



# Restore Chi

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Symptom Therapy with Track Energy



# Why We Get Sick?

Master Yan:



[https://www.youtube.com/watch?v=RqY\\_p093pIU](https://www.youtube.com/watch?v=RqY_p093pIU)

# Balance (Water/Fire, and 5 elements)

- The Five Elements in Chinese medicine are aspects of Qi (Chi) or the basic life force. They are:

➤ Water

Winter



Wood

Spring



Fire

Summer



Earth

Summer



Metal

Fall



- Health is considered a harmonious balance of the five elements that shifts and remains dynamic.
- Imbalances in the five elements cause disturbances and illness.



# What is Energy?

- **Energy** is the substance that forms all matter in the Universe. Energy is described by how much potential a physical system has to change, how the energy can be transferred between objects, and how it can be converted in form.
- Energy cannot be created or destroyed. As with all things in nature, energy exists within a positive and negative balance.
- Yin, negative (-), dark, and Yang, positive (+), bright.
  - Healthy Energy exists within a harmonious balance
  - unhealthy energy occurs when the balance becomes distorted.
- The positive and negative potentials affect your energy - Chi (Qi), thereby affecting your wellness.
- When you are existing within the balance, your body functions with strength and health.
- During times when you are stressed, the negative energy overwhelms the balance, diminishing your function, bringing dis-ease to your systems.
- By using RestoreChi, you will have the beneficial vibrations used to restore and maintain your body's energized balance.





# FLOW: Water – Fire Balance

## ❖ Key to a balanced body: Energy has to flow

- Water and fire should be 50/50 balance.
- Flow and circulation in the body is very important.
  - The body, like life, is all about movement.
- Our Body is like a steam engine; it needs heat to get it moving
- When the blood has water in it then it flows (Circulates) well
  - Thick Blood settles in different organs that causes symptoms
- When you no longer move, Life ends.



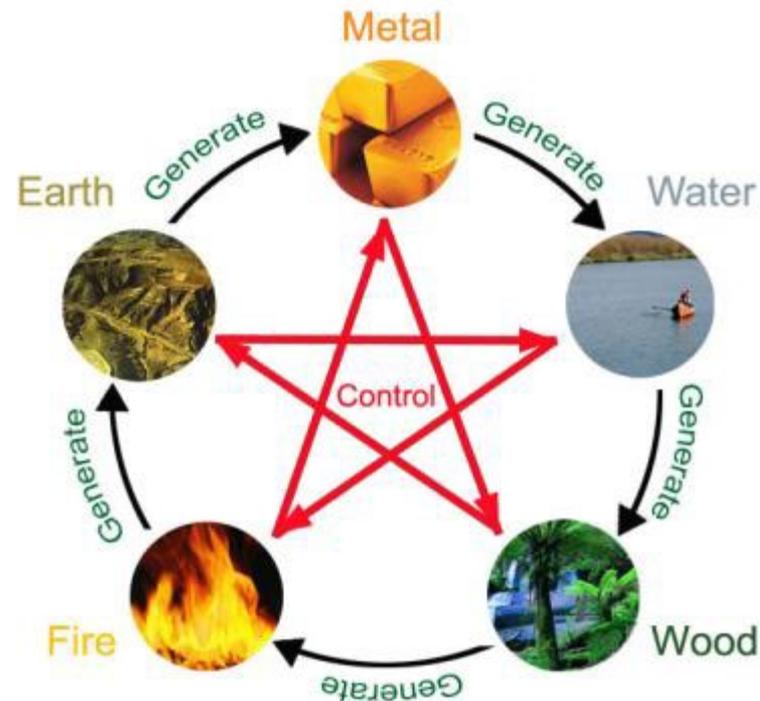
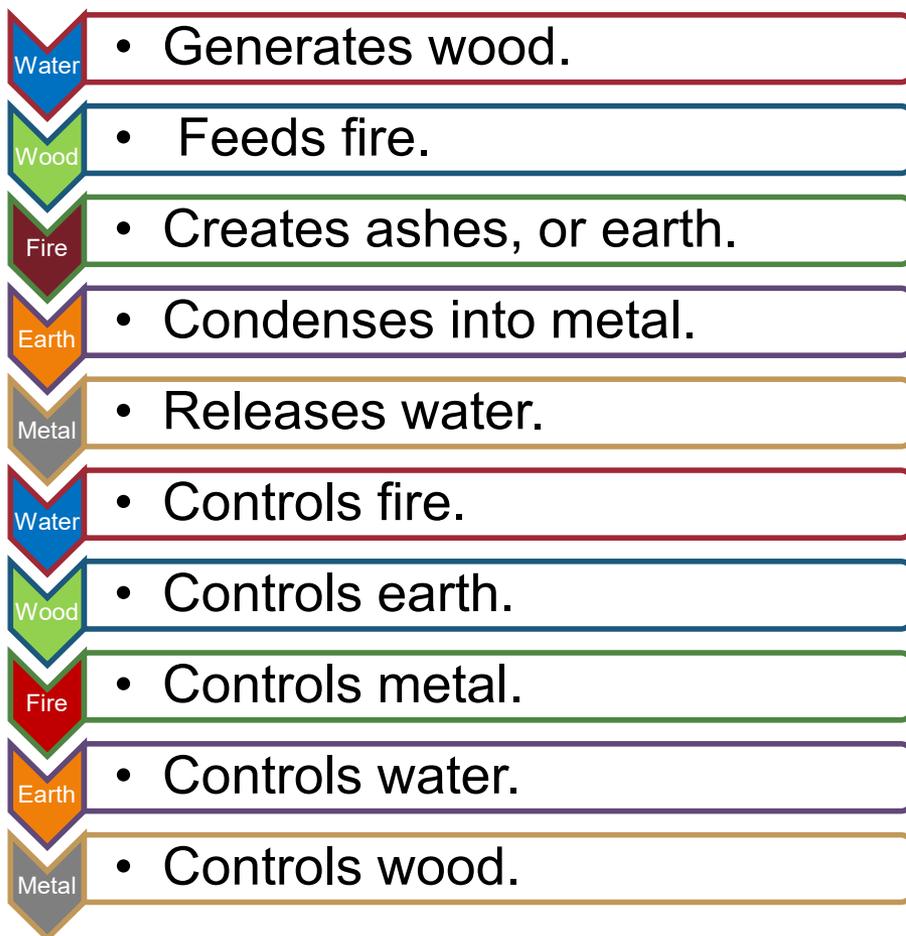
Water Moves Up



Fire Moves Down

# Five Element Theory

- The five elements generate and control each other.



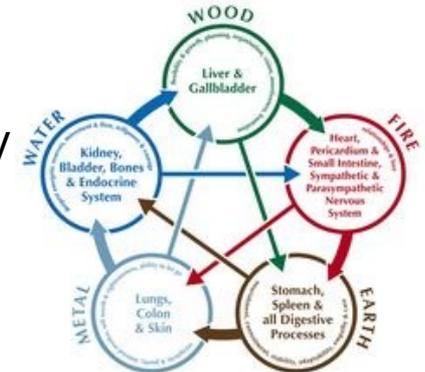
In equal amounts they will support each other  
Earth will support water  
In Higher amounts it can hurt the opposite  
Too much water will destroy earth



# What the Five Elements Mean for You



- The five elements are a metaphor. They are symbolic representations for five aspects of our spiritual and emotional lives.
- The five elements are also mnemonic.
  - They stand for physical functions that act in a mysterious way
  - Tie into five aspects of our life choices and life experiences.
- The five elements also provide the music of our lives.
  - As the sage Lao Zi said:  
“That the musical notes and tones become harmonious through the relation to another, before and behind gives the idea of following another.”
- The five elements lead each other but they also follow each other
  - They drive the cycles of human experience and human health.
  - Keeping them in balance and in motion is the foundation of a healthy life.



# The Water Element ( Winter)



- In your physical body, the water element refers to a set of processes that focus on the kidney and bladder.
- In your emotional life, the water element refers to hidden power and deep emotions.

# The Wood Element (Spring)



- Traditional Chinese Medicine associates the wood element with the liver and gallbladder. It also associates “fiery” conditions with imbalances of the liver.
- Emotions that spill over into headaches and eye aches and breast pain all relate to imbalances of the liver.

# The Fire Element (Summer)



- Traditional Chinese Medicine associates the fire element with the heart, pericardium, and small intestine, as well as the energy channel connecting them.
- Just as the physical heart sends blood throughout the body, the spiritual heart can send joy throughout the universe.

# The Earth Element (Spring)



- The earth organs are the stomach and spleen. They provide “homeliness” for the spirit. They “hug” the rest of the energy body.
- They are the reason we have so many warm feelings associated with meals for special occasions and why we enjoy comfort food.

# The Metal Element



- The metal organs are the lung and large intestine. Together they balance Yin and Yang.
- Centuries before theory of quantum entanglement, Traditional Chinese Medicine theorised that they also process tiny bits of rock and metals from the air, water, and food that link us with all that has gone before.
- All of this connecting with universe makes “metal” people emotionally sensitive. They get physically sick when they cannot let go of the connections they receive.

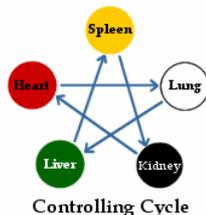


# 4 Levels



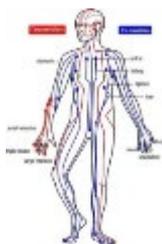
## ➤ LEVEL 1: Yin – Yang Balance

- Water – Fire Balance required
  - Water must be “steamed” up
  - Kidney and Bladder Meridians circulate the fluids



## ➤ LEVEL 2: 5 Organ Balance

- Kidney . Liver . Heart . Spleen . Lung
  - Each organ supports the other
  - An imbalance can also cause harm



