

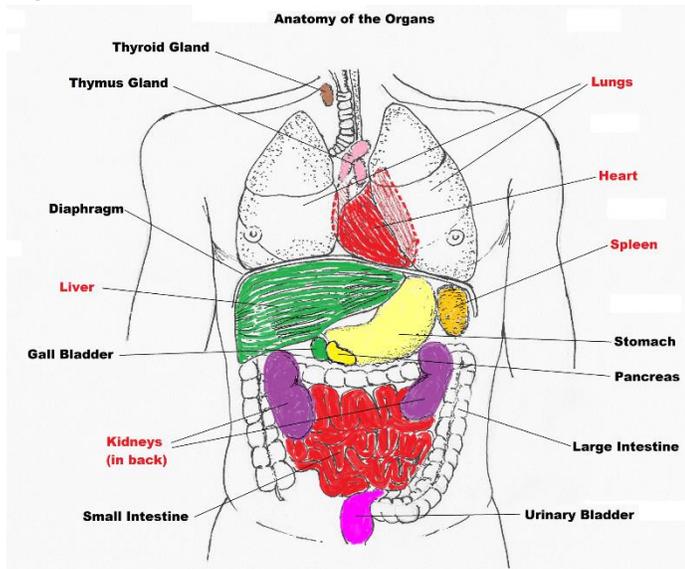


Philip Lai Qi Gong Association

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My dear Qi Gong friends:

The five most important organs in TCM are explained below.



The Heart

The Heart is a strong muscle about the size of a fist which pumps blood throughout the circulatory system.

It takes oxygenated blood from the lungs and pumps it out into the arteries for circulation throughout the body.

Deoxygenated blood from the veins is pumped through the Heart to the lungs to remove waste gases and be re-infused with oxygen.

The Heart beats about 72 times per minute and over 2 billion times in a normal lifetime.

In TCM the Heart regulates blood circulation and controls consciousness, spirit, sleep and memory. The Heart is an emotional centre and is considered to be the location of the mind.

The Heart is the most Yang organ in the body and can be injured by the emotion of joy, which in TCM is defined as being overly excitable or doing things to excess. Joy scatters the Qi and causes uneven pulse and serious cardiac problems.

Yang Heart conditions such as high blood pressure and hardening of the arteries are often the result of an overly active or vigorous lifestyle.

Yin Heart conditions such as Heart valve malfunction are often caused by infections.

In TCM the Heart is most active from 11am to 1pm.

The Spleen

In western medicine the Spleen acts as a blood filter and a temporary blood storage location. It removes and recycles red blood cells and generates antibodies which fight infections.

In TCM the Spleen and Pancreas are considered to be one organ and are referred to simply as the Spleen. TCM considers the Spleen to be at the centre of the body and the organ which is most balanced between Yin and Yang. According to TCM the Spleen governs the will and memory.

The emotion of overthinking or pensiveness is damaging to the Spleen.

Spleen Qi becomes knotted or stuck when the mind is overly preoccupied with one subject.

Chronic tiredness, physical or mental stagnation and compulsive behaviour indicate sickness of the Spleen. The Spleen is most active from 9-11am.

The Lungs

In western medicine the Lungs take in oxygen from the air and transfer it to the bloodstream.

When we exhale, the Lungs expel the waste carbon dioxide which they have removed from the blood.

The Lungs connect us directly to the environment and are the only internal organ which can be controlled by conscious will.

In TCM the Lungs receive Qi from the air and combine it with Qi extracted from food. The combined Qi and nutrients are distributed throughout the body. Lungs are vulnerable to external toxins and bacteria and must be protected. The emotion of grief can damage the Lungs.

Holding onto grief contracts the Lungs and causes them to be congested with undistributed nutrients and Qi. The Lungs are the most Yin of the organs. Clean air and the properly functioning Lungs are the most important factors in maintaining health.

TCM considers the Lungs as most active from 3-5am.

The Kidneys

In western medicine the Kidneys filter the blood and convert waste products into urine. Useful liquids such as hormones are returned to the blood.

About 100 quarts of liquid are filtered through the Kidneys each day and about 1.5 quarts are eliminated as waste.

In TCM the Kidney governs sexual maturation, growth and the stages of reproduction, establishes

ones physical and mental qualities and ones life-span. The Kidney forms the foundation for the body's energy and is responsible for the control and storage of energy-essence or Jing.

The emotion of fear is damaging to the Kidney and the adrenal glands. Fear causes Qi to go to the centre of the body and stagnate.

If the Kidney functions well, the bones will be strong and white inside. Over-consumption of meat leads to an overly Yang condition which constricts the Kidney and causes high blood pressure.

The Kidney is most active from 5-7pm.

The Liver

In western medicine the Liver stores and distributes nourishment for the entire body. It forms bile from the useful components of blood and filters toxins from the blood. When the Liver is overloaded with toxins, it becomes enlarged and is unable to function properly. Drugs, alcohol, heavily processed food and too much meat are damaging to the Liver.

According to TCM the Liver governs our ability to think strategically. The emotion of anger damages the Liver and causes Qi to rise in the body. Rising Qi causes headaches, tense muscles, eye problems, constipation and irregular menstruation. One of the best ways to cure Liver problems is by fasting or reducing food intake.

Liver problems are often diagnosed by looking at the hair, skin and eyes.

The Liver is most active from 1-3am.

Let's Get Together

My friends, even if we can't be together in person for a while, we can use on-line means to visit and do some Qi Gong, meditation and just check-in with each other.

I will let you know by email and Facebook about upcoming on-line events.