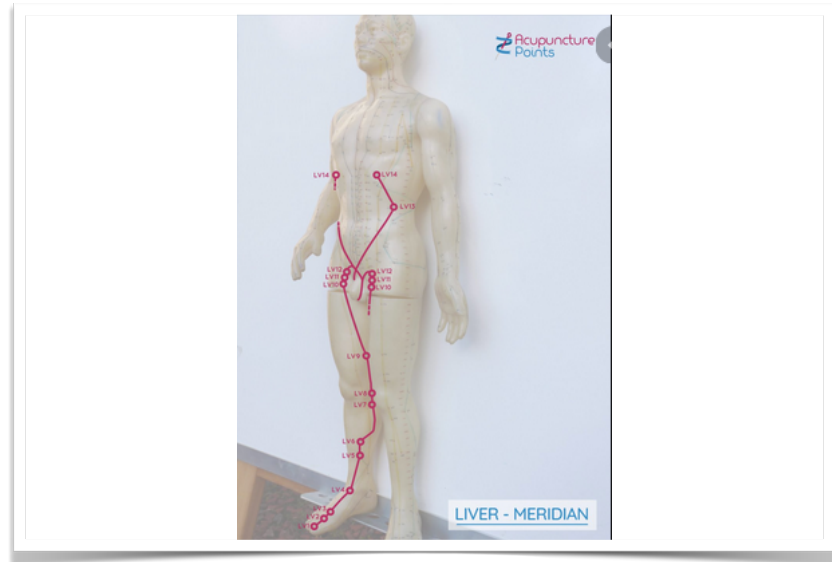




The Medicine Letter 3/4

A BiWeekly Source for your Health begins today

The Liver



Wood Element Symbol

The wisdom of Traditional Chinese Medicine, which encompasses ancient Asia not just the Chinese, there is at least 5,000 years of wisdom in its practice. When the world was moving out of an Ice Age, and Mesopotamia was flourishing, so was the trade routes and exchange of information. Medicine comes from observation, practice, living in nature and learning from plants and trees, from animals, rain and sky, the cosmos, all of it is connected. When we see the threads of all of these connections, it is then we can understand healing. This Medicine letter is dedicated to the Liver and Gallbladder, the mates of the wood element. It is March 2021, Spring began in February and we are almost near to the Spring Equinox on March 20.

When daylight equals night dark, ***BALANCE!***

We all could use balance in our lives. To understand the wood

Thanks to Dr. Candace Gossen
buymeacoffee.com/candacetrees

element, one has to know a tree. Its strength comes from its sap. When depleted, wood withers.



***Wood grows from the earth,
moving upward at the calling of
sunlight and heat.*** Moving stored nutrients

from the roots up into the stem/trunk and out to the branches to grow leaves and flowers, pollen and berries, and for a moment in spring everything is bursting upward, outward, every direction, the same is for the Liver element in the body. Its energy is talked a lot about Liver Yang rising, but it also moves in all directions in the body. After all the Liver stores all of the blood, it is affected by hormones, it aids digestion with the gallbladder and the pancreas sending 95% of bile to digest fats to the Small Intestine to reabsorb. It is said all emotions originate from the Liver, and it affects the heart as wood feeds fire, the Liver moves energy to the heart. If the Liver energy is stagnate, meaning Qi is not flowing properly or blocked then there may be great fire releases toward the heart, viewed in the eyes as redness (heat), yellow (jaundice). The eyes are the windows, the outer tissue to the Liver. We speak of the Liver much greater than the Gallbladder but one is not more dominant or special than the other, it is just a concept in Chinese Medicine that if you strengthen the Yin, in this case the Liver, then the Yang

which comes from the Yin potential will also be strong. but we cannot build more Qi than there is Yin or Blood. **Qi is the mother of Blood, Blood is the director of Qi.**

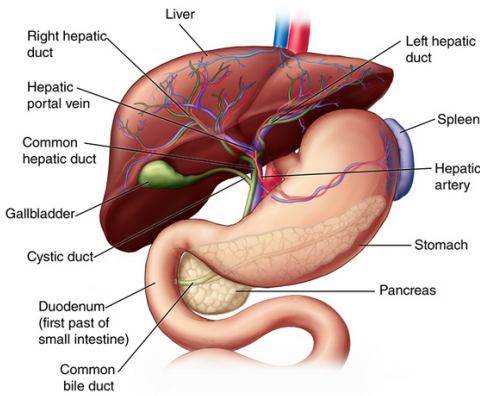


The liver is known as the commanding general of the body having more than 500 functions. According to TCM, it is the organ that governs a woman's health more than any other organ.

