkbox"/> Excess menses | <input type="checkbox"/> Frustration |
| <input type="checkbox"/> Dizzy often | <input type="checkbox"/> Menses light | <input type="checkbox"/> Ringing in ears |
| <input type="checkbox"/> Kidney stones tendency | <input type="checkbox"/> Bloated low belly | <input type="checkbox"/> Itching |
| <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> Bloated upper belly | |
| <input type="checkbox"/> Paranoia tendency | <input type="checkbox"/> Vomiting | |
| <input type="checkbox"/> Moody often | | |

Tongue, Nail and Face

Please check all known symptoms related to your condition or disease

- Fluid retention or edema
- Nausea often
- Poor coordination
- Anemia tendency
- Cataracts
- Low resistance, infection
- Low hormones
- Impaired growth
- Muscle wasting
- Premature aging
- Poor night vision
- Eyes or Eyelids inflamed
- Frequent cough
- Sinusitis often
- Dry cough hack cough
- Brittle hair
- Dry scanty skin
- Acne tendency
- Warts
- Burring or itchy urine
- Poor appetite
- Sterile or miscarriage
- Heart palpitation
- Slow heart beat
- Enlarged Heart
- Diastolic pressure above 90
- Forgetfulness, bad memory
- Confused about life
- Muscle tenderness
- Depressed often
- Numbness hand feet
- Loss of reflexes
- Stiff swollen feet ankles
- Cramping in legs
- Constipation
- Crack sores tongue mouth
- Tongue reddish or blue purple
- Tongue swollen
- Tongue whitish, pale
- Tongue beefy sore
- Tongue Geographical splits
- Tongue smooth sore shiny
- Tongue rough
- Bright or excess red tongue
- Gums swollen sore
- Lips red, ulcer often
- Patient sensitivity to cold
- Eyes burning itchy often
- Red lines in sclera
- Finger nails pale
- White spots on nails
- Spoon nails or deformed
- White nails with fungus
- Ridges on nails
- Cuticles bleed or tear
- No moons on nails
- Weak fragile nail
- Hair loss
- Muscle cramp
- Joint pain
- Insomnia
- Bruises easily
- Loose teeth
- Cuts heal slowly
- Fragile bones
- Excess cavities
- Angina or chest pain
- Cold and/or Hot sweats
- White fur on tongue

THE ARTERIAL PULSE - from SCIO

It is customary to examine the pulse first at the wrist, and to consider it in terms of speed, rhythm, tension, amplitude, and quality; at the same time it is convenient to note the state of the arterial wall. Whilst speed and rhythm may be checked by auscultation of the heart, and tension by sphygmomanometer, the quality and amplitude of the pulse wave can only be analyzed in peripheral vessels, and are features of great diagnostic importance.

There is a Chinese protocol for pulse diagnosis which should be known by all medical practitioners as well. This will allow for pulse diagnosis and organ system screening as well.

There are many places of pulse diagnosis in the Chinese system, but for now we will discuss the lung channel pulse on the wrist and then discuss the normal medical pulse taking.

It takes lots of practice to develop a good technique of pulse diagnosis. To get to know the pulse the doctor and patient should both be relaxed. This is an intimate communication that needs to be taken seriously to be best. The patient should face the doctor and the hands not should be above the heart. Three fingers are used for three positions.

There is a difference between left and right.

	Surface	Deep
Left hand front.....	Heart	SI
Left hand median.....	Liver	GB
Left hand rear.....	Kidney Yin	UB
Right hand front.....	Lungs	LI
Right hand median.....	Spleen	St
Right hand rear.....	Kidney Yang/TW	Pc

Pay attention to the following qualities: **Pace**, **depth**, **length**, **strength**, **quality**.

An expecting mothers pulse can be insightful. If stronger on the right the baby will be a girl. If stronger on the left it will be a boy.

Floating pulse is felt with very soft pressure but fades with greater pressure. This is usual for colds, flu, and chills mostly effecting the lung meridian. A weak person with a cold may not have a pulse.

Submerged pulse means that hard pressure is needed for detection of the pulse. This means that the disease has progressed deep in the patient.

There should be about four beats per respiration cycle. (In breath and out breath) Athletes can be slower, children faster.

Slow pulse of three or less per cycle indicate Cold or deficient Yang. Loose bowels, cold, poor circulation, white fur on toque.

Quick pulse of six or more per cycle signifies excess Heat or deficient Yin involved with fever, rash, thirst.

Long pulse means that it is felt with all three fingers. This is usually related to Excess Heat in the Blood. The disease is advanced mostly fevers and irritability. If healthy it can mean a healthy heart of a robust constitution.

Short pulse is only felt in the medial finger or one finger at a time. This implies Deficiency of Blood and Chi (Qi). Pale anemia, fatigue, excess sleep are found.

Weak pulse signifies deficient Chi (Qi) or Blood. Or in the organ connected to the point of detection.

Strong pulse is either a healthy patient or excess Chi.

