

# What Happens to our body in spring



Hello everyone we wish you health, happiness and ideal abundance for your families and friends. On week 260 we are sharing spring according to Chinese medicine. A very well researched post, enjoy and don't forget to share and like, it helps us to keep going.

According to: <http://www.itmonline.org>

The liver is associated with wood. Wood qi is characterized by its upward momentum and its innate desire to be straight. As long as the flow of liver qi is not impeded, the blood vessels

will remain open and unobstructed.

The liver is the organ that is in charge of storing blood. It also commands the ministerial fire (xiang huo). If there is sufficient blood, this fire will be warm but not fierce. As a result, the blood can circulate smoothly through the body's three burning spaces; it will reach the pores, and every single place in the body will benefit from its warming and nourishing function.

Liver and spleen function together by assisting each other. However, people are always quick to point out that an excess of liver wood can injure the spleen earth, and thus have a detrimental affect on the proper digestion of food. But nobody seems to pay attention to the fact that a weak liver cannot circulate the spleen qi and thereby also cause maldigestion. Below, the liver connects to the Sea of Qi [lower dantian, associated with the kidney], which means that the liver is closely associated with the body's ministerial fire. It can utilize the power of this fire to produce earth. The food which enters the spleen and stomach relies on this power to be 'cooked.' This is what is meant by saying that the liver and the spleen function by assisting each other.

The liver relies entirely on kidney water to sustain it, on blood to moisten it, on lung metal's clear nature and descending function to keep it in check, and on the generosity of the middle palace's earth qi to nourish it.

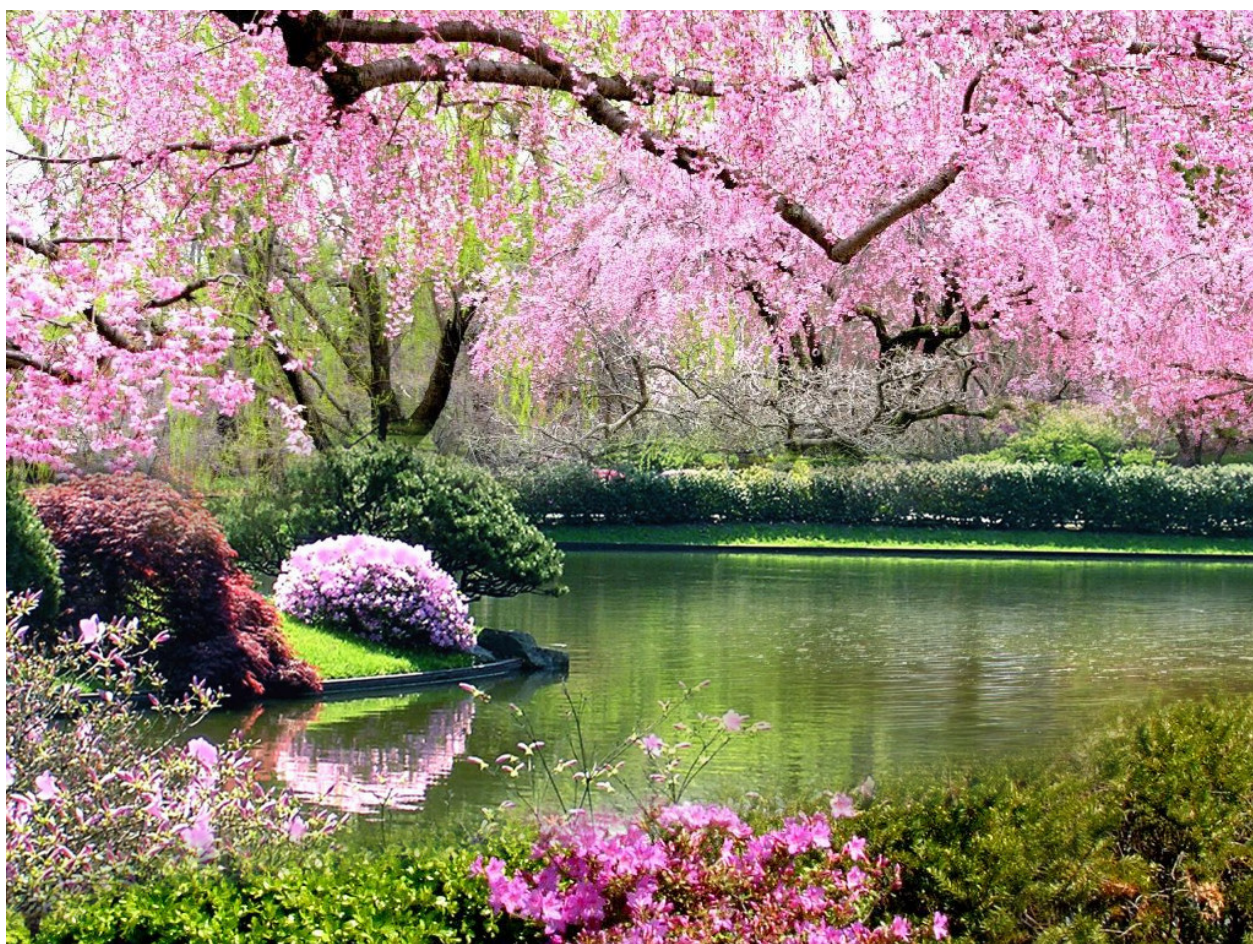


## **The eyes represent the orifices of the liver.**

When a person closes his/her eyes and falls asleep, the blood returns to the liver. From there it is transmitted to the eyes, and the ability to see results from this. When a person sleeps, now, the nameless fire within grows dim in order to revitalize. Although it may be impossible to refrain from sleeping altogether, it is advisable not to just let this