## ➤ LEVEL 3: Meridian

- Sending Energy to all 5 organs
  - Pipe or The “Wire” between the organs

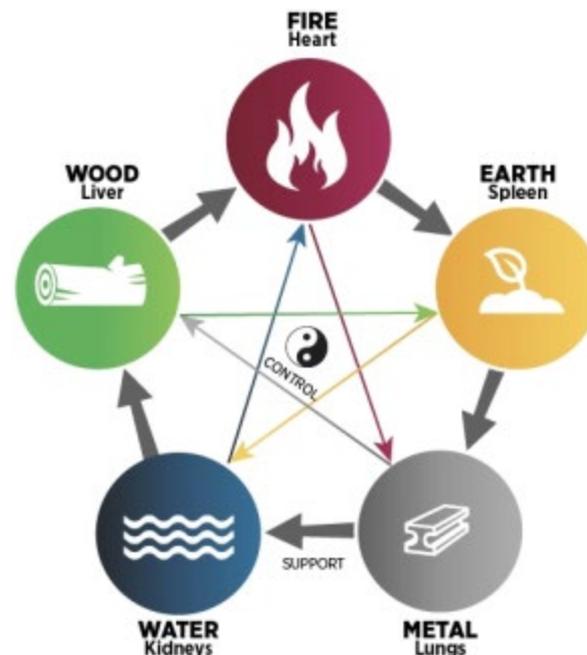


## ➤ LEVEL 4: Surface

- Symptoms
  - The appearance of problems

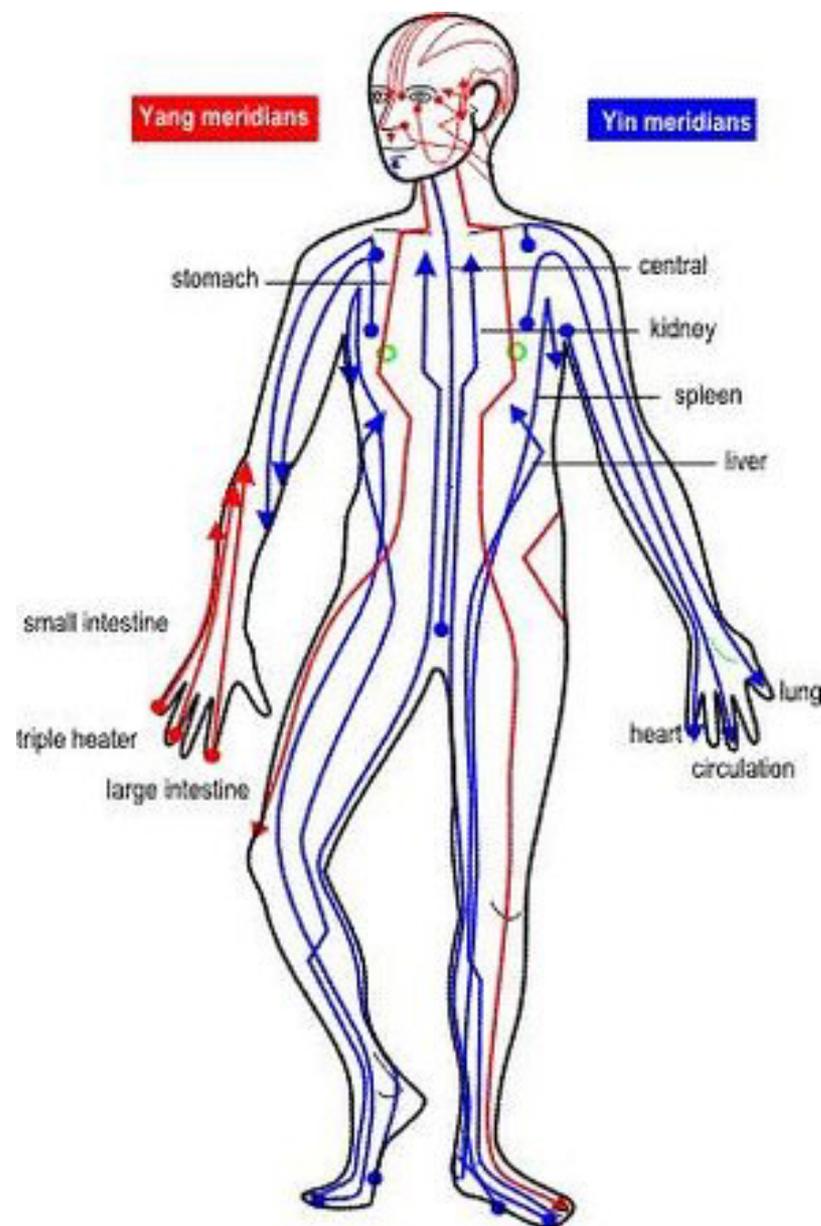
# 5 Major Organs

- All the elements are inter-related and feed each other
  - Opposites can be determined
- If an organ has an issue :
  - Look at the organ before
    - Identify what it is supplying
- If the organ is functioning well
  - Manage and maintain
- Sleeping is essential
  - Each of the five organs have their own soul
  - When all 5 organs are balanced; the emotions will be in order



# MERIDIANS

- The meridians are lines of energy that run through the body.
- These are wires between the organs.
- When the meridians reach the fourth level, toxicity begins showing in body.



# Outside Influences :

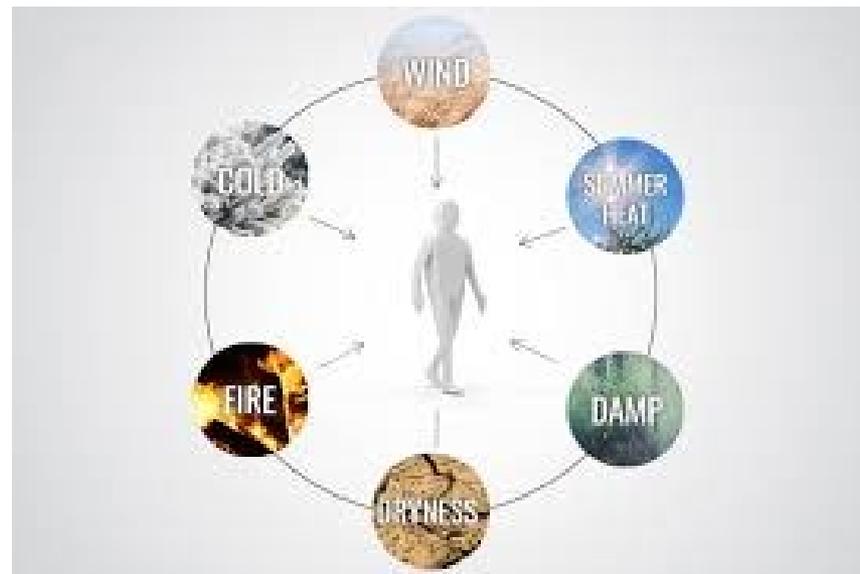
AVOID THESE TO AVOID FUTURE PROBLEMS

➤ Food We eat:

➤ **PHLEGMATIC**

➤ Environment:

- Dampness
- Hot Dampness
- Chill Dampness
- Air Dampness
- Toxins, Bug Bites, etc



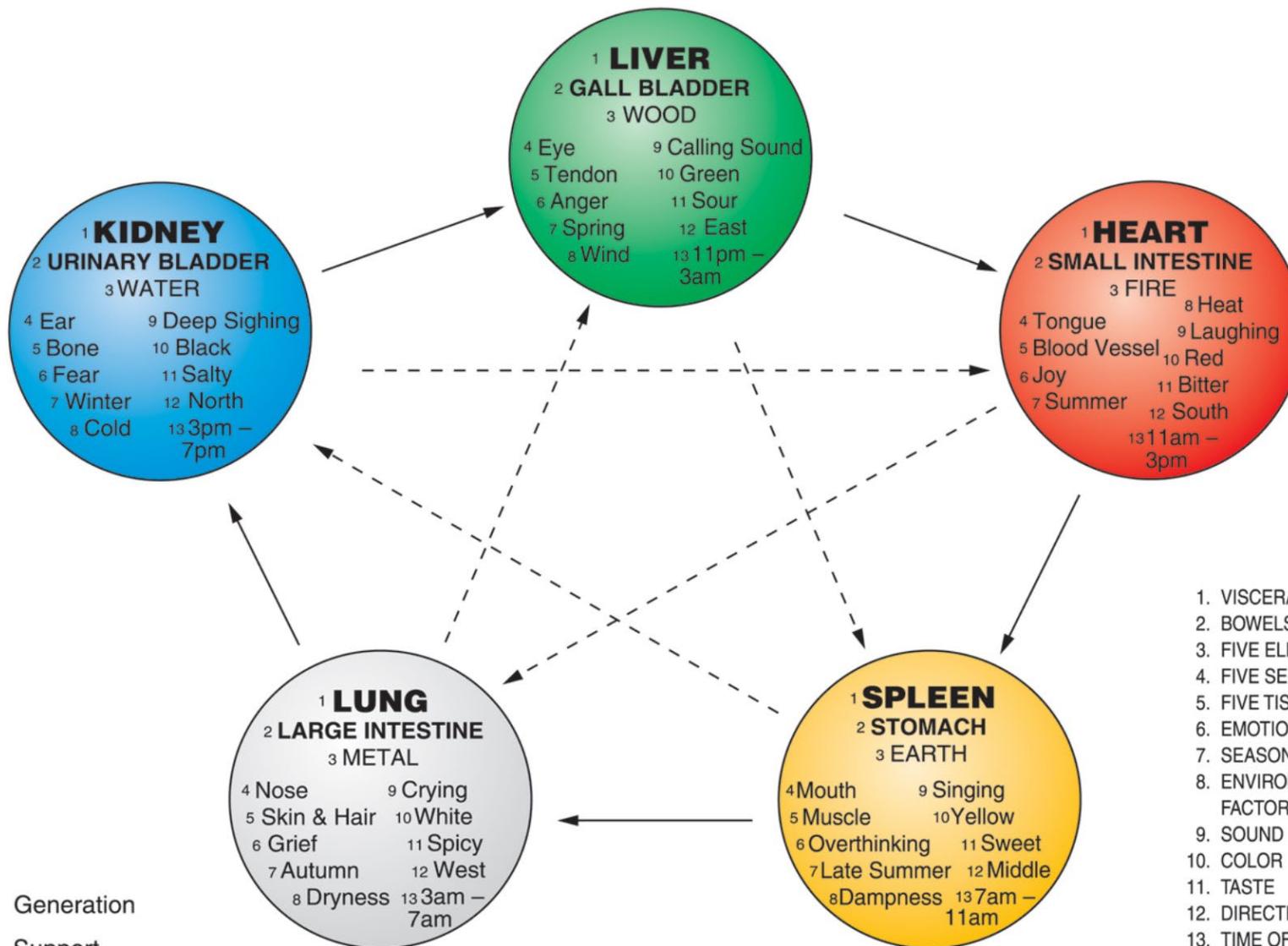


# Element and Organ Relationship

	WATER	WOOD	FIRE	EARTH	METAL
Yin Organ	Kidneys	Liver	Heart	Spleen	Lung
Yang Organ	Bladder	Gall Bladder	Small Intestine	Stomach	Large Intestine
Opening	Ears	Eyes	Tounge	Mouth	Nose
Surface	Bone	Liagament	Pulse	Muscle	Skin
manifests	Scalp Hair	Hands / Nails	Face Complexion	Lips	Body Hair
Color	Blue	Green	Red	Yellow	White
Trait	Fear	Anger	Joy	Worry	Sadness
Enviroment	Chill	Gass	Hot	Damp	Dry
Taste	Salty	Sour	Bitter	Sweet	Spicy
Smell	Putrid	Rancid	Scorched	Fragrant	Rotten
Sounds	Groaning	Shouting	Laughing	Singing	Cyring
Season	Winter	Spring	Summer	Late Summer	Autum
Direction	North	East	South	Center	West
Out Of Balanace	Fearful	Depressed	Paranoid	Worried	Anxious