Slippery pulse is a detectable pulse that has indistinct boundaries. This signifies presence of dampness or phlegm in the body. Excess mucous, sluggish digestion, fur on tongue. A pregnant women has it in all positions.

Rough pulse feels choppy an irregular. This means congealed Blood (hard and painful nodes in abdomen, uterus, head etc. stagnant Chi, deficient blood)

Wiry pulse feels like a tense guitar string. This appears in Liver disease and pain.

Huge pulse is felt at all levels stronger at top and beginning. It implies Excess Heat high fever, thirst, hyperthyroid, sweating, exhaustion of Chi and often is a bad sign.

Fine pulse is small and thin signifies an insufficiency of Blood and Yin. It is accompanied by thirst, irritability, low grade fever, tongue with red tip.

Irregular pulse .Hasty irregular shows excess Heart Yang or congested Qi in upper burner.

Knotted pulse is slow with irregular pauses shows obstruction of blood to the heart with Yin in excess or phlegm in the pericardium.

Intermittent pulse is systemic but pauses abnormally it shows exhaustion of all organs.

MAJOR SYPTOMS in the Chinese Traditional Medicine

Kidney YIN Deficiency

5 center heat (palms, soles, chest), night sweat, dry mouth at night, aversion to heat, red cheeks, vertigo, tinnitus, deafness, restlessness, nocturnal emissions, lumbar pain better with cold, seminal emission, red or cracked tongue.

Kidney YANG Deficiency

Cold feet, aversion to cold, lack of will power, copious , clear urine, decreased sexual desire, leg edema, mornings diarrhea, lassitude.

Kidney Essence Deficiency

Congenital malformation, slow physical and/or mental development, loss of teeth, bad memory, premature senility, infertility, premature graying of the hair, loss of hair.

Urine Bladder Qi Deficiency

Frequent urination, urinary incontinence, dribble after voiding, bed wetting, clear copious urine, sensitive sensation in lower back and sacral area.

Damp Cold in UB

Feeling of heaviness in lower abdomen, difficult urination, frequent voiding of clear urine, copious pale, cloudy urine, leg edema, feeling of heaviness, white greasy tongue coat of the root, aversion to cold.

Damp Heat in UB

Urgency to urinate, painful urination, decreased amount of urine, inhibited urination, cloudy urine, sandy, hematuria, acute cystitis and prostatitis.

Spleen Qi Deficiency

Lack of appetite, sensation of fullness after meal, edema, fatigue after meal, soft odorless stool, diarrhea, over-thinking, teeth marks on the tongue.

Spleen YANG Deficiency

All symptoms like Spleen Qi Deficiency; plus undigested food particles in stool, feeling cold, feeling chilly, cold extremities.

Sinking Spleen QI

Symptoms like Sp Qi Def. And Sp Yang Def; plus organ prolapse (stomach, bladder, rectum , uterus) feeling of organs pushing downwards, hemorrhoids, varicose veins.

Spleen not controlling Blood

Symptoms like Sp Qi Def. And Sp Yang Def. Purpura, blood in stool or urine, melena, menorrhagia, uterine bleeding.

Damp Cold in the Spleen

Symptoms of Sp Qi Def. And Sp Yang Def, plus feeling of heaviness in the head, loss of taste, edema, crust around eyes, vaginal discharge, cloudy urine.

Damp Heat in the Spleen

Feeling of heaviness in body and head, headache all over head-like helmet, strong smelling of stool, or constipation, abdominal pain, thirst without desire to drink, thick yellow tongue coat, duodenal and ventricular ulcer.

Stomach Qi deficiency

Lack of appetite, fatigue, decreased thirst, loss of taste, soft stool, uncomfortable feeling in stomach area. Empty stomach pulse.

Stomach YIN Deficiency

Dry mouth, Thirst without desire to drink, hunger without appetite, constipation, pain in stomach region, no tongue coat and vertical tongue cracks.

Rebellious Stomach Qi

Belching, vomiting, hiccough, nausea, heartburn.

Stomach Cold

Preference for warm drinks and food, absence of thirst, stomach pain relived by warmth, vomiting of clear liquids.

Stomach Fire

Vomiting after eating, pain in stomach after meal, sensation of fullness, loss of appetite.

Phlegm Heat in the Stomach

Burning pain and feeling of oppression in epigastrium, yellow tongue and mouth ulcers.

Liver Qi Stagnation

Feeling of distension behind the right rib curve, irritability with excessive eating, moodiness, emotional tension, PMS, frustration, depression, wiry pulse, plum-pit feeling in the throat. After these symptoms could be accompanied with nausea, belching, vomiting.

Liver Blood Deficiency

Vertigo, scanty menstrual bleeding with pale reddish blood, dryness of the eyes, blurred vision, night blindness, tremors, feeling of numbness.

Liver YIN Deficiency

Symptoms of Liv Blood Def. Plus 5 center heat, night sweats, tinnitus.