energy dissipate for the mere sake of falling into a slumber. Insomnia caused by a cold deficiency pattern of the gallbladder is accompanied by symptoms of restless thought and a sensation of extreme mental weariness. Excess heat in the liver will typically cause a person to sleep too much, resulting in the mirror of intelligence gathering dust and a deterioration of the root of good health. None of these conditions, obviously, are the result of proper nourishing of the liver and gallbladder nor an appropriate way of subduing the sleep issues.

The essence of sleep, after all, is the soul of the body. If you can manage to sleep without over doing it , then the master mind will be bright and alert. Not only will your shen qi be flowing freely and purely, but you will also not be disturbed by dreams. Every time you are overcome by a craving for sleep, blood rushes to the heart and the original shen is forced to leave its abode.



## **Spring is the liver time.**

'The three months of spring are the period of commencement; heaven and earth are born, and all living things are flourishing. Get up early in the morning, walk around in the

courtyard, loosen your hair and relax your body. By doing so you will generate mental strength and act in harmony with the qi of spring, thus following the way of nourishing life. If you live contrary to this principle, you will harm your liver.' Everybody should be aware of this basic principle.

Emotions such as anger, embarrassment, or unexpected joy can also increase blood flow, causing the ears and face to turn red. In situations when less blood is needed, it is "stored in the liver," which thus assumes a warehouse-like function. The actual storage of blood is done in the penetrating vessel, one of the eight extraordinary vessels that extends from the lower dantian to the head; this vessel is often considered to be part of the liver network. The liver is best compared to a managing clerk, who moves goods in and out of the warehouse as they are needed.

Just as important is the liver's function of maintaining a smooth and uninterrupted flow of virtually all body substances (including qi, blood, jing, and liquids and humors). Proper coursing and draining, or lack thereof, is mostly reflected in the relation of emotions to qi and blood circulation and to the influence of the liver on digestive system functions:

Emotional aspect: the ancient Chinese observed that human emotions are largely governed by the heart network. However, they also concluded that mental well-being or various shades of depression have an association with the coursing and draining function of the liver. Only if the liver carries this task out properly can the body's qi and blood flow unobstructed, and thus facilitate a feeling of ease, harmony, and peace. If for some reason the liver fails to maintain this state, depression (of liver qi) or pathological rising (of liver yang) may result. As the Qing Dynasty classic, *A Treatise on Blood Disorders (Xue Zheng Lun)*, states: "The liver is classified as wood; wood qi is characterized by its determination to go straight to where it wants to go to; if it is not blocked or suppressed, the movement in the vessels will be smooth."

Digestive aspect: since this moving function of the liver

regulates the qi flow in the entire body, it influences the dynamics of the other organ networks, particularly the neighboring digestive systems. It assists the upward and downward flows of the spleen/stomach system (the stomach is to move the food mass downward, the spleen is to move the extracted qi upward), passes bile into the intestines, helps to transport food essence, and aids the unobstructed movement and metabolism of water. The Treatise on Blood Disorders says "Coursing and draining is an integral part of liver nature. Once food qi enters the stomach, it is entirely up to the liver wood to course and drain it. Only if this process is intact will grain and water transform properly."





According to traditional concepts, male physiology is mostly based on qi (yang), while female physiology is primarily based on blood (yin). Males tend to have an abundance of qi that they can afford to spend freely, while females have an abundance of blood that they can give away freely (as becomes evident from the menstrual bleeding). Liver function, therefore, has great influence over an important part of female physiology-menstruation.

The penetrating vessel and the conception vessel, are two pathways linked to the liver that are intimately involved with the transportation of blood. The penetrating vessel, above compared to a warehouse, is also called the Sea of Blood; and the conception vessel, as the name indicates, is credited with the function of nourishing the uterus and the fetus. Both the conception vessel and the penetrating vessel belong to the category of the eight extraordinary vessels. Both these vessels are involved in the liver's ability to store blood; they set out from the uterus, and are also closely linked with the kidney channel.

The When one's circadian rhythm is disrupted, [sleeping](#) and eating patterns can run amok connect the muscles to the bones. In accordance with the characteristics of the liver, they facilitate smooth and continuous movement. Because of this basic concept, some scholars have recently included the nerves. The proper functioning of the tendons relies entirely on their nourishment by liver blood.

