



Philip Lai Qi Gong Association

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My dear QiGong friends:

Spring and the Liver

This spring we have had very unsettled weather, such as record low temperatures, heavy rain and flooding on one place, while other places have drought and wild fires damaging forests and residential areas.

According to the 5 Element theory, the Wood Element and the Liver organ are most active and important in the spring.

Since the energy this spring is extremely unsettled, it can cause our Liver to be unsettled and unbalanced. As a result it can cause the following symptoms:

- High-sensitivity to noise, wind, and odours
- Muscle instability (shaking and trembling)
- Tingling or numbness in limbs during inactivity
- Constipation, dry stools, tense colon*
- Acute headaches, experienced occasionally
- Queasiness or nausea
- Pain in breasts, chest, ribs, abdomen, or groin*
- Tinnitus (ringing or whistling in the ears)
- Anxiety, depression, anger tantrums, irritation*
- Tension or cramps in neck, jaw, shoulders*
- Blurry or weak vision
- Brittleness and coarseness in hair and nails
- Coldness in extremities (arms, legs, hands, feet)*
- Dizziness, flushing, weakness
- Irregular menstruation
- Hypersensitivity in genitals
- Desire for foods that are fatty, spicy, and sour
- PMS characterized by the above symptoms with asterisks

The Liver is very important with regards to women's health. Since part of the Liver's main function is to regulate and store blood, having a healthy Liver contributes greatly to having a regular and painless menstrual cycle. A poorly functioning Liver can be reflected by symptoms that include irregular or limited periods, PMS, cramps, headaches, breast tenderness and breast distention. While the Liver meridian is not located at the uterus, the health of the uterus depends on the proper functioning of the

Liver.

In addition, the main function of the Liver is to regulate emotions, as well as Qi and blood. Therefore, the Liver is very vulnerable to extreme or continuously held emotions. Anger, stress, frustration, resentment, and other similar moods directly impact the Liver's functioning and may cause Liver imbalance. In the same way, an imbalance in the Liver can cause bad emotional states. Thus, TCM (Traditional Chinese Medicine) places a great amount of importance on controlling emotions and having a peaceful lifestyle.

The Kidney, the organ corresponding with winter, supplies energy to the Liver and its partner, the Gallbladder, which in turn supply energy to the Heart. These relationships are referred to as "mother and child", and characterize the cycle of generation inside the Five Elements. Another important relationship consists of the control that the Liver has over the Spleen and Stomach.

Undue stress can cause an imbalance in the Liver. This causes free flowing Qi to be obstructed and become caught in the Stomach. Results of the imbalance include bad breath, indigestion, stomach pain and constipation. A skilled TCM practitioner would determine the cause of the problem to be Liver imbalance.

All organs must work well together at the same time. If one organ has a problem, it will affect one or more of the other organs. The continuous good health of each individual organ is so important to the general good health of the entire body.

As spring ends, and summer begins, the Wood element merges back into the Five Elements. New sets of relationships become dominant, bringing with them a distinctive seasonal energy.

If you want to know more about how the 5 Elements affect our health and how 5 Element Palm Qi Gong improves our health, you may join our Workshops or attend our ongoing, drop-in class.