Stagnation of Liver Blood

Stabbing, local fix pain in the liver area, feeling of oppression in the abdomen, dysmenorrheal, dark and clotted menstrual blood.

Hyperactive Liver YANG

The symptoms of Hyperactive Liver YANG appears with Liv Blood Def. Or Liv YIN Def. Plus symptoms of the irritability, severe vertigo, tinnitus with high pitch tone, throbbing headache, migraine, conjunctivitis, redness of eyes, red tongue edges.

Liver Fire

Liver Fire includes symptoms of Liver Qi Stagnation symptoms, plus Hyperactive Liver Yang symptoms.

Liver Wind

The symptoms of the Hyperactive Liver Yang, Liver Blood Def., or Heat create Liver Wind. The symptoms are trembling, spasm, aversion to wind, sudden vertigo, tongue deviation.

Gall Bladder Qi Deficiency

Lack of courage and decision, despondency, lack of initiative, blurred vision, timidity.

Damp Heat in GB and Liver

Pain and fullness in hypochondrium, jealousy, trouble digesting food, bitter taste in mouth, eyeballs protrusion, jaundice, testicle pain, scrotal eczema, vaginitis, inflammation of the bile duct, inflammation of the fallopian tube.

Lung Qi deficiency

Aversion to cold, spontaneous sweating, low voice, shortness of breath.

Lung YIN deficiency

Dry cough, dry skin, dry itchy throat, night sweating, 5 center heat, hoarse voice

Dryness in the Lungs

Dry cough, dry throat, itchy in throat.

Wind Cold in the Lungs

Acute cough with watery or white sputum, aversion to wind and cold, sneezing, feel chilly, shivering.

Wind Heat in the Lungs

Acute cough with yellow sputum, aversion to wind and heat, infection with fever, sore throat.

Stagnation of Lung Qi

Repressed sorrow, feeling of constriction in the chest, existential fears, shortness of breath.

Phlegm Heat in Lungs

Cough with yellow viscous sputum, pressure in the chest, aversion to heat, face edema with heat sensation, yellow tongue coating, sinusitis with yellow secretion.

Phlegm Cold in the Lungs

Cough with viscous sputum, feeling of constriction in the chest, face edema, white tongue coating, sinusitis.

Cold in the Large Intestine (LI)

Acute diarrhea with shivering, aversion to cold, dull abdominal pain, rumbling intestine, odorless stool.

Heat in the LI

Constipation, strong smell stool, burning sensation in anus, fever.

Dryness in LI

Constipation with dry stool, thin body.

Damp Heat in the LI

Strong smell stool, mucous and blood in the stool, burning sensation in anus, colitis, Chron's disease, mycoses.

Damp Cold in the LI

Soft odorless stool, mycoses, aversion to cold, dull abdominal pain, feeling of heaviness.

Heart Qi Deficiency

Palpitation with fatigue, shortness of breath during exertion, listlessness, lack of joy, spontaneous sweating.

Heart Yang deficiency

The symptoms of Heart Qi Def., plus; feeling of constriction around heart, cold hands.

Heart Blood Deficiency

Palpitation, insomnia, decreased short term memory, restlessness, pale lips

Heart YIN Deficiency

Symptoms of Heart Blood Def., plus; frequent waking at night, more restlessness, heat sensation, night sweat, 5 center heat.

Stagnation of Heart Qi

Unable to express emotions, palpitation and feeling constriction in chest, depression or oppression.

Stagnation of Heart Blood

Feeling of the pressure in chest, Stabbing pain in area of heart, cyanotic (bluish!) lips and nails.

Heart Fire

Palpitation with strong heat sensation, restlessness, hectic unrest, ulcers in mouth, tongue ulcer, fast speaking, endless talking, aversion to heat, stomatitis.

Phlegm Cold in the Heart

Palpitation, stupor, absent language function, talking to oneself, autism, confusion, mental depression, staring at walls, unresponsiveness, sensitive to cold.

Phlegm Heat in the Heart

Palpitation, mental restlessness, confusion, depression, incoherent talk, unresponsiveness, sensitive to heat.

Cold in Small Intestine (SI)

Rumbling intestines, pain in lower abdomen improving with heat, diarrhea with cold sensation.

Heat in SI

Mental restlessness, tongue ulcer, pain in lower abdomen improving with cold, difficult urination with pain, blood in urine.

Stagnation in SI

Feeling of tension in lower abdomen, rambling intestines, gas, stabbing pain in SI area.