The nails are considered the surplus of the tendons: as such, they are an exterior manifestation of the general quality of the tendons, and thus, liver blood within. Dry and brittle or extremely pale nail beds always indicate a poor quality of liver blood, while pink nailbeds and firm nails indicate a healthy state of liver blood.

Hair is also associated with the liver blood: it is called the "surplus of the blood" (xue yu). The rich liver blood of females is expressed in lush, long, and fast growing hair on the head; males have more facial and body hair, which is

governed by the qi organ, lung. Dry and brittle hair can be an indication of liver blood deficiency, while hair that suddenly falls out (alopecia) is usually because of both deficiency of blood and impeded flow of liver blood to the head, usually due to sudden emotional trauma.

The eyes are nourished by the essence of all five organ networks, and thus differentiated into five organ specific zones which may reveal important diagnostic information. The eyes as a whole, however, represent the opening of the liver, and are thus considered to be more closely linked to the liver than to any of the other organ networks. "Liver qi communicates with the eyes," states the Neijing, "and if the liver functions harmoniously, the eyes can differentiate the five essential colors...If the liver receives blood, we can see. The liver channel branches out to the eyes. Both liver qi and liver blood flood the eyes to maintain proper eyesight. A person's eyesight may therefore also serve as an indicator for liver function.



Just as trees (wood) tend to unrelentingly pursue their upward quest for the light, the liver represents the innate will of the body/mind to spread outward. Just like qi and blood have to spread within the body to ensure physical survival, human shen needs to spread freely through the social environment to guarantee an uninhibited passage through life. Individuals with strong liver qi and blood are usually excellent strategic planners and decision makers: they know how to spread

themselves into the world. Due to these qualities, they often make outstanding business managers. If, however, this tough and determined spreading nature of the liver is not in a state of harmonious balance with the softer side of liver wood-ease, smoothness, flexibility-the wood-endangering state of rigidity arises.

The Liver Loses Its Ability to Course and Drain: if qi gets stuck, the inhibited coursing action of liver qi immediately manifests in the form of mental and emotional symptoms; depression, sensation of emotional pain, or crying are typical examples. If liver qi flares up and upsets the harmonious interplay between body and mind, outbursts of anger, or pain and distention in the sides of the chest may result. Typical signs of a liver qi disorder implicating the neighboring spleen/stomach system are belching, regurgitation of stomach acid, vomiting, and diarrhea.

**Liver Disharmony** Reflecting on the Emotions and Mental Activities: a deficiency of liver qi typically causes a person to be indecisive and adrift, with a marked inability to plan ahead effectively. If gallbladder qi is deficient, the person will be fearful, have a panicky disposition, and have difficulty making decisions. primary symptoms are tendency to get depressed; frequent sighing; impatient disposition and temper outbreaks; sensations of stuffiness; fullness or congestion in the chest, intercostal, or subcostal regions. Secondary symptoms include obstructed bowel movements; dry and distended eyes; feeling of something being stuck in the throat; self-doubts and crying; pain (especially intercostal and abdominal) that is characterized by moving, pulling, or penetrating sensations; in females; premenstrual breast distention; menstrual cramping and irregular menstruation. The tongue typically presents with a reddish body (especially at the sides) and a thin coating; the pulse tends to be wiry.

**LIVER YIN DEFICIENCY** herbs: peony (baishao), lycium fruit (gouqizi), ligustrum (nuzhenzi), gelatin (ejiao), tang-kuei (danggui), rehmannia (dihuang), cornus (shanzhuyu), ho-shou-wu

(heshouwu), turtle shell (biejia), zizyphus (suanzaoren), biota (baiziren).

**LIVER BLOOD DEFICIENCY** Representative Herbs: tang-kuei (danggui), peony (baishao), gelatin (ejiao), ligustrum (nuzhenzi), cornus (shanzhuyu), cnidium (chuanxiong), zizyphus (suanzaoren), millettia (jixueteng).

Representative Formulas: Tang-kuei Four Combination (Siwu Tang); Tonify the Liver Decoction (Bugan Tang); Linking Decoction (Yiguan Jian) minus melia (chuanlianzi) plus peony (baishao).

Before making any desitions in suplements please consult your Health provider and a Certified Acupuncture practitioner.



## Time for the organs and meridians

from: <http://www.drterrywillard.com>

According **Circadian rhythms** (Often referred to as the “body clock”, the circadian rhythm is a 24-hour cycle that tells our bodies when to sleep and regulates many other physiological processes. This internal body clock is affected by environmental cues, like sunlight and temperature. When one’s circadian rhythm is disrupted, sleeping and eating patterns

can run amok) and the **TCM (Traditional Chinese Medicine) meridian clock** can greatly influence our body and our mind. These rhythms tell a practitioner a lot about a person's general health and challenges. One of the easiest places to see this is with sleep patterns. Many people complain about always waking at the same time through the night.

Traditional Chinese Medicine (TCM) meridian clock could give us great clues. If a person always wakes at 2:00 am, this is in the time of the **Liver**.

Not to be concerned, this doesn't mean you have a serious liver problem; the word Liver is partly a translation issue.