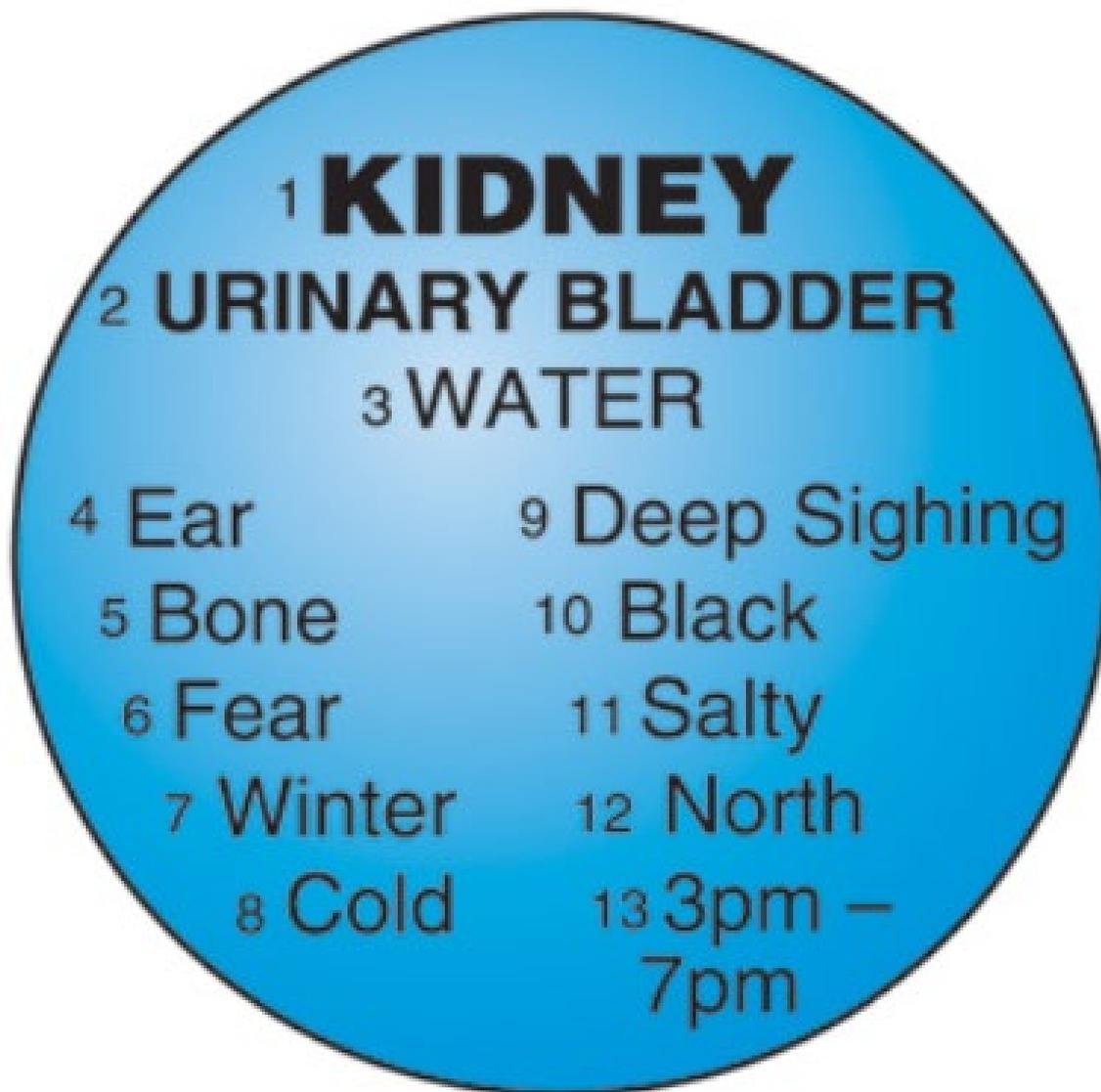


# CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



- 1. VISCERA
- 2. BOWELS
- 3. FIVE ELEMENTS
- 4. FIVE SENSE ORGANS
- 5. FIVE TISSUES
- 6. EMOTIONAL ACTIVITY
- 7. SEASON
- 8. ENVIRONMENTAL FACTOR
- 9. SOUND
- 10. COLOR
- 11. TASTE
- 12. DIRECTION
- 13. TIME OF DAY

————> Generation  
 - - - -> Support



Additional  
Key Words:

- Scalp Hair
- Lymphatics
- Adrenals
- Hormones
- Groan
- Putrid



Additional  
Key Words:

- Hands
- Ligaments
- Nails
- Skin Tags
- Freckles
- Depressed
- Grass
- Turbid
- Phlegm
- Toxins
- Sludge
- Shout
- Rancid



Additional Key Words:

- Pulse
- Facial complexion
- Mania
- Paranoia
- Nerves
- Nervous System
- Brain
- Scorched
- Discernment



1 **SPLEEN**

2 **STOMACH**

3 EARTH

4 Mouth

9 Singing

5 Muscle

10 Yellow

6 Overthinking

11 Sweet

7 Late Summer

12 Middle

8 Dampness

13 7am –  
11am

Additional Key Words:

- Gums
- Lips
- Worry
- Center
- Turbid
- Phlegm
- Toxins
- Sludge
- Hold, Direct, Nourish, Support



1 **LUNG**

2 **LARGE INTESTINE**

3 **METAL**

4 **Nose**

9 **Crying**

5 **Skin & Hair**

10 **White**

6 **Grief**

11 **Spicy**

7 **Autumn**

12 **West**

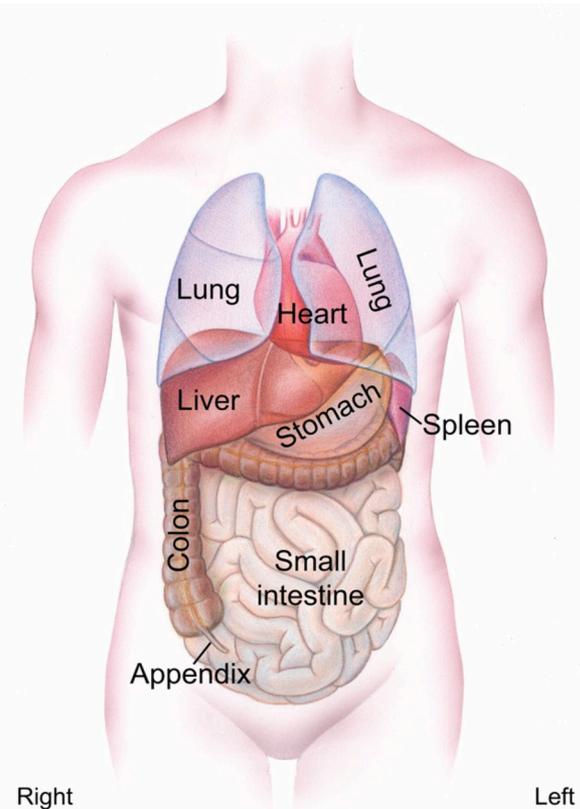
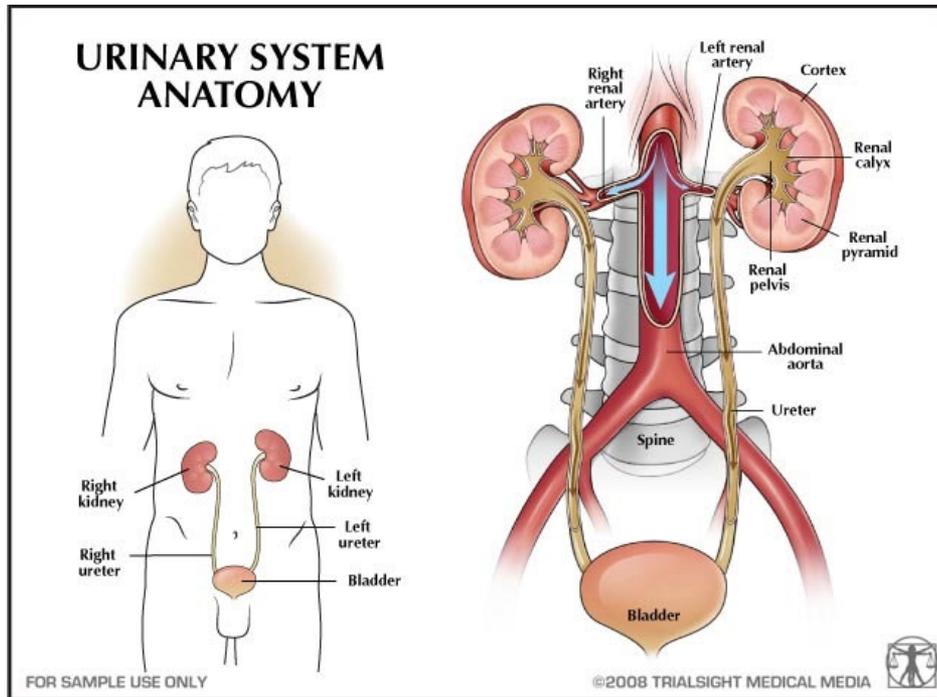
8 **Dryness**

13 **3am –  
7am**

Additional  
Key Words:

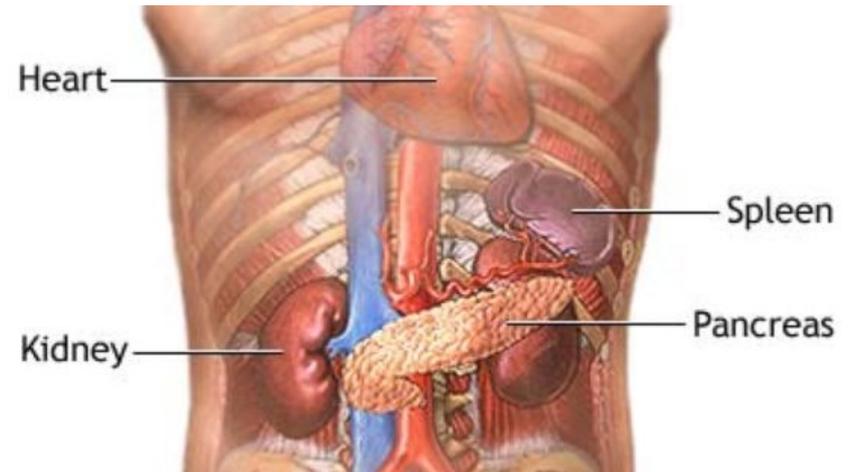
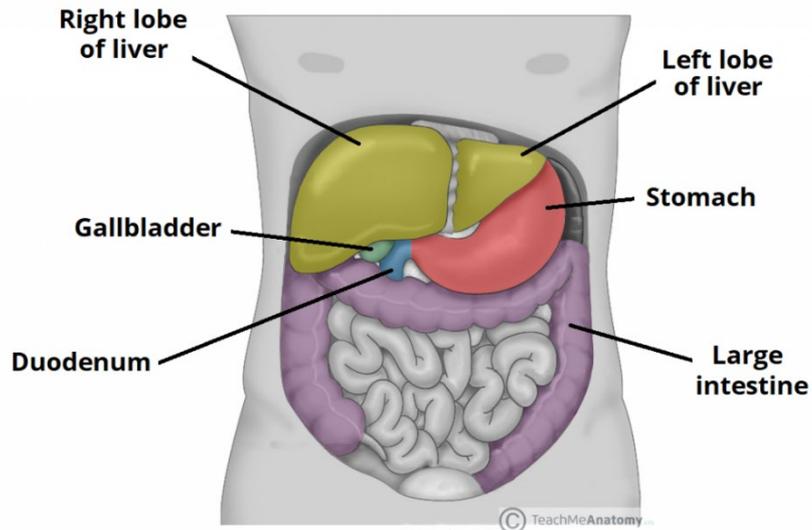
- Sad
- Anxious
- Oxygen
- Energy
- Chi
- Rotten
- Take In & Let Go

# Organs in the Body pt.1



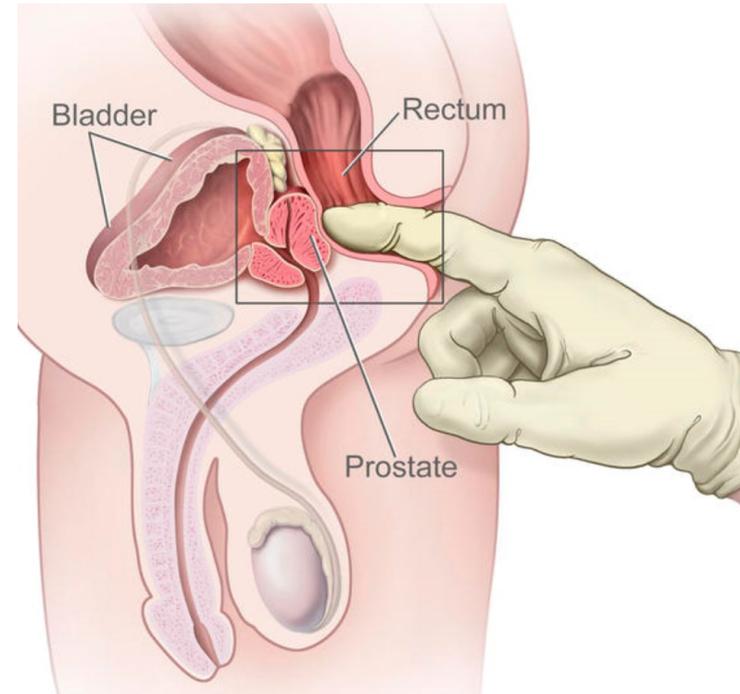
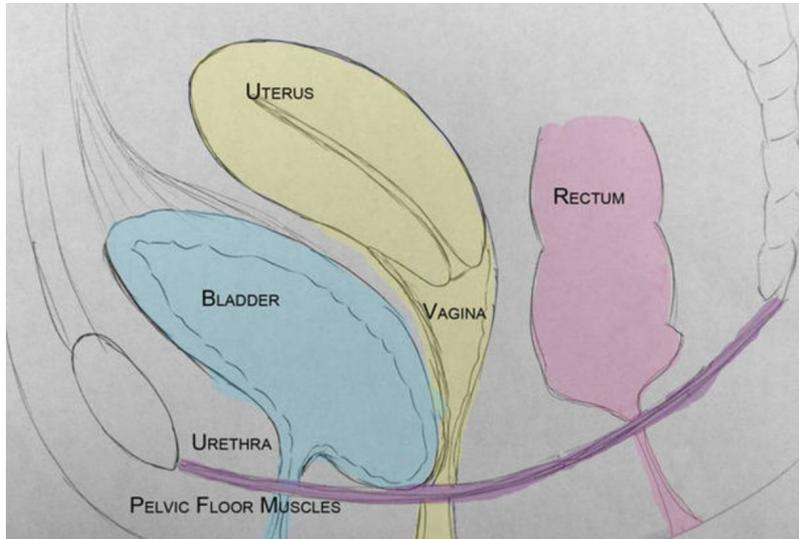
Images above shows: Kidney & Bladder, Liver (see next slide for Gallbladder), Heart & Small Intestine, Spleen & Stomach, Lungs & Colon (aka. Large Intestine)

# Organs in the Body pt.2



Images above shows: Kidney (see previous slide for Bladder), Liver & Gallbladder, Heart & Small Intestine (not labelled), Spleen & Stomach, Large Intestine. Bonus = Pancreas.

# Organs in the Body pt.3



The prostate gland is a male reproductive organ whose main function is to secrete prostate fluid, one of the components of semen. The muscles of the prostate gland also help propel this seminal fluid into the urethra during ejaculation .

Images above shows: Chill/Heat felt in the back is likely Uterus, and Chill/Heat felt in the front is likely Bladder. And Bladder vs Prostate in the male body.

# Organs and Meridians



Organs are the

**POWER  
HOUSE**

**&**

Meridians are the

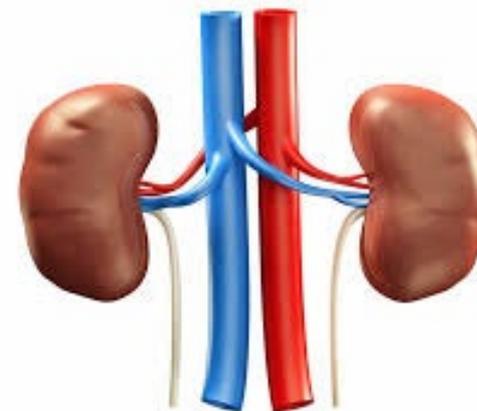
**COMMUNICATION  
HIGHWAY**



# KIDNEY

- The kidneys are located at either side of the lumbus. The kidney meridian connects with the bladder. Dominates the water metabolism. Critical in the ability to reproduce, grow and develop. Yin and Yang are both lodged in the kidney.

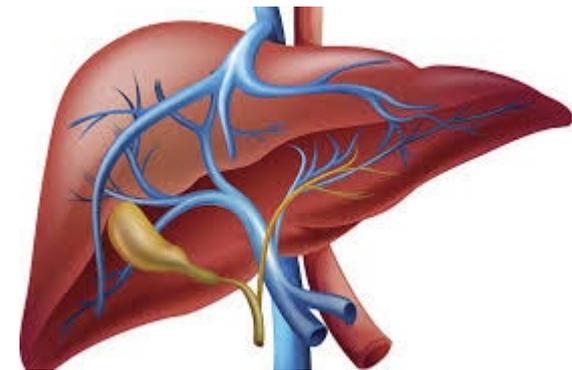
- Element: Water
- Color: Blue
- Season: Winter
- Controls:
  - Ears
  - Bones
  - Hair
- Symptoms:
  - Dryness
  - Osteoporosis
  - Hair Loss
  - Tinnitus and deafness
  - Fear
  - Salt craving





# LIVER

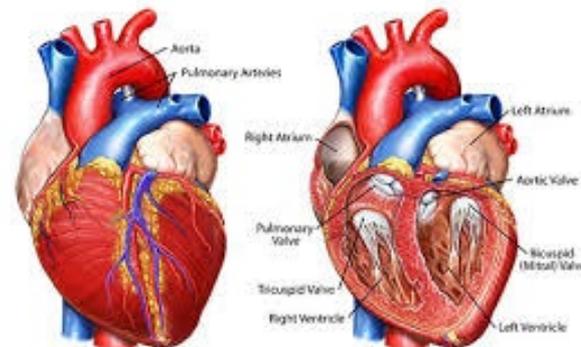
- The liver is situated in the right hypochondriac region. Its meridians connects with the gallbladder. It stores blood and regulates the volume in circulation.
  
- Element: Wood
- Color: Green
- Season: Spring
- Controls:
  - Eyes and ligaments.
  - Tendons
  - Has an important influence on digestion
- Symptoms:
  - Depression, Moods, Sleeplessness.
  - Lack of energy.
  - A tendency to hide from the world/hermit.
  - Anger / Frustration / resentment
  - Weak tendons and soft nails
  - Clenching of teeth
  - Sour cravings





# HEART

- The heart is situated in the thorax and its meridians connects with the small intestine.
- Element: Fire
- Color: Red
- Season: Summer
- Controls:
  - Tongue: The Tongue is connected to the Heart Meridian interiorly, and via this connection the heart dominates the sense of taste and speech. The Tongue is the mirror of the heart
- Symptoms:
  - Flat or Wide tongue
  - Vibrant dreams
  - Canker sores
  - Joy / “Anxiety” / Excitement





# SPLEEN

➤ The spleen is situated in the middle energizer. Its meridians connects with the stomach. Its known as the “mother” after birth.

➤ Element: Earth

➤ Color: Yellow

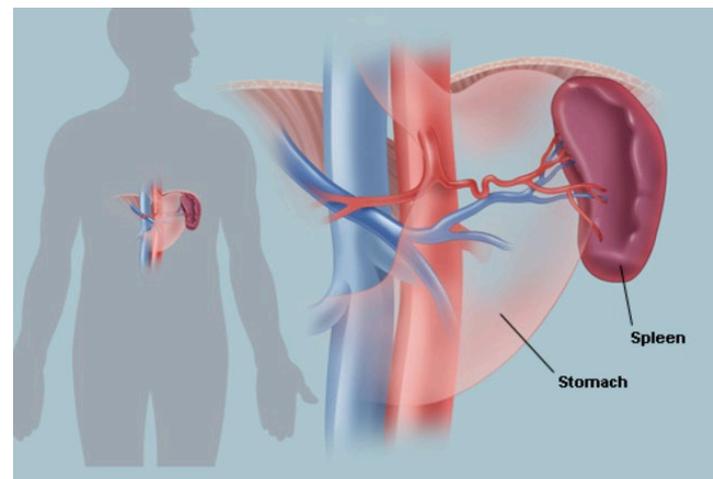
➤ Season: Late Summer

➤ Controls:

- Mouth
- Dictates how nutrition gets through the blood once it's been digested.
- Muscles

➤ Symptoms:

- Aging Skin, Cellulite
- Weight issues
- Vertigo
- Blurred vision
- Worry / Overthinking / sympathy
- Retention of dampness
  - Oedema, diarrhoea, phlegm and retained fluid
- Lips reflect the condition of the spleen
- Sugar craving





# LUNG

➤ The lung is situated in the thorax, communicates with the throat and opens into the nose. Its meridians connects with the large intestine.