Brain

Tongue/Taste**Tissue Salt And Function**

Tongue cracked, indurations of the tongue	Calcium Flouraticum Strengthening of tissues, re-established elasticity <u>Indication:</u> Relaxation of elastic tissues, lymph fibrosis, lumpy exudations, albuminous exudations
Bad and offensive taste in the morning	Calcium Phosphoricum Repair and arrest of hemorrhages <u>Indication:</u> Albuminous exudation, Anemia, Cramps, Numbness, Tendency to inflammations
Clay colored tongue, sour , soapy, acrid taste	Calcium Sulphuricum Unites with waste matter of the intercellular fluid <u>Indication:</u> Pus, Suppurations with no tendency to heal
Clean and red or dark red and inflamed tongue, Throat dry with much pain.	Ferrum Phosphoricum Oxygen carrier, tones muscles, keeps up blood volume, contracts muscle, normalizes blood circulation <u>Indication:</u> Sudden inflammations, fever, congestion, bleeding, weakness of muscles, fresh wounds, bruises and contusions
White or grey coating on tongue, mucous lining of mouth and on tonsils	Kalium Muriaticum Stimulates cell activity, keeps fibrin in solution <u>Indication:</u> Inflammation, fibrinous exudation
Brownish, like liquid mustard tongue coat, dry tongue especially in the morning, suppuration in throat	Kalium Phosphoricum Prevents degeneration of tissues, tones nerves and muscles <u>Indication:</u> Fever, Paralysis, peptic ulcer, septic disorder
Yellow slimy tongue coat, sometimes with whitish edges Insipid taste, taste impaired	Kalium Sulphuricum Carries oxygen into cells, stimulates formation of new cells <u>Indication:</u> Chronic inflammation, desquamation

<p>Tongue clear or white Mouth dry with sticky saliva, cracks of corner of the lips</p>	<p>Magnesium Phosphoricum Maintains activity of the cell. Enables the cell to discard diseased materials. Relaxes muscles. <u>Indication:</u> All sharp pains, boring character, itching, cramps (this is the Homeopathic aspirin!)</p>
<p>Tongue dry, parched. Sore throat with excessive dryness or excessive secretion of saliva. Tongue covered with clear mucus, slime and frothy bubbles at edges. Small blisters on tip of the tongue, sometime salty taste in the mouth</p>	<p>Natrium Muriaticum Cell division, Increase red corpuscles, attracts water that is used by the cell of body <u>Indication:</u> Anemia, Malnutrition, Cold hands and feet, stinging pains</p>
<p>Moist creamy or golden yellow coating at back of tongue. Metallic taste(coppery!) in the mouth</p>	<p>Natrium Phosphoricum Decomposes lactic acid, keep uric acid in solution, prevents crystallization of cholesterol, saponifies fatty acids <u>Indication:</u> Urinary disorders, Gastritis, Rheumatism, Gout</p>
<p>Dirty greenish-gray-brown tongue coating at back of tongue. Bitter taste, mouth full of saliva.</p>	<p>Natrium Suphuricum Stimulate flows of bile and pancreas fluid. Eliminates excess water from organism <u>Indication:</u> Liver and Gall bladder diseases.</p>
<p>Hardening of tongue, tongue ulcers</p>	<p>Silica Firmness of tissues, pus elimination <u>Indication:</u> Nervousness, Malnutrition, TBC, Gout, Suppuration, Foot sweat, Fistulae, Chronic disease</p>

Chinese Traditional Medicine
and SCIO
Yellow Emperor Goes Quantic



1

Demographics (fill all known),
C/Add more Data to Report



2

C/ on all known



3

Add more info



4

Add all known medications that patient
used recently or is using now



Stress Type, Describe



5

**C/ on all known
Toxic Exposures**



7

**C/ on all known,
write in Major Disease.....**



8

**Demographics,
C/ Acu Symptom Profile**



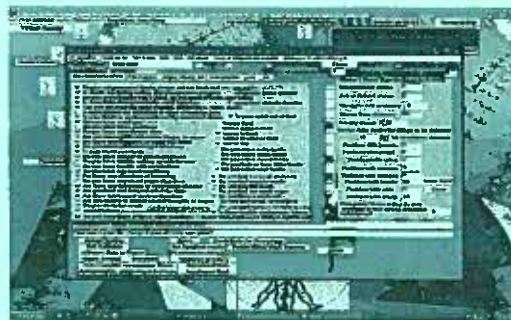
9

**C Cover,
C/ Basic Digestion Question**



10

C/ on all known!



C/ Pulse Diagnosis



PULSE DIAGNOSIS CHART

(From *Practical Pulse Diagnosis*)

<p>R</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Surface</td> <td style="width: 50%;">Deep</td> </tr> <tr> <td>TW</td> <td>Pc</td> </tr> <tr> <td>St</td> <td>Sp</td> </tr> <tr> <td>LI</td> <td>Lu</td> </tr> </table>	Surface	Deep	TW	Pc	St	Sp	LI	Lu		<p>L</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Surface</td> <td style="width: 50%;">Deep</td> </tr> <tr> <td>UB</td> <td>K</td> </tr> <tr> <td>GB</td> <td>Liv</td> </tr> <tr> <td>SI</td> <td>H</td> </tr> </table>	Surface	Deep	UB	K	GB	Liv	SI	H
Surface	Deep																	
TW	Pc																	
St	Sp																	
LI	Lu																	
Surface	Deep																	
UB	K																	
GB	Liv																	
SI	H																	

13

C/ Pulse Diagnosis Picture

14

C/ Tongue, Nail and Face

15

Tongue of the Genius is?