The **acupuncture meridians** are an energetic system, or a kind of 'electrical system,' of our energy patterns. These meridians have often been said to be rivers of energy called **Qi** (pronounced *Chee*). The meridians might be in our body, but there is no specific anatomical part that makes them up. They are more like radio waves. The organ associated with a meridian, in this case the liver, is not the cause of the meridian; the organ is more or less a physical artifact, of the Qi of the meridian. Simply, the Liver meridian's energy pattern deals with much more than the physical organ of the liver. In Chinese Medicine there are 14 major meridians that conduct the flow of Qi throughout the body. Twelve of these meridians make up the 24-hour clock, with 2 hours each. The energy is constantly flowing through all of these meridians throughout the 24 hours, with each meridian having a 2-hour period of time as the primary meridian's resistance or blockages (like stress) that reduce the flow of energy. This resistance also causes imbalance in the flow between meridians.

By looking back at the meridian clock, you may find some clues as to what is going on. Remember, the body never lies.

Each one of the meridians also has certain responsibilities.

Following is a basic list of these attributes:

- **Stomach** – Nourishment of others; nourishment from outside
- **Spleen** – Nourishment of self in every way
- **Heart** – Connection to your spirit; circulation of Qi (energy); heart and mind working as one
- **Small Intestine** – Communication (speaking, listening); perception; truth
- **Bladder** – When to use our resources; being controlling
- **Kidney** – Reproduction and creating things in life; our resources
- **Pericardium (aka Sex/Circulation)** – Intimate relationships; protecting your heart; healthy boundaries
- **Triple Heater** – Non-intimate relationships; social aspects
- **Gall Bladder** – Determination and decision making; action
- **Liver** – Internal plans; the vision for life
- **Lung** – Barrier (skin) to the outside world; understanding what is of true value
- **Large Intestine** – Letting go of impurities (of emotions and beliefs, past experiences) ; holding on to what is of value



## Recipes for the liver

from: <http://www.tcmworld.org/>





## IRMA'S DANDELION DELIGHT

Dandelion greens are ideal for supporting Liver health and for clearing toxic heat out of body and blood. Scallions and garlic also help to support Liver health. Try adding pine nuts or black sesame seeds to give support to the Liver's mother,

the Kidney. Adding spicy chili black bean sauce and sugar will help cut some of the natural bitterness of the dandelion greens.

### Ingredients

- 2 cups of washed and chopped (2 inch pieces) dandelion greens
- 1 scallion
- 1 clove of garlic, diced (optional)
- Grapeseed oil for cooking
- Salt (to taste)
- Cooking wine (Chinese rice cooking wine or sherry is nice)
- Mushroom powder (optional)
- Chili black bean sauce (optional, also can use oyster, teriyaki, garlic, etc.)
- Honey (to taste)
- Toasted pine nuts (optional)
- Toasted black sesame seeds (optional)

### Preparation

Cut one scallion into 2-inch pieces. Heat a wok with grapeseed oil until very hot. Add a small pinch of salt. Add the scallion and garlic and cook, stirring, for about 10 seconds. Add greens. Sauté lightly, adding a splash of water if too dry. Add more salt, mushroom powder, and Honey (to balance the bitterness), to taste. Add a splash of cooking wine or stir-fry sauce to taste. Toss with sesame seeds or pine nuts before serving.



## TEN MINUTE TARO AND LEEK SOUP

Taro root is harvested in the fall and is great to promote a healthy digestive system. The leeks will support your Liver while seaweed will help the Kidney.