Simply put, the liver is

the body's main organ of detoxification. Everything we eat and drink is filtered by the liver including medications and drugs. The liver works very hard to keep us healthy by getting rid of what we don't need. Our hormonal balance, cholesterol levels and weight are governed by the liver as well. The liver even possesses the remarkable capacity to regenerate itself.

Some of the many physical and emotional symptoms of this imbalance include: headaches, teeth grinding, eye issues (especially the right eye), feeling hot all the time, pms, fibroids, prostate inflammation, irritability, anger, impatience, hip pain, thyroid issues, toenail discoloration (especially yellow and large toes), waking up between 1am and 3am and feeling restless, an overall feeling of being stuck in one's life and more.



Emotions of the Liver:

In this ancient Daoist medicine understanding of the organs and their emotions, the Liver is Hun, the ethereal soul. When the liver is restless there is lack of sleep and insomnia. The Hun wanders when there is unrest. Liver Blood Deficiency can lead to Heart Blood Deficiency, but there is also Gallbladder excess and Stomach Heat which are thought to cause sleepwalking.

1. Wood - Spring

Like a tree growing upward in the spring time.

Personality: - Confident - Assertive - Ambitious - Competitive - Logical - Organized - Thinker - Loves challenge	Related Emotion: Anger	When the Wood is imbalanced: - Aggressive - Arrogant - Reckless - Excess Anger
Advice: Balance and control your emotion by meditation, Yoga, or Tai Ji exercise.		

How do we maintain Liver Health?

Lifestyle Suggestions for Liver and Gallbladder

Health: First and foremost to help the liver and gallbladder, try to stop eating 2-3 hours before sleep. Late night eating creates stagnation in the liver and prevents our body from cleaning and repairing at night. Secondly, stop eating when 80% full. Overeating creates more pressure on the liver and gallbladder. Eat to the point when you feel satisfied and can eat a little more but you stop. These are the two lifestyle habits that will help the most.

Food choices: Live - Green - best

There are many foods that will help heal these organs. Whole grains like brown rice, barley, millet, quinoa, spelt, kamut oats and wheat berries are all helpful. Leafy vegetables including: kale, collards, bok choy, nappa cabbage, watercress, mustard greens, leek, daikon tops, carrot tops, radish greens, turnip tops, dandelion greens, lettuces, and others. They all have an upward energy about them. Sprouts and mushrooms are great too. A nice mung bean soup with onion, celery, carrot, mushrooms, leek with cilantro and lemon served as a garnish will have your liver singing. Try to incorporate the sour taste 3-4 times a week as that is the flavor that helps release stagnation in the liver and gallbladder. Sour can come from: sauerkraut, Granny Smith apple, lemon, brown rice vinegar, sour plum and cherry.

In Daoism, we believe that human souls are made up of different spirits in which resided the Yang aspect Hun and the Yin aspect Po. The SanHunQiPo 三魂七魄 or the three souls and seven spirit.



Herbs to help the Liver (use with

medical guidance as some herbs can be toxic with certain Liver conditions) **Lemon water** ingested in the morning will help cleanse your liver. Lemon juice stimulates the liver to flush out all its toxins, reviving it like never before.

LQS? Liver Qi Stagnation Liver Qi

stagnation diet: YES: Lettuce, **celery**, **cucumbers**, mango, pears, spinach, tomatoes, NO: alcohol, spicy food, coffee, fried foods, red meat, sugar.

Exercise Every Day, at least 30 min it is the #1 thing you can do for your Liver. Brisk Walking, Yoga, Tennis, Qigong, Swimming, Hiking, there is so many ways to move your body. Find what you love to do and do it more!