- Reddish or red purple
- Swollen on the sides
- Whitish pale
- Beefy sore
- With geographic splits
- Smooth sore shiny
- Rough and dry
- Bright or excess red
- White or yellow cover

16

C/ Other symptoms

17

C/ Pain

18

Finish Calibration and Test

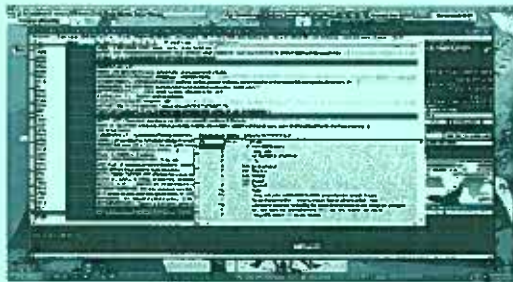


19

Analyze results of VARHOP

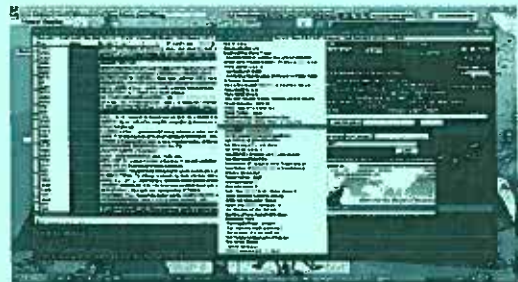


Observe results of Environmental, Physical, Mental, Social, Spiritual



21

C/ Research, C/ Nelson Report



22

C/ Make Nelson Medicine Report



1st Option: C/ Auto Meridian and Allergy



Mudras



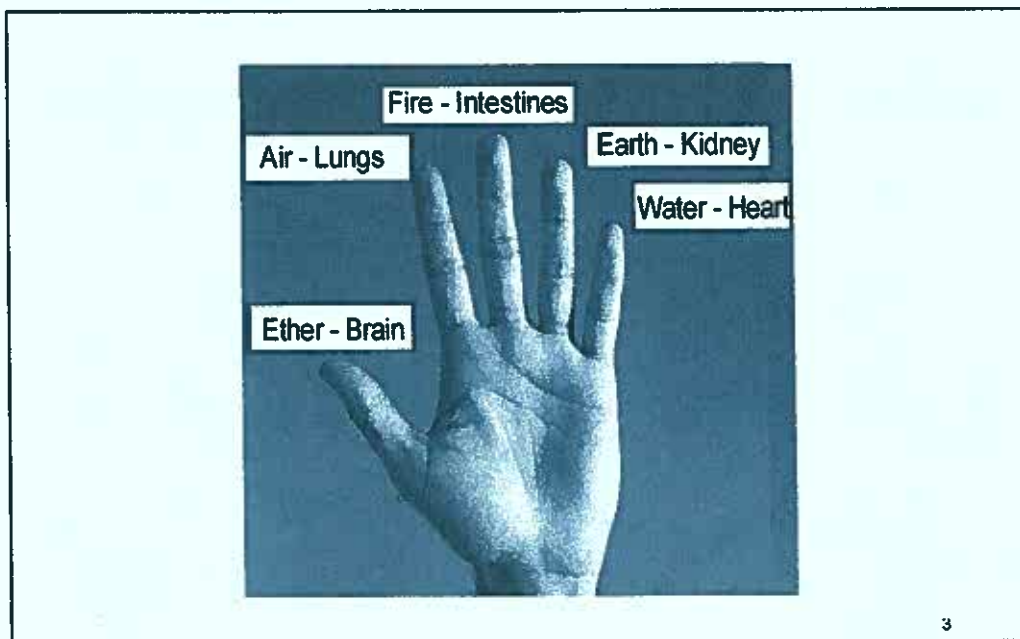
Mudra (from Sanskrit: stamp, sign) represents complicated positions of the fingers and/or hands.

The roots of "Mudra" are in the 'Ayurveda', Traditional Indian Medicine.

According to Ayurveda, energy is manifested through 5 basic elements:

Ether (Sky), Water, Air, Fire and Earth

Health is considered the balance between these elements and free flow of 'Prana' (Life force).