Ingredients

- 1 cup of diced taro root

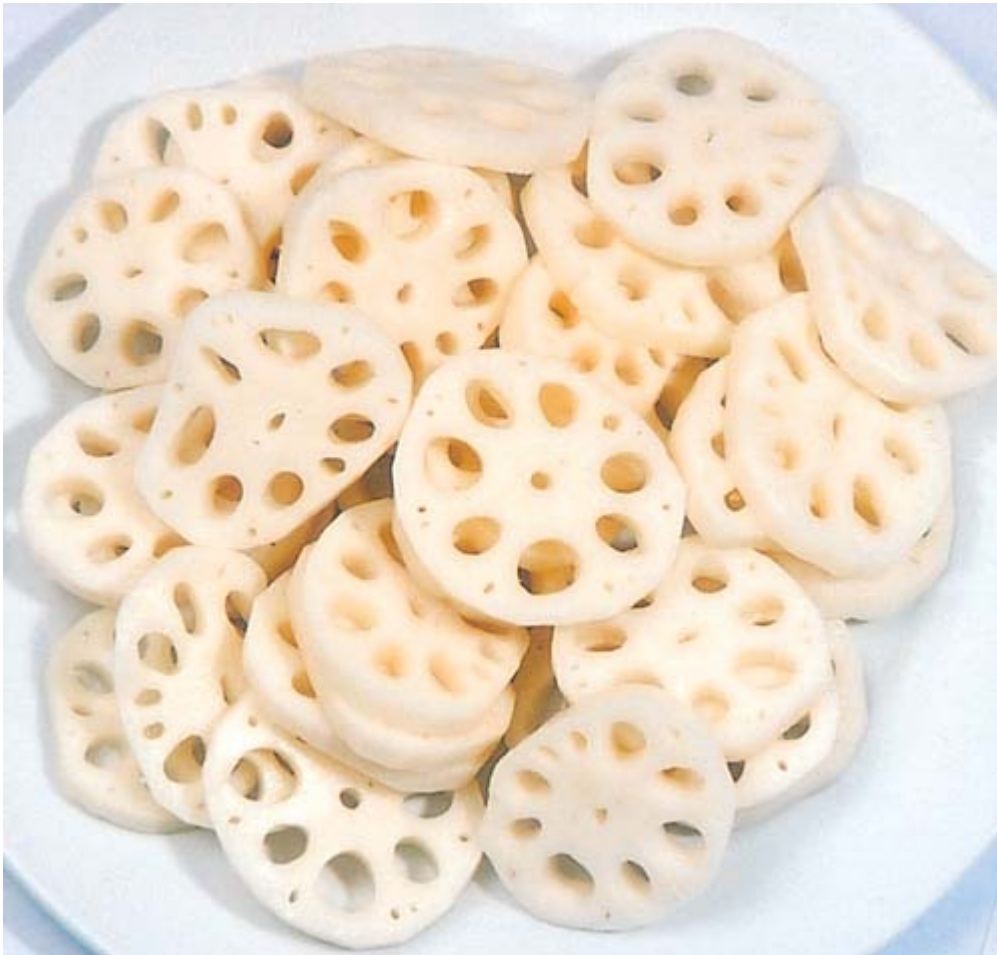
- 3/4 cup of leek, sliced thin
- Handful of dried seaweed
- 1/2 teaspoon of olive oil
- Salt to taste
- 1/4 teaspoon of sesame seed oil (optional)

#### Preparation

Bring 2 quarts of water to a boil. Add taro root, leek, seaweed and salt. Allow mixture to boil for ten minutes. Add olive oil and let boil one additional minute. If you like the flavor of sesame oil, add a dash just before serving. Tip: make sure you have enough water boiling to allow the taro root space to move while cooking. Do not let the taro root get mushy.







## **CRUNCHY LOTUS ROOT**

This delicious and crunchy food has been used for thousands of years to support Lung function as well as Liver function. Sautéed, juiced, or ground for tea, the lotus root is a great

addition to your diet, especially in autumn.

### Ingredients

- 1 lotus root
- 1 scallion
- Oil
- Salt
- Honey
- Fish sauce
- Chinese rice wine
- Water as needed

### Preparation

Peel the lotus root, cut in half lengthwise, and then slice thinly. Chop the scallion in 1-inch pieces, separating the green from the white portions. Heat the wok well, then add the oil and continue to heat. Add a pinch of salt and the white portion of the scallion. Stir in the lotus root and continue to cook for about 1 minute. Add the  $\frac{1}{2}$  teaspoon of Honey (or to taste), a splash of fish sauce, and toss well for 1 minute. Finish off by adding a splash of rice wine, toss and serve warm.



Some great products for spring. Just click on the image to purchase.



## [Green Tea Sampler](#)

A chance to broaden your discovery with the very best of green teas. Each sample makes about 8-10 cups of tea. This set includes:

**gyokuro** – Deeply sweet, aroma of freshly buttered greens – no grassiness or harshness. Soft with a balanced, delicate finish.

**jasmine chun hao** – Sweet perfumy cup, notes of warmed sugar, slightly toasty like a fresh biscuit. Light, refreshing and not overwhelmingly floral.

**anhui emerald seed** – Brews a light yellow cup with notes of toasted pumpkin seeds and delicate veggies.

**dragonwell** – Inviting, toasty aroma and sweet rounded flavor. Nutty, buttery texture, pleasantly dry finish.

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## Eye Longevity Tutorials

Wishing you all the health, happiness and wealth. We are sending you much gratitude for all the support and likes, they are well appreciated by all of us.

Here on week 259 are sharing a post about eyes, I had a challenge that lasted almost two years and came to find that I only needed a small amount of my dedication and some healthy research and it was over. For a while, I was very concerned that my ability to see and work with my eyes as consistently