➤ Element: Metal

➤ Color: White

➤ Season: Autumn

➤ Controls:

- Respiration
  - Nose
  - Skin

➤ Symptoms:

- Allergy, Congestion, Sore Throat
- Sadness / Grief / Loss
- When you Cough, a lot of earth energy is not being provided to the lung
- General Lassitude, Feeble Speech
- Weak Respiration, Shortness of Breath





# TCM clock



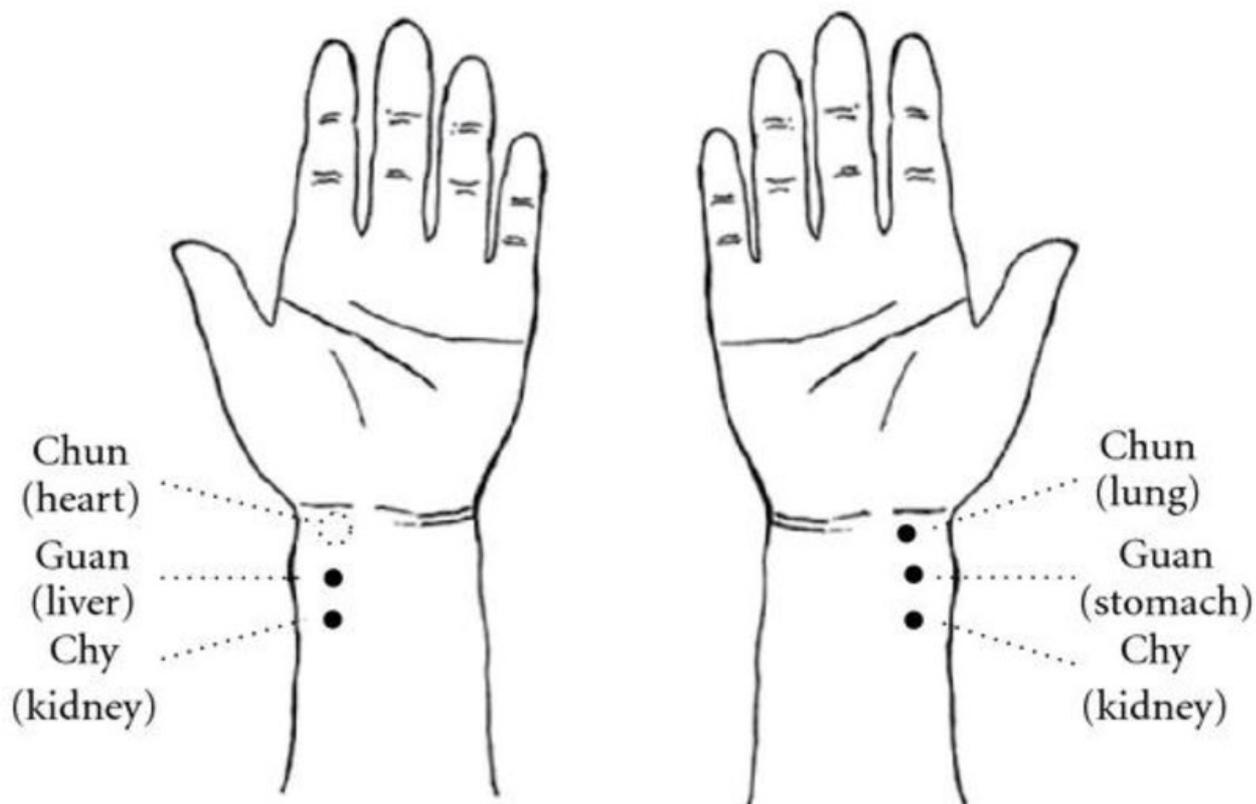
# Pulse Diagnosis in TCM

- The pulse is measured in both Western medicine and Chinese medicine, but there are key differences.
- In Western medicine, we typically measure the heart rate, which is taken with blood pressure as part of a standard physical exam.
- In Chinese medicine, pulse diagnosis is a significantly more developed art form, a tool that practitioners use to assess the health of all the major organ systems of the body. In a sense, pulse diagnosis is like the “MRI” of traditional medical systems.





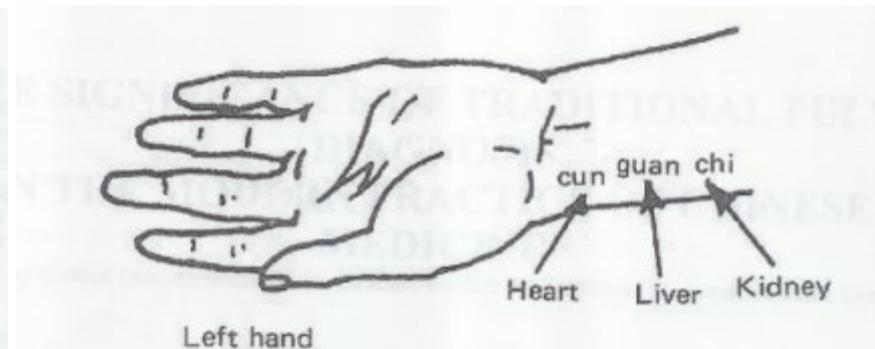
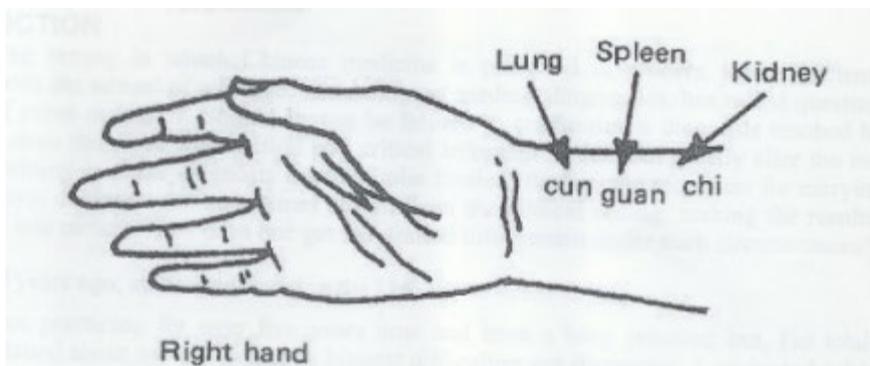
# Pulse Positions



Top view

# Pulse Diagnosis

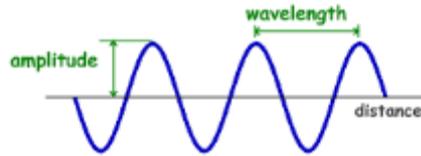
- Pulse diagnosis is one of the four major assessments in Traditional Chinese medicine (tcm) consultation.
- Through pulse palpation at three locations, i.e. cun, guan and chi, on both wrists, general health condition of a person and a particular organ can be fully recognized.
- To take the Pulse touch the bone with the middle finger and move in. Put both fingers on each side of the middle finger .





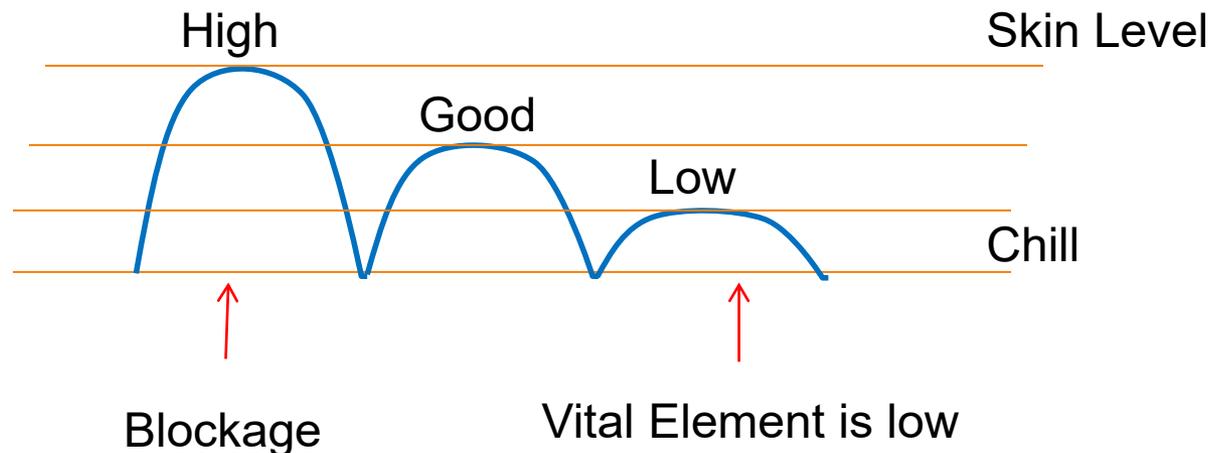
# Pulse Qualities

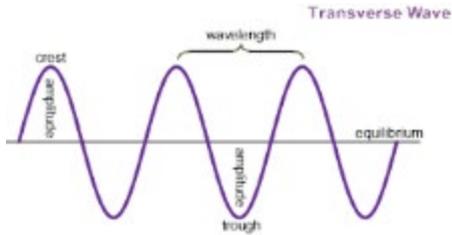
- In Chinese medicine, each type of pulse quality relates to a Chinese diagnosis, as well as particular physical and mental/emotional symptoms:
- **Rate:**
  - A **fast pulse** indicates excessive “heat” in the body. This pulse is often present when there is a fever, an inflammatory condition, or increased stress on the nervous system.
  - A **slow pulse** indicates a “cold” condition or could point to a particular body system that functioning in an inefficient or sluggish way. This pulse is often present when there are problems with blood circulation, cold hands and feet, etc.
- **Strength:**
  - A **strong pulse** indicates “excess” of some kind in the body. This pulse is often present with stress, anger, high blood pressure, and headaches.
  - A **weak pulse** indicates a “deficiency” of some kind in the body. This pulse is often present with fatigue, weakness, insomnia, low blood pressure, and depression.
- **Width:**
  - A **thin or thready pulse** indicates “Blood deficiency” or “Fluid deficiency”. This pulse is often fatigue, weakness, insomnia, nutrient deficiencies, and sub-optimal digestive absorption



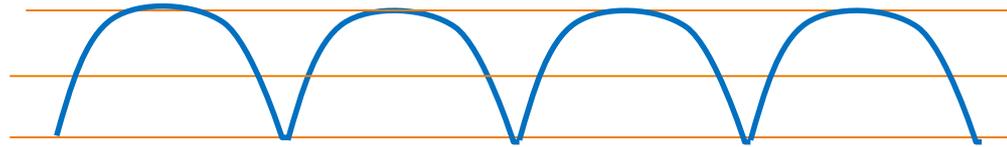
# Strength (Amplitude)

- Feel pulses with the pads of the fingers (most sensitive part)
- Hand must be relaxed - neither tense nor flaccid, but flexible and maintained in the pulse-taking position with the minimum of effort.
- 3 Levels of touch; Not too much pressure
- Also Check for longer period with serious illness as there maybe a drop in pulse





# Frequency



Normal pulse:	4-5 beats per practitioner's breath.
Three beats or less:	Slow Pulse
More than five beats:	Rapid Pulse

- Over 4.5 -5 beats per Breath = Fire
- Under 4.5 – 5 beats per Breath = Water



# Restore Chi

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Symptom Therapy with Track Energy  
Understanding of Tracks



**Description**



# What is RestoreChi?



- Chi (Qi) is your inner life force.
- Traditional Meridian Medicine is an Ancient Philosophy proven to restore Chi (Qi) to bring the body into a state of balanced health.
- You can do this with RestoreChi by listening to a track that your body can hear energetically.
- Imagine your Chi restore kit on the go. You just go to the site select the track you want and restore that point in your body that needs more energy.