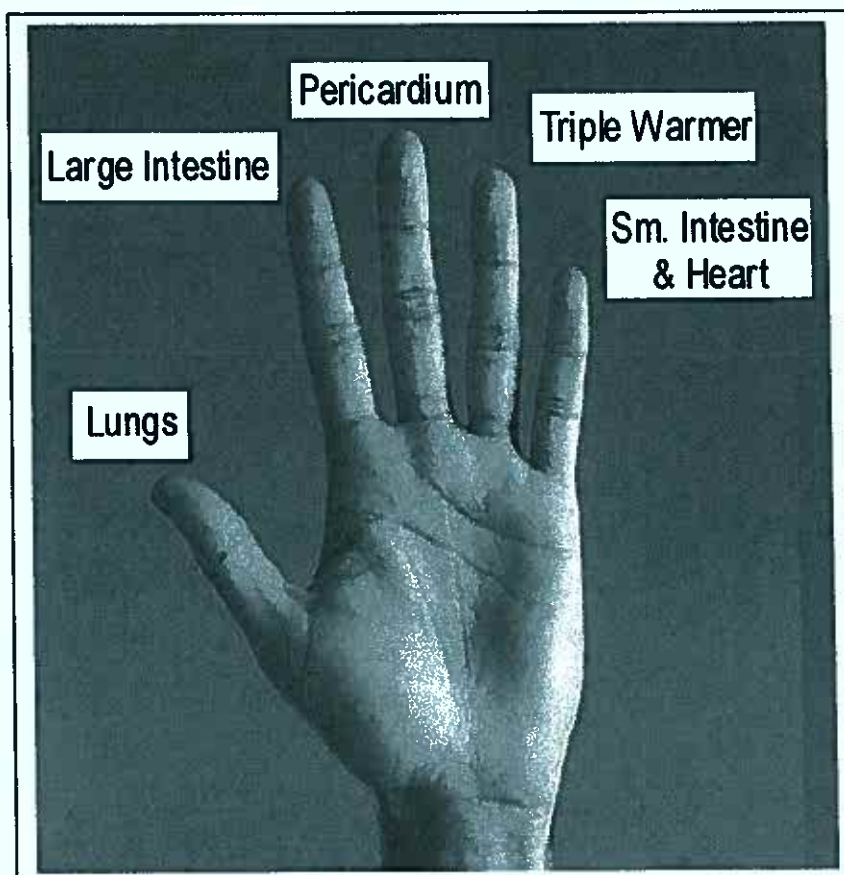


In Ayurveda, every finger represents one element and one organ

<u>Organ</u>	<u>Finger</u>	<u>Element</u>
Thumb	Ether	Brain
Index	Air	Lungs
Middle	Fire	Intestines
4 th Finger	Earth	Kidney
Small	Water	Heart

In Chinese Traditional Medicine, Qi energy (Life force) of the all the organs and the body circulates through meridians. The fingers related to six meridians are:

<u>Finger</u>	<u>Meridian</u>
Thumb	Lungs
Index finger	Large Intestine
Middle finger	Pericardium
4 th finger	Triple Warmer
Small finger	Heart & Small Intestine



- With different positioning and connections of the fingers we can increase, reduce or balance energy flow through the representative organs.
- Mudras can be practiced by all ages for all conditions, at any time and as much as you like it.
- Mudra practicing is part of the Holistic approach of the healing.
- Some of them have immediate results!

'Wisdom' Mudra

This mudra releases emotional and mental disturbances.

It helps with conditions such as depression, sadness, melancholy and restlessness.

It increases mental capacity, memory and focus.



'Shell' Mudra

Use against all disturbances and diseases of throat, pharynx and larynx.

Recommended for professional speakers, singers, teachers, actors, etc.

With RH grasp LH thumb. With the top of the R thumb touching the top of the index finger on the LH.



'Cow' Mudra

This mudra helps to promote circulation in all joints and therefore is helpful with all rheumatic conditions, joint pain, sciatica, back pain, etc.

With the tops of the fingers, connect the 5th of the LH with the 4th of the RH and the 5th of the RH with the 4th of the LH.

Then connect the middle of the LH with the index of the RH and the index of the LH with the middle of the RH. Both thumbs are free.



'Sky' Mudra

This mudra is connected with the ears.

It helps with all ear problems, such as inflammation of the inner ear or deafness.

The top of the middle finger gently touches the base of the thumb.



'Wind' Mudra

This mudra is helpful against pathological wind.

It helps against rheumatic conditions, sciatica, hand tremors, neck pain and headaches.

Keep the top of the index finger on the base of the thumb. The thumb keeps the index finger in place.



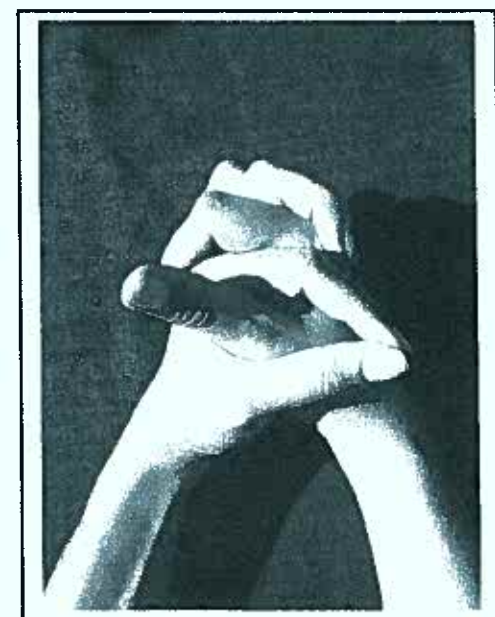
'Protection' Mudra

Practicing this mudra can increase immunity and shorten the recovery period.