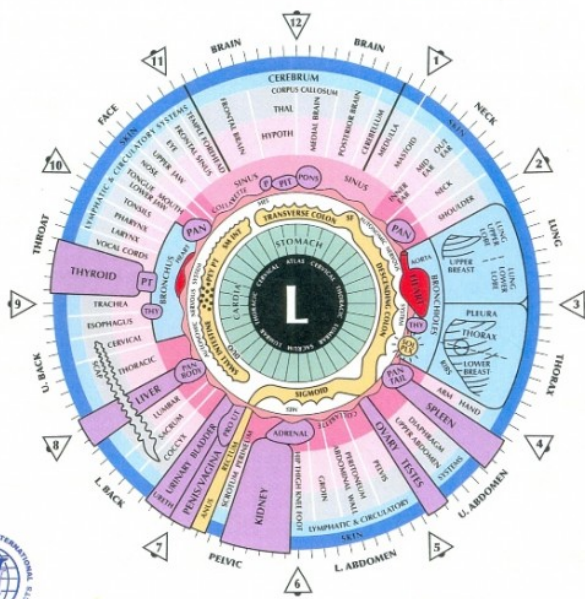
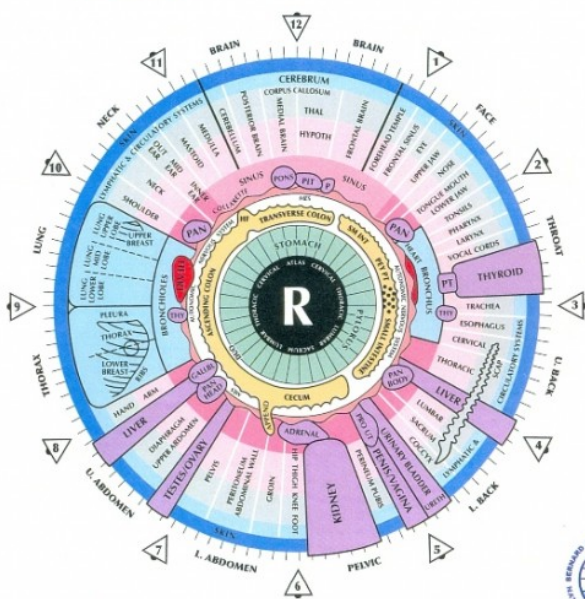
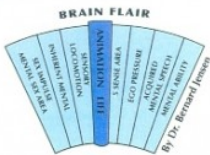
as I do. It was in a period of challenge that I felt was out of my control, not my favorite feeling, with that being said, I started my research and came up with a system that really worked and here I am sharing it with all of you! Enjoy.



# The Eyes are the doorways to the soul

They are connected to the entire nervous system, which gives them a special importance. In Taoism the eyes are regarded as yang energy that guides all the chi flow in the body. The different areas of the eyes correspond to different organs of the body so they reveal the health of your entire body: you can tell which organs are weak or toxic by looking at your eyes. Nowadays people use their eyes much more than in the past to read, watch television, and work with computers, other electronic devices, and microscopes. This strains them a great deal and allows much of the energy of the connected organs to be drained out. Massaging the eyes will reenergize the vital organs.

# IRIDODOLOGY CHART



- IRIS ZONES**
- STOMACH - NUTRITIVE ZONE
  - INTESTINES - NUTRITIVE ZONE
  - BLOOD & LYMPH - HUMORAL ZONE
  - MUSCULATURE
  - BONY STRUCTURE
  - SUPERFICIAL LYMPH & BLOOD
  - SKIN & ORIFICES
- CLIMATE ZONE**



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**ABBREVIATIONS**

APPEND	Appendix	PEY PT	Peyers Patches
DUOD	Duodenum	PIT	Pituitary
GALLBL	Gallbladder	PRO	Prostate
HF	Hepatic Flexure	SF	Splenic Flexure
HYPOTH	Hypothalamus	SCAP	Scapula
MES	Mesentery	SOL PLEX	Solar Plexus
P	Pineal	THAL	Thalamus
PT	Pituitary	THY	Thyroid
PAN	Pancreas	URETH	Urethra

How do children inherit eye color? Can a child's eye color be predicted? Why are an albino's eyes pink? How can two brown

eyed parents produce a blue eyed child? Why are my eyes a darker blue than my siblings? How are the colors in the iris formed? These are questions one may have wondered from time to time. The answer to all of these question lies in the genes inherited from one's parents.

Different eye colors are produced because of the different amounts and patterns of pigment in the iris. The amount of pigment and the pattern of the pigment is determined by a person's genetic makeup. The DNA received from one's parents determines what color eyes they will have.

Each human has 46 chromosomes located in the nucleus of the cell. These are divided into 23 pairs of chromosomes. A baby inherits one chromosome from each parent in each pair of chromosomes. A piece of DNA on a chromosome is called a gene. Genes are the basic unit of heredity, they determine many characteristics about a baby. Genes also come in pairs. Alleles are found in genes and determine the appearance of any characteristic. There are two alleles for each trait inherited. If the two alleles are the same then they are homozygous for that gene. If the alleles are different, then they are called heterozygous. One allele is expressed over the other allele. This is called the dominant allele, the unexpressed allele is called recessive. For example, if there was a brown allele and a blue allele, the brown is dominant, so the person would have brown eyes. But not just one pair of genes can control a single trait. Right now there are three known gene pairs that control eye color. The bey 2 gene on chromosome 15 contains a brown and blue allele. Also on chromosome 15, the bey 1 gene is the central brown gene. On chromosome pair 19 the gey gene contains a green allele and a blue allele.