# How Do I use RestoreChi?



- With RestoreChi, each track has been specifically designed with the energy intent required to support the Meridians of each organ and system of organs.
- These tracks took many years to develop in testing. Simply select the track you want and you are on your way to balance the energy within your body.
- With time and exposure, you continue to clear, build and restore function to the areas of imbalance.
- The sound waves must be free to target and heal the organ it is designed to help.
- **When using the app don't bookmark it on the app home screen. You can bookmark it in the browser**



# Restore Chi Tracks : FAQ

- Should I hear something?
  - No. The sound track has no noise. Always remember to never use your headphones.
  - Keep at arms length when playing these tracks at mid-range volume.
  
- How long does it take?
  - There is no silver bullet in fixing or balancing your energy.
  - It all depends on the imbalance of the organs.
  - Play track for at least 20 minutes per day
  
- What environment do we need to be in?
  - You could be at your computer desk working away and playing these tracks as long there isn't anybody really close to you. Especially children under 10years of age.
  
- What device I can use?
  - You can use the speaker on your phone, iPad, Desktop computer.
  - No Headphones
  
- Should I use when pregnant?
  - Absolutely NOT.
  
- Side effects?
  - None at all. You might feel tingling or buzzing in your head but that is normal.
  
- Contraindications
  - Do not use certain tracks if you are undergoing kidney dialysis. Water balance cannot be properly restored under these conditions.





# Diagnosis : Steps and Tips pt.1

- Start from Bottom Up
  - OVERALL → ORGAN → CELL
  
- Is there overall chill or fire?
  - Fix this first!
  
- Is there bladder or uterus chill or fire?
  - Fix this next!
  
- Client may be feeling cold but the body is warm
  - There is chill in the body
  - Organ is working excessive (It is in Fire)
  - Yin is high
    - Need to increase YANG
  
- Go through each of the organs in this order:
  - Kidney, Liver, Heart, Spleen, Lungs
  - Are any of the organs not functioning as they should?
  
- Check that the organs flow in the right order and nothing gets “stuck”



# Diagnosis : Steps and Tips pt.2

- Start with the External
  - Skin, Eyes, Breath
  - Sleeping habits / Dreams
  
- Feel into any organ that is off:
  - Is it on acute fire
    - (infection, inflamed, if so look for a “fire release”)?
  
  - Is it chill/frozen
    - (if so look for a “chill release” or “weak” track)?
  
  - Is it exhausted
    - (i.e., a chronic condition, if so look for a “YE” track, aka Yin Emptiness, meaning Yin high, Yang low, and low on all the elements)
  
  - 2 Types of Fire
    - External: Outside / Peripheral
      - Due to sun / heat / food etc
    - Internal : Inside Engine
      - Organs not functioning properly



# Diagnosis :Steps and Tips pt.3

- If there are symptoms that have made it to the surface
  - (i.e., beyond the root organ)
  - Identify the organ related to the symptom or area of the body where the symptom presents
  
- After you have fixed an acute problem:
  - make sure you stabilize the root organ
  - renew its strength by running the appropriate “YE” track(s)
  - Complement with “RM” (regular maintenance) track(s) that feel right
  
- Keep in mind how the organs support one another
  - sometimes you need to go back a step and fix the “mother” or go back two steps to fix the “controlling” organ
  
- Also consider if there is a pattern for the time of day for symptom onset (or for waking at night), take a look at the TCM Meridian clock for clues for what organ may need more support (and why)

# 89: Hot Flash

- Hot flashes are a symptom of excessive Qi energy
- It is also regarded as “Fire of the Heart”
- A syndrome-complex in TCM
- Also known as “internal fire”

- Correction:

- Balance Body Organs
- Balance Hormones
- Balance the Belt Meridian
- Balance Yin and Yang
- Balance the Uterus

- Recommendation:

- No need to play any additional tracks
- Do NOT treat with **55: Release Fire**





# 88: SARS Prevention

- Use when the lung is impacted, and the immune system is weak
- Correction:
  - Balance two forms of fires (infection is internal fire):
    - Lung Yin-Yang
    - Outside imbalance
  - Addresses infection in the Lung
- Recommendation:
  - Use it as preventative or for healing
  - Combine with **21: Fire Water Body Balance**
  - Play 30mins to 2hrs as preventative (longer if ill)
  - Max 4hrs per day





# 87: Small and Large Intestine Air



➤ Issues with the small and large intestine

➤ Correction:

➤ Yin-Yang balance of small and large intestine

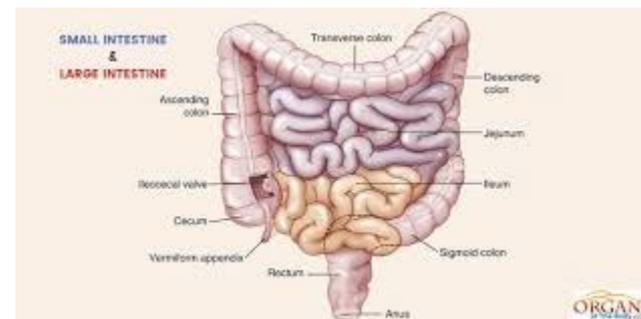
➤ Treat intestines that are stuck together

➤ Recommendation:

➤ Do not use to treat constipation

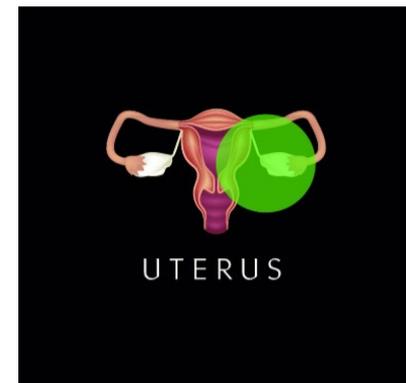
➤ Use **23: Rectal YE Constipation** instead

➤ Helps with Colitis or Chron's Disease





# 86: Uterus Ovary Phlegm YE Air



➤ Cervical mucus is secreted by glands in the cervix (the lower part of the uterus that opens into the vagina). Normally, this mucus is thick and impenetrable to sperm until just before the release of an egg (ovulation).

## ➤ Correction:

- Remove phlegm from the uterus
- Balance the energies and elements

## ➤ Recommendation:

- Update (alternative) for the **47: Uterus Chill** trac
- Good for tumors





# 84: Release Dampness

- Dampness is a condition existing within the body. We can understand it as a reflection of dampness as it occurs in nature.
- Dampness arises from the body being affected in several ways, i.e.,:
  - An inability of the digestive system to transport fluids
  - the body being overwhelmed by external dampness in the environment (damp weather, damp living conditions, damp-producing foods)
  - A response to illness
  - A response to the overuse of medication that promotes dampness, such as certain antibiotics
  - A condensed, easily recognized, form of dampness is Phlegm.
- Correction:
  - Remove dampness from the cells
- Recommendation:
  - Weeping wounds
    - Wounds that do not close
  - Good for seniors
  - Anus itching and phlegm
    - In this case, put Bluetooth speaker under the thigh

排湿

DAMPNESS RELEASE





# 83: Anesthetic Release

- Anesthesia (from Greek "without sensation") is a state of controlled, temporary loss of sensation or awareness that is induced for medical purposes. It may include analgesia (relief from or prevention of pain), paralysis (muscle relaxation), amnesia (loss of memory), or unconsciousness.
- Correction:
  - Remove anesthetic remnants from the system
  - Addresses the lungs, as the breathing is slowed down during surgery
- Recommendation:
  - Good for post surgery
  - Place Bluetooth speaker where Epidural was applied



# 81: Stomach YE

## ➤ Yin Emptiness

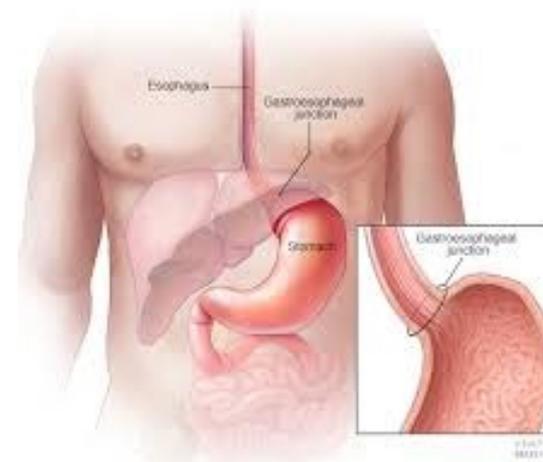
- The stomach has a low Yang, high Yin
- The stomach is low in the 5 elements
- This is a balance track

## ➤ Correction:

- Balance low yin
- Clear Gallbladder/Stomach Meridian
- Enhances and balance the 5 elements
- Add Yang energy

## ➤ Recommendation:

- Stomach issues
- Use with **63: Spleen Dampness**
- Use with **21: Fire Water Balance**
- Use for chronic stomach issue
- For acute stomach issue: use **8: Stomach Spleen Fire Heartburn Indigestion** first
- Complement with **21: Liver detox**
- Use to help with
  - Cramping
  - Constipation



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# 80: Toenail Fungus

➤ Lack of wood element in the Liver

➤ Correction:

- Balance the Liver
- Clear Gallbladder Meridian
- Correct Liver blood

➤ Recommendation:

- Toenail Fungus
  - **Play 69: Bladder YE first, then 11: Liver Detox, then 77: Gallbladder YE, and then this track!**



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# 79: Pancreas YE Balance

➤ The pancreas is a gland near the stomach that helps digestion by secreting insulin into the blood and digestive enzymes into the small intestine.