It is beneficial against flu, cough, throat and lung diseases.

Also the mudra 'protection' increases one's metabolism and combined with a proper diet can promote weight lose.

Point the R thumb up then encircle it with the L index finger and thumb. Cross the remaining fingers.



'First-aid' Mudra

This is a very important mudra for heart conditions such as palpitations, pain in heart area, heart attack, or heart problems caused by unresolved emotional disturbances such as sadness and grief.

This mudra can be used against sensitivity to weather changes.

The index finger touches the base of the thumb. The tops of the middle and 4th fingers touch the top of the thumb. The small fingers are stretched



'Life' Mudra

This mudra rejuvenates and strengthens the life force. It is very helpful against tiredness and general weakness. It also increases stamina and supports eye sight.

The top of the thumb and the 4th and the small fingers are together. The index and middle finger are together and stretched.



Water 'Mudra'

The 'water' mudra supports the kidney and stabilizes the functions of the liver and gall bladder. Its very helpful to eliminate excess water in the body, like edema, excess mucous in the lungs, sinuses or digestive system.

The small finger of the RH touches the base of the R thumb. The LH grasps the RH with the L thumb covering the thumb of RH.



'Energy' Mudra

This mudra is particularly good against any pains.

It is also helpful for detoxification. Generally, the 'energy' mudra rejuvenates and increases the body's energy.

The top of thumb and the middle and 4th fingers are together. The 2nd and the small finger are stretched.



'Earth' Mudra

This mudra increases psychophysical stability, reduces stress, increases confidence and protects against negative influences.

It helps to build a real and objective picture of oneself and eliminate delusions.

The tops of the 4th finger and the thumb are connected. The other fingers are stretched.



'Mind' Mudra

This mudra stimulates blood circulation in the brain. It is good against sclerotic brain condition and brain diseases.

This mudra activates intellectual potential.

The 4th finger touches the base of the thumb. The thumbs hold 4th finger in the place. The other fingers are stretched.



'Dragon Temple' Mudra

This mudra connects the 5 elements:
earth, fire, water, metal, wood.

The 'Dragon Temple' mudra helps heart conditions and diseases such as arrhythmia heart ischemia. It also increases focus and mental clarity.

Bend the middle fingers of both hands so that the tips touch the palms.
Connect the tips of all the respective fingers of the L and RH and the sides of the thumbs together



Mudra 'Cosmos Unity'

The 'Cosmos Unity' Mudra is excellent against energy loss, metabolism disturbances and a weak immune system.

With palms facing, put the middle and the 4th fingers of the RH over the middle and 4th finger of the LH. Place the small finger of the LH under the R index finger and over the middle and 4th fingers.

Press the top of the R index finger with the tops of the L thumb and the index finger.



Mudra 'Heaven steps'

This mudra effectively reduces pessimism, nervousness, depression, hopelessness and stabilizes mood disorders.

Grasp the tops of fingers of the LH by the top of the fingers of the RH. Press the top of the 4th finger of the RH with the 4th finger of the LH.

The small fingers are stretched towards the sky.



'Turtle' Mudra

This mudra preserves the energy in the body. It is very effective against chronic tiredness, weakness, asthenia and cardiovascular disease.

Cross the fingers of both hands with the thumbs side by side and pointing to the sky.



Mudra 'Dragon Tooth'

This mudra represents power and strength.

Practicing it daily harmonizes the psyche, eliminates depression and fear. It is helpful for movement coordination, emotional stability and stress reduction.

Both thumbs are bent. The tops of the 3rd, 4th and 5th fingers are next to palms. The index fingers are stretched.



Mudra 'Spiritual Cup'

The 'Spiritual Cup' Mudra harmonizes body, mind and spirit.

It is also helpful against digestive blockages.

With palms up, rest the four fingers of the RH over the same fingers of the LH. Both thumbs are extended outward.



Mudra 'Diamond'

This mudra is particularly useful to practice in case of depression and low blood pressure.

The index and 4th fingers are bent. The middle and small fingers are stretched. All touch respective fingers on the other hand. Both thumbs are connected at their sides and also at the bent index fingers.



Mudra 'Arrow'

This mudra is good for the people with weak circulation and high blood pressure.

The palms are next to each other, the thumbs are side by side and the index fingers are stretched with their tops touching. The other fingers are crossed.



'Dragon Head' Mudra

This mudra can be used for prevention or treatment of diseases of all parts of the upper respiratory system.

With the middle and index fingers stretched and touching, cross the middle fingers over the index fingers so their tops touch. The thumbs are side by side. The other fingers are crossed.