A green allele is dominant over a blue allele, and a brown allele is dominant over both green and blue alleles. For the bey 2 gene if a person has a brown allele then they will have brown eyes. In the gey gene the green allele is dominant over

the blue allele, but it is still recessive next to a brown allele. For example if a person has a brown allele on chromosome 15, but all the other alleles are blue or green, they will have brown eyes. A green eyed person would have a green allele on chromosome 19 and all or some other blue alleles. Blue eyes are produced only with two blue eye genes. All four alleles must be blue to produce a blue eyed person.

Another way of predicting the color of a child's eyes is to use the parent's eye color genes. If both parents have a blue and brown gene, their eyes are brown, but if the child inherits the blue gene from each parent then the child will have blue eyes. If the child only inherits one blue gene then they will have brown eyes. The genetics determine what color a child will have, but how exactly does this color form in the eye?

Melanin, a pigment also found in the skin, is the substance that produces the eye colors specified by the genes. The amount and placement of the melanin produces the different eye colors that we see. Melanin is a dark brown pigment that is placed in the iris. The more melanin used in the iris means the darker the eye color will appear, the less melanin used means that the eye color will be lighter. The genes tell the enzymes how much melanin to deposit in the iris. A newborn's eyes appear blue, but may darken over the next few years. Melanin production has not begun at the time of birth. A child's true eye color cannot be determined until the age of three.

There are two layers to the iris, the anterior and the external, or front and back layers. To produce blue eyes, there is no pigment found in the front layer. The brown pigment melanin is deposited in the back layer only. It appears blue because of reflection and diffraction of light. In green eyes, a small amount of melanin is deposited in the front layer of the iris along with the melanin found in the back layer. The additional pigment to the amount needed for

blue eyes, causes the eye to appear green. To produce gray eyes, the dark pigment is distributed in the front layer of the iris and over the blue background it appears gray. In brown eyes there is so much pigment in the front layer, that the blue behind is completely covered up. Some people have so much pigment in the front layer that their eyes appear very dark brown or black. Hazel, blue-green, gray-blue eye colors are produced by different amounts of pigmentation and the pattern in which the pigment is placed. Albino eyes are have no pigment at all in either layer of the iris. The iris appears pink or red because of the reflection of blood vessels in the back of the eye. The pattern in which the pigment is deposited is also determined by genetics. The pigment may be deposited in rings, clouds, radial stripes, or spread over the entire iris.

A person's eye color is determined by the genes inherited from their parents. The types of alleles received from the parents are assigned to certain chromosomes. The dominant genes are expressed and the recessive genes are hidden. In the development of the iris those genes tell enzymes to produce and place a certain amount of melanin in the iris to form the eye color.

## Performing Eye Massage

According to [Taoist Master Mantak Chia](#)

Begin with the procedure for bringing energy to the hands and face. When your hands and face are hot, direct the chi to both eyes until you feel them filled with energy.

1. Close your eyes. Use your fingertips to gently massage your



eyeballs through your closed eyelids, six to nine times clockwise then six to nine times counterclockwise. Then gently massage the area around the lids the same number of times. Be aware of painful spots and massage those places until the pain goes away. pay special attention to the inner and outer corners of the eyes. Massaging these points of the Gall bladder meridian will relieve eye ailments. However, when rubbing near the corners of the eyes, do not rub too hard , because you can make the corners of the eyes droop down. finish with rubbing the corners of the eyes upward.

2.Pull up the eyelids to increase the fluid. Use the thumb and index finger to gently pinch and pull up the eyelids, then release them. Do this six times.

3.Massage the eye sockets by bending your index fingers and using the lower section to rub the upper and lower bones of the eye sockets six to nine times

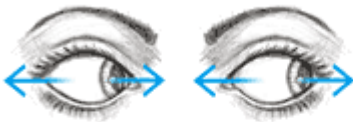
4.The next step is to get a tear out of your eyes, which will strengthen them. Hold an index finger up about eight inches from your eyes (or put a dot on the wall five to six feet away from you). Stare at it intently without blinking until you feel like a fire is burning in your eyes The Taoists believe that this technique burns the toxins out of the body through the eyes.

5.Bring chi to your eyes by rubbing your hands until they are warm, then closing your eyes and covering your eye sockets with your palms. Feel the chi from the hands being absorbed into the eyes. Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.

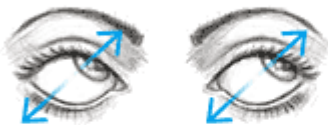
# Eyeball exercise



Look up, hold 5 seconds, relax your eyes.  
Look down, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes a few seconds.



Look left, hold 5 seconds, relax your eyes.  
Look right, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Look up left, hold 5 seconds, relax your eyes.  
Look down right, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Look up right, hold 5 seconds, relax your eyes.  
Look down left, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Rotate eyeballs 10 circles to left.  
Blink your eyes.



Rotate eyeballs 10 circles to right.  
Blink your eyes.