## ➤ Yin Emptiness

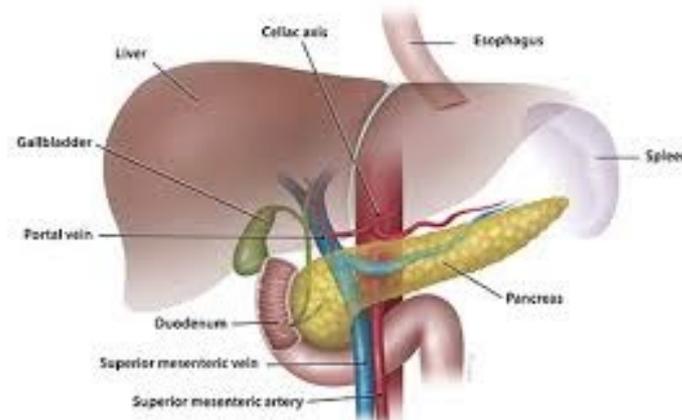
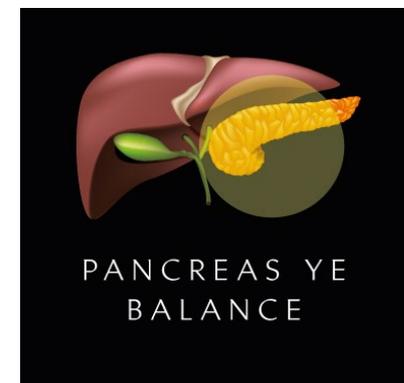
- The pancreas has a low Yang, high Yin
- The pancreas is low in the 5 elements

## ➤ Correction:

- Clear the Stomach Meridian
- Restore the 5 elements
- Balance and enhance the 5 elements

## ➤ Recommendation:

- Pancreatitis
- Emotions of worry
- Restore for Gut Instinct (Decision Making)





# 77: Gallbladder YE

## ➤ Yin Emptiness

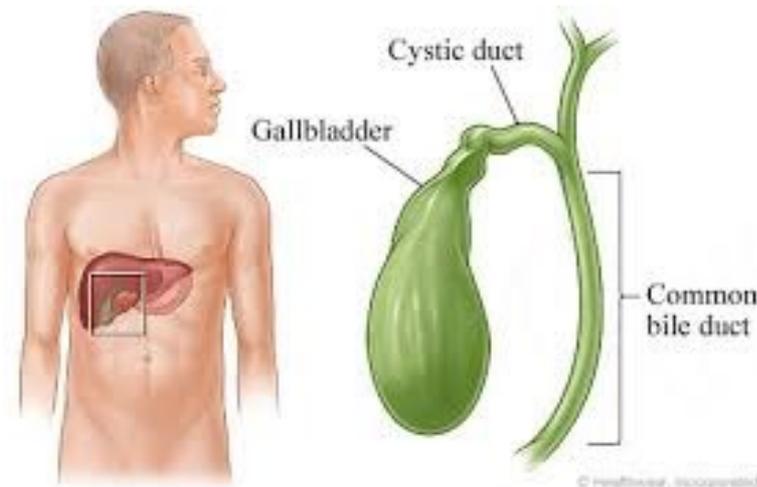
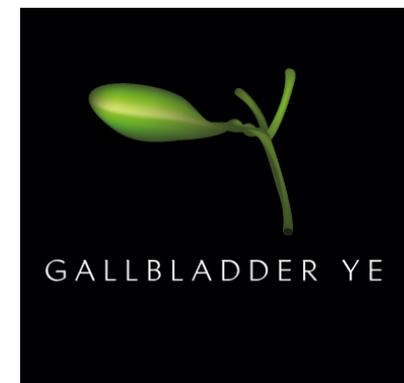
- The Gallbladder has a low Yang, high Yin
- The Gallbladder is low in the 5 elements

## ➤ Correction:

- Clear the Gallbladder Meridian
- Restore the 5 elements
- Balance and enhance the 5 elements

## ➤ Recommendation:

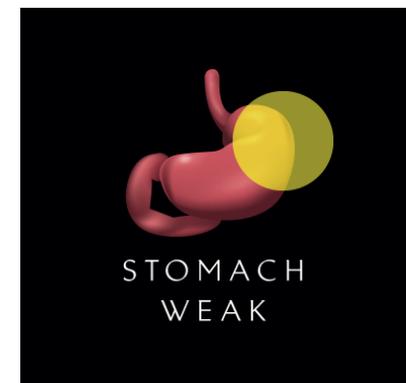
- Gallbladder Stones
- Excessive Gallbladder Infection
- Help digestion of fat
- Play with **11: Liver Detox**





# 76: Stomach Weak

- Stomach is Weak (Chill)
  - Stomach and Spleen Meridians are blocked
  - Addresses Stomach Chill
- Correction:
  - Enhance Earth Elements
  - Clear Spleen and Stomach Meridians
  - Release Chill from the Stomach
- Recommendation:
  - Use when experiencing:
    - Stomach Cramps
    - Food sits in stomach too long undigested
    - Constipation or digestion issues
  - Use with **63: Spleen Dampness (Phlegm)**
  - Play **81: Stomach YE** after playing this track





# 69: Bladder YE

## ➤ Yin Emptiness

- The Bladder has a low Yang, high Yin
- The Bladder is low in the 5 elements
- The functionality is low, or the organ is not functioning

## ➤ Correction:

- Clear the Bladder meridian
- Restore and enhance the five elements

## ➤ Recommendation:

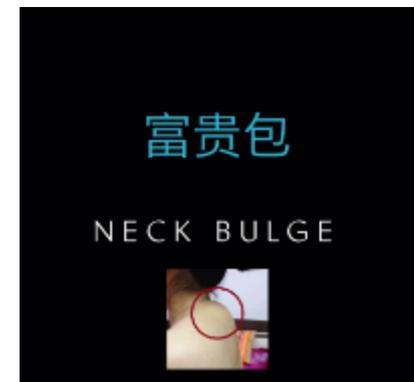
- For Bladder Infections (although you can also consider a brief use of **55: Release Fire** directly on the bladder area, or **30: Vaginitis** for fire release)
- Note there is a separate track for **61: Bladder Tumor**
- You can also use this after **40: Bladder Chill**, to rebuild strength and integrity, but do not use them together
- And you can use it before running **11: Liver Detox** to prevent a rush to the bathroom





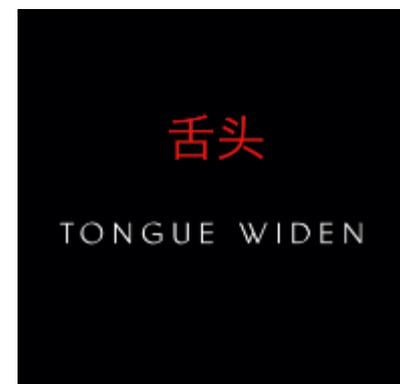
# 68: Neck Bulge

- The most common lumps or swellings are enlarged lymph nodes
  - Inflammation or swelling at the back of the neck
    - This is the meridian pressure point where discharge should take place
  - Phlegm from spinal cord is gathered (Lumped)
    - Build up of Phlegm
  - Meridian pressure point where discharge is to happen
    - Helps discharge garbage
- Correction:
  - Clear the Lymphatic Meridian
  - Clear Spinal Cord
  - Discharge the “garbage”
- Recommendation:
  - May feel like a chill between the upper shoulder blades
  - Complement with **57: Phlegmatic**
  - Complement with **48: Lymph Balance**
  - Complement with **21: Fire Water Body Balance**
  - Consider if this is related to exposure of the neck to air conditioning when wearing tank tops in the summer and then going inside. Sit with whether a chill release of some sort may be needed. Much like the ice block with uterus of bladder chill, but this location may lead to a disconnect or lack of flow between the head and the body.





# 67: Tongue Widen with White Stuff



- The dryness of the coating confirms both Heat and/or Yin deficiency
  - The general **swelling** of the **tongue** body indicates the presence of Phlegm
    - Too Much Spleen Dampness
  - The **swelling** on the sides is related to the Spleen
    - Indicates Dampness occurring against a background of chronic Spleen deficiency.
    - Too much water in the Spleen
    - Tongue is being bitten
- Correction:
  - Clear Stomach Meridian
  - Move Water up
  - Reduce moisture in the body
- Recommendation:
  - Complement with **63: Spleen Dampness (Phlegm)**





# 66: Varicose Veins

下肢静脉曲张

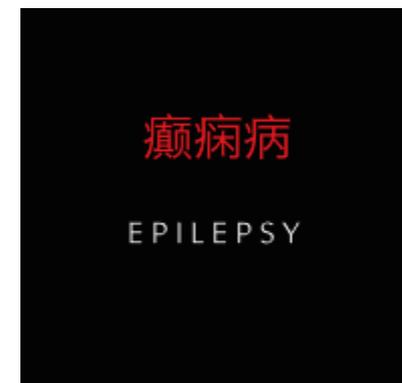
VARICOSE  
VEINS

- Varicose veins are veins that have become enlarged and twisted.
  - The term commonly refers to the veins on the leg, although varicose veins can occur elsewhere.
  - Veins have pairs of leaflet valves to prevent blood from flowing backwards (aka. retrograde flow or venous reflux).
  - There is a build of Phlegm in the blood
    - Blood is too thick
    - Chill in the body
- **Correction:**
  - Water-Fire Balance
  - Clean up Phlegmatic
  - Enhance Fire in the Heart
  - Clean up blood
- **Recommendation:**
  - Complement with **57: Phlegmatic**
  - Complement with **63: Spleen Dampness (Phlegm)**
  - Complement with **18: Chill Release**
  - Complement with **56: Reconnect 5 organs**
  - Consider if Liver also needs some support to clean up the blood, this also may apply to **spider veins**, and both could be the result of dehydration of the blood, tune into the **Kidney and Water System** to see what feels right

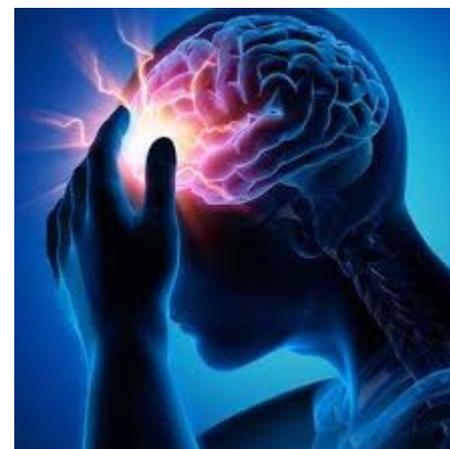




# 65: Epilepsy



- Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behaviour, sensations, and sometimes loss of awareness.
  - Epilepsy is the fourth most common neurological disorder and affects people of all ages.
  - Epilepsy means the same thing as "seizure disorders."
  - Epilepsy is characterized by unpredictable seizures and can cause other health problems.
  - Epilepsy is a spectrum condition with a wide range of seizure types and control varying from person-to-person.
  - Fire in Brain
    - There is a blockage
- **Correction:**
  - Remove Fire
  - Remove Phlegm
  - Clear Meridians
  - Clear Central Nervous system
- **Recommendations**
  - Complement with **57: Phlegmatic**
  - Complement with **21: Fire Water Body Balance**
  - Complement with **34: Central Governing**





# 64: Spinal Bone Stretch

- In TCM theory, spinal manipulations can loosen muscle spasms, relax tendons, dredge the meridians, promote the flow of Qi and blood circulation, relieve pain, replace and/or reduce displaced anatomic sites.
- **Correction:**
  - Release spine pressure
  - Elongates the muscles
  - Loosen the spine
- **Recommendation :**
  - For those who sit for longer periods, or who experience stiffness (anywhere), when moving out of certain positions
  - Complement with **60: Bones Osteoporosis**, **16: Sciatic Nerve**, and/or **51: Front Line Service Professional**, as appropriate



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EPILEPSY

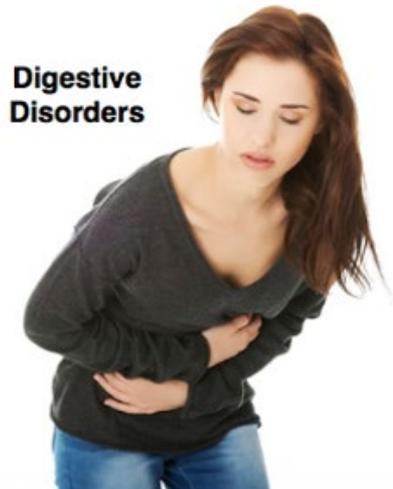


# 63: Spleen Dampness (Phlegm)

脾湿  
SPLEEN PHLEGM

- Western Medicine does not see the importance of the Spleen
  - The spleen helps with distribution of Food & Nutrients
  - Manages and controls the muscles
  - Enhances the 5 Elements
- Reasons for Phlegm in the Spleen
  - Cold – Chill
  - Lifestyle: Ice Cold Drinks
    - Goes to your stomach and when it is cold causes contraction of the organs
    - Results in high blood sugar
- **Correction:**
  - Enhance Spleen
  - Remove phlegm from the body
- **Recommendation:**
  - For anorexia
  - To help build muscle
  - To help clear cellulite
    - Supports the large intestine which supports the lungs
  - Complements many other tracks (including spider/varicose veins)
  - Crucial track, use it regularly!
  - Complement with **34: Central Governing**

**Digestive  
Disorders**



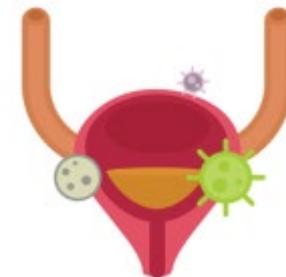


# 62: Dampness Cold, Hot Wind

- When the Outside environment (Cold / Heat / Dampness / Food / Lifestyle / Toxins / Bug Bites / Skin Contact, etc) disrupts someone's Internal Yin-Yang and Fire-Water Balance, potentially resulting overall internal fire or chill
- Symptoms:
  - Arthritis / Cataract
  - Blocked Liver, Kidney, Thyroid
  - Hot Dampness -> Itchy – Reddish Skin
- **Correction:**
  - Bring Yin-Yang into balance
  - Add Fire
  - Remove Blockage (Phlegm)
  - Removes toxins from the body
- **Recommendation :**
  - Helps alleviate joint pain
  - Removing toxins
  - Skin issues due to contact with external factors
  - Use in Conjunction with **57: Phlegmatic**
    - Be gentle with older Clients
  - For Everyone (2 weeks to start out), crucial for maintenance
  - Especially good for seniors (helps with their joints)
  - Regular maintenance track



# 61: Bladder Tumor



## ➤ Blockage of the Bladder Meridian

- Phlegm causing blockage
- Fire in the bladder
  - Too much heat

## ➤ Correction:

- Goes through, clears, and supports the circulation of the Bladder and Kidney Meridians
- Balances the Yin-Yang.
- Removes the Phlegm from the bladder

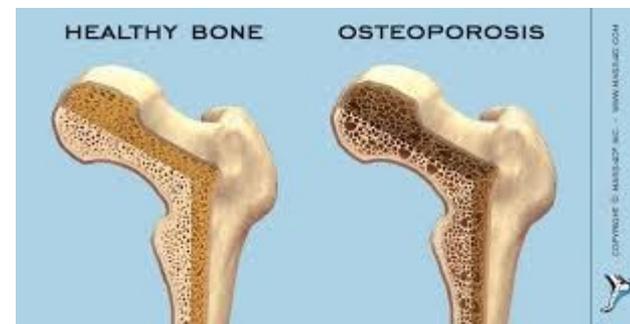
## ➤ Recommendation:

- Bladder Issues
- Complement **53: Cell Treatment**
- Complement with **2: Full Healing**
- Note – this is more for when the person has a bladder tumor (aka. Blockage), if the person has a bladder infection tune in to see if the **55: Release Fire**, **30: Vaginitis**, or **69: Bladder YE** are a better fit



# 60: Osteoporosis (Bones)

- **Osteoporosis** means “porous bone.”
- It is a bone disease that occurs when the body loses too much bone, makes too little bone, or both.
  - As a result, bones become weak
  - Low bone mass and deterioration of bone tissue, leading to bone fragility.
- **Correction:**
  - Kidney supports the Bones
    - Ensure Kidney is in good order
      - Directs Kidney energy to each part of the bone
      - Reconnects Kidney energy to the bone
- **Recommendation:**
  - Low Bone Density
  - Osteoporosis
  - Pain in bones at end of day
  - After unplanned pregnancy or pregnancy with inadequate vitamins/supplements on board
  - Older clients
  - Complement with **29: Kidney Enhance**



# 59: Lupus

- **Lupus** is chronic and complex autoimmune disease.
  - Lupus can affect the joints, skin, brain, lungs, kidneys, and blood vessels, causing widespread inflammation and tissue damage in the affected organ.
  - Most common symptoms of lupus include fatigue, pain or swelling in joints, skin rashes, and fevers, with varying severity.
  - All 5 Organs are on Fire



- **Correction:**

- Reduce Fire
- Add Water
- Balance all 5 organs
- Balance and enhance all elements

- **Recommendation:**

- Lupus
- May also be used for other Auto Immune diseases
- Complement with **57: Phlegmatic**



Monique Gore-Massey. Credit: Lupus Foundation of America.



# 58: Lung Tumor

- **Lung Tumor** is the result of abnormal/uncontrolled rates of cell division or cell death in lung tissue, or in the airways that lead to the lungs.
  - Symptoms may include: Coughing, Wheezing, Shortness of Breath
  
- **Correction:**
  - Addresses the Lung and the Large Intestine
    - Cleans out the blockages
  - Removes phlegm
  - Cell treatment is part of the track
  
- **Recommendation:**
  - Lung Cancer
  - Chronic Coughing and wheezing
  - Smokers
  - COPD
  - Complement with **53: Cell Treatment**
  - **57 – Phlegmatic**
  - **63 Spleen Dampness**



# 57: Phlegmatic

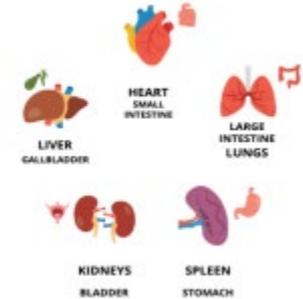


- **Phlegm** is the result of eating foods that are not healthy and cause blockages in the system.
  - Phlegmatic is an important incentive for lung tumor, oesophageal tumor and others
  - This track will successfully discharge phlegm from different organs.
- **Correction:**
  - Cleans out the blockages
  - Detox 5 major organs
  - Cleans the blood to flow smoothly
    - <https://youtu.be/wwNoqqXhUf4>
- **Recommendation:**
  - Important track that can be used in combination with other tracks
  - Use it for Everyone
  - Use as a Preventative track
  - Complement with **2: Full Healing**
  - Complement with **21: Fire Water Body Balance**





# 56: Reconnect 5 Organs and Enhance



- The body is governed by five *Organ Networks (Zang Fu)*
  - The *Kidney, Liver, Heart, Spleen, and Lung*
    - Whose function is to organize, regulate, store, and distribute the five constituents
    - If there is a blockage, you fight a war against yourself.

## ➤ Correction:

- Reconnect the 5 organs so that they can function and help each other.
- This is like starting the car.
- Clears organs / Meridians



## ➤ Recommendation:

- Use if other organs are not communicating with each other, if when you try to energetically follow the proper flow of organs you get stuck or end up going in reverse
- Use as regular maintenance track, or when any other healing is not working as fast as you would expect

# 55: Release Fire



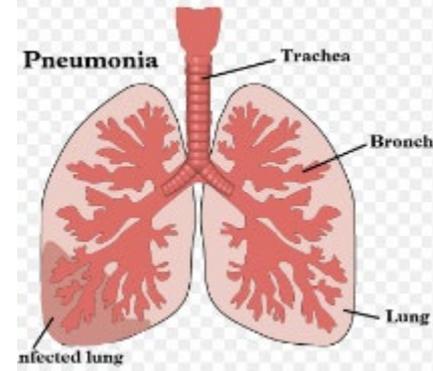
- Heat is an extremely common condition in TCM
  - It is a general condition of hyperactivity that arises as a result of a fundamental Yin-Yang imbalance
  - Inflammation is a *kind* of Heat, but the distinction is that while TCM “Heat” is caused by Qi Stagnation, it is broader in its implications.
  
- **Correction:**
  - Release overall fire
  - Addresses Blood / Organs / Brain
  
- **Recommendation:**
  - For emergency use only
  - Can be used for:
    - Serious infection
    - Heat Stroke
    - Fever
    - After Travel
    - After Chemo treatment
  - Use for short time only (1-2 hours, or sometimes just a few minutes in children)
  - Also good for clients with ADHD, anger, frustration, meltdowns (anything that would make someone want to stand in front of an open freezer/fridge)
  - Consider pairing this with **21: Fire Water Body Balance**