'Increase Appetite' Mudra

Practicing this mudra regularly we can increase appetite and food absorption, normalize digestion. It is very helpful in asthenia.

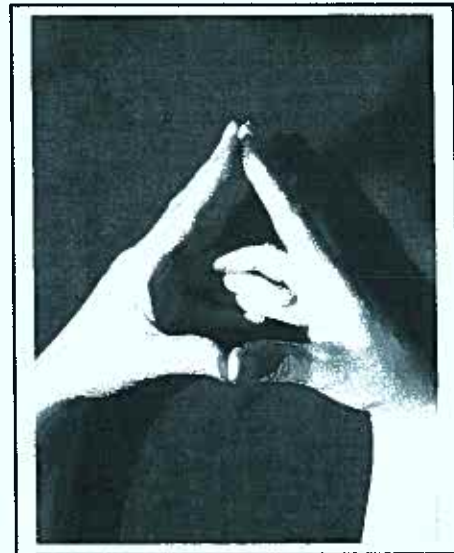
All fingers are 'locked in', the thumbs are connected by sides.



'Lotus' Mudra

This 'Female' mudra is helpful against inflammation in the genital area (uterus, ovaries). It can also be used in cases of gall bladder and stomach diseases.

The tops of the thumbs are connected, the index and middle fingers are stretched and touch each other. The 4th and small fingers are crossed and touch each other on their sides.



'Maitreya's Flute' Mudra

This mudra stimulates the positive energy in our body. It is helpful for lung conditions like bronchitis, coughs or excess mucous.

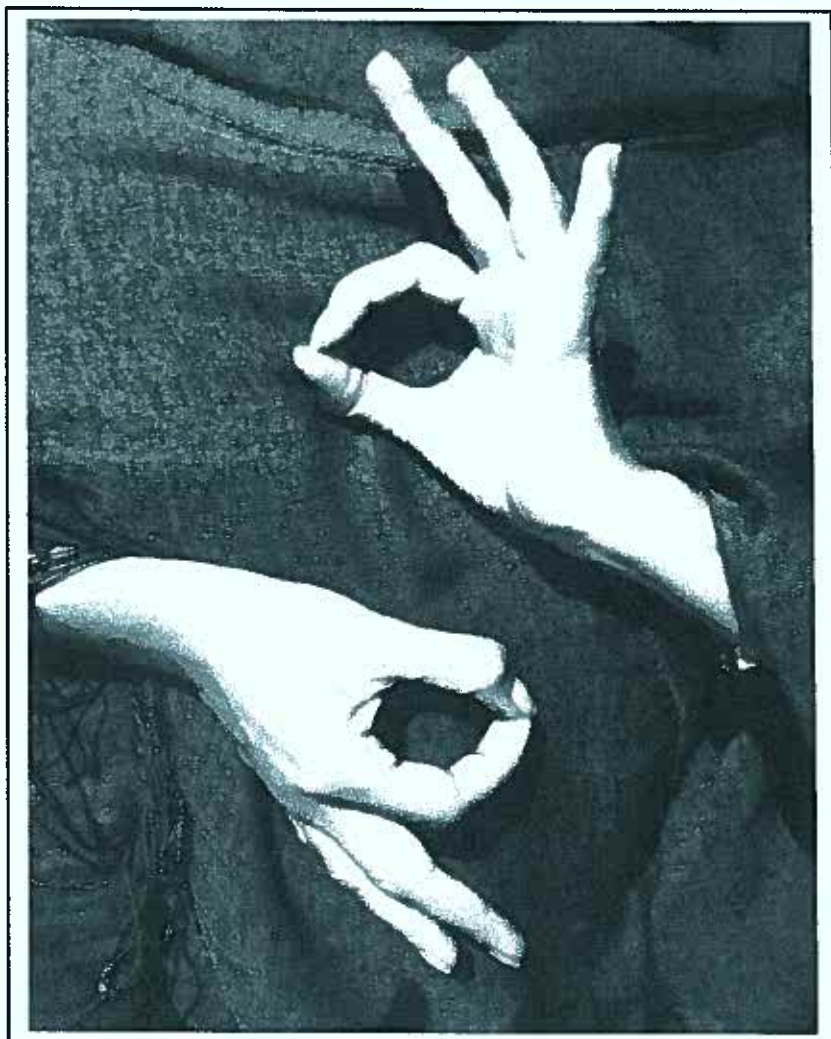
Palms face down. The tops of the thumbs are connected. The index finger of the LH lays on the base of the index finger of the RH. The middle finger of the RH lays on the middle and 4th fingers of the LH. The 4th finger of the LH is under the index and 4th finger of the RH. The small finger of the RH is on the joint of the L middle finger. The small finger of the LH covers the end of the index and 4th finger of the RH



'Anti Conflict' Mudra

This mudra is helpful against emotional conflict. It can be used against psychic attack.

Bend the middle and 4th fingers.
Keep them in place with the thumb



'Double OK' Mudra