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The eyes have many muscles that we typically do not exercise very much. This causes them to become weak, contributing to poor eyesight. In addition, the eyes are closely connected with certain organs and nerves. Exercising the eyeballs not only is the best exercise for the eye muscles but also will exercise these linked areas by putting pressure on them: Contracting the middle of the eyeballs strengthens the back of the eye muscles and the inner ear. Moving the eyeballs upward by looking toward the crown strengthens the upper eye muscles and stimulates the pituitary and pineal glands. Moving the eyeballs from side to side strengthens the side eye muscles as well as the ear canals, eardrums, tear ducts, and nose. Moving the eyes downward strengthens the lower eye muscles as well as the lower parts of the ear canals and the nervous system.

## Acupuncture point object treatment



- Zanzhu** headache, eye gall, blurred vision, walleye
- Yuyao** keratitis, facial paralysis, eye ophthalmoplegia
- Sizhukong** hemicrania, remove obstruction in channels to clear eyesight
- Temple** headache, eye disease
- Tongziliao** refractive error, optic atrophy
- Qiuhou** dispel wind and remove heat, moisten and clear eyes
- Chengqi** acute and chronic keratitis, epiphora induced by wind, retinitis
- Qingming** dispel wind and remove heat, moisten and clear eyes, suralgia
- Sibai** facial paralysis, trifacial neuralgia
- Bitong** Refractive error, nasitis and nasal

# Chrysanthemum Tea





The chrysanthemum has long been used in traditional Chinese medicine (TCM) for eye care. The flower is beneficial for correcting imbalances in kidney and liver function that is a cause of dry eyes, blurred vision, dizziness, spots in front of the eyes and excessive tearing.

A warm infusion of chrysanthemum flowers may be helpful in relieving eyestrain, blurry vision, dry eyes and any eye

issues in general. In addition, it is thought to help prevent and possibly reverse cataracts, according to the “The Green Pharmacy Herbal Handbook.” You can drink the tea or apply hot compresses for relief from aching, tired eyes. If you have the actual chrysanthemum blossoms, soak them in hot water for a few minutes and make a poultice by placing them between two pieces of gauze. Place a poultice on each eyelid and relax for 10 minutes for relief from eye pain. Speak to your herbalist or practitioner before using chrysanthemum for eye treatments.

**According to <http://www.healthydunia.com>, Drinking Chrysanthemum tea can:**

- 1.** Detoxifies the blood, helps with sinus congestion and regulates high blood pressure. It can also help to calm the nerves.
- 2.** Restrains the growth of bacteria – like *Staphylococcus aureus*, *Streptococcus hemolyticus B*, *Pseudomonas aeruginosa*, *Shigella dysenteriae*, tubercle bacillus and dermatomycosis – in the body.
- 3.** Brings relief against influenza and treats heatstroke, due to its cooling effect.
- 4.** Facilitates digestion and apt after having greasy and oily foods.
- 5.** Helps to strengthen lungs and relieve head congestion.
- 6.** Improve vision and hearing and especially recommended for those who work long hours in front of a computer.
- 7.** Good for obese people, as it contains zero calories, when consumed without adding sugar or honey. It also doesn't contain any caffeine.
- 8.** It also treats dizziness and acts as a stimulant.
- 9.** It helps to cure pimples and fight acne.



# Eye Vitamins

Lutein is an antioxidant carotenoid a pigmented nutrient that is responsible for the yellow colors of fruits and vegetables and is present in the highest quantities in dark, leafy green vegetables. You're born with a certain amount of lutein in your eye, but your body doesn't reproduce it.

## Why is lutein important to my sight?

The macula is the region of the retina responsible for central vision. It's also the area that is most sensitive to blue light, the part of the visible light spectrum that, along with ultraviolet light, can damage your eyes. Lutein helps protect against this damage by filtering blue light before it can damage the macula.\* If sunglasses are the first line of defense against blue light, lutein is the last.

## How much lutein do I need?

Without adequate consumption, the amount of lutein in the eye may deplete with age. Leading doctors recommend you get at least 6 mg of lutein per day to help maintain proper eye health. Since your body doesn't make lutein, you must constantly replace it through the foods you eat. Dark, leafy green vegetables like spinach or kale are especially good sources. But you'd have to eat over 2 bowls of raw spinach every day to get the recommended daily dose of 6 mg of lutein. Taking a multivitamin may help, but many multivitamins contain only a fraction of the recommended 6 mg of lutein. In fact, the leading multivitamin contains just .25 mg of lutein – a mere 4% of the recommended amount.

# The Eyes: A direct extension of the liver

The eyes have been referred to by many cultures as "The windows of the soul." According to Chinese medical theory, the eyes are the gate of the liver and are controlled by the liver system. The eyes are the bridge between the liver and the outside world. They are an outward expression of the health state of the liver.

Healthy functioning of the liver allows the eyes to distinguish colors. A common clinical condition where this situation is most evident is the Western medical diagnosis of retinitis pigmentosa and color-blindness. In this circumstance color perception is not clearly distinguishable through the eyes, indicating poor liver function. When a person is experiencing any chronic and /or degenerative problem with vision the liver is always involved on some level because in Chinese medicine "the liver opens into the eyes."

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with eye massage**



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Enhance and maintain eye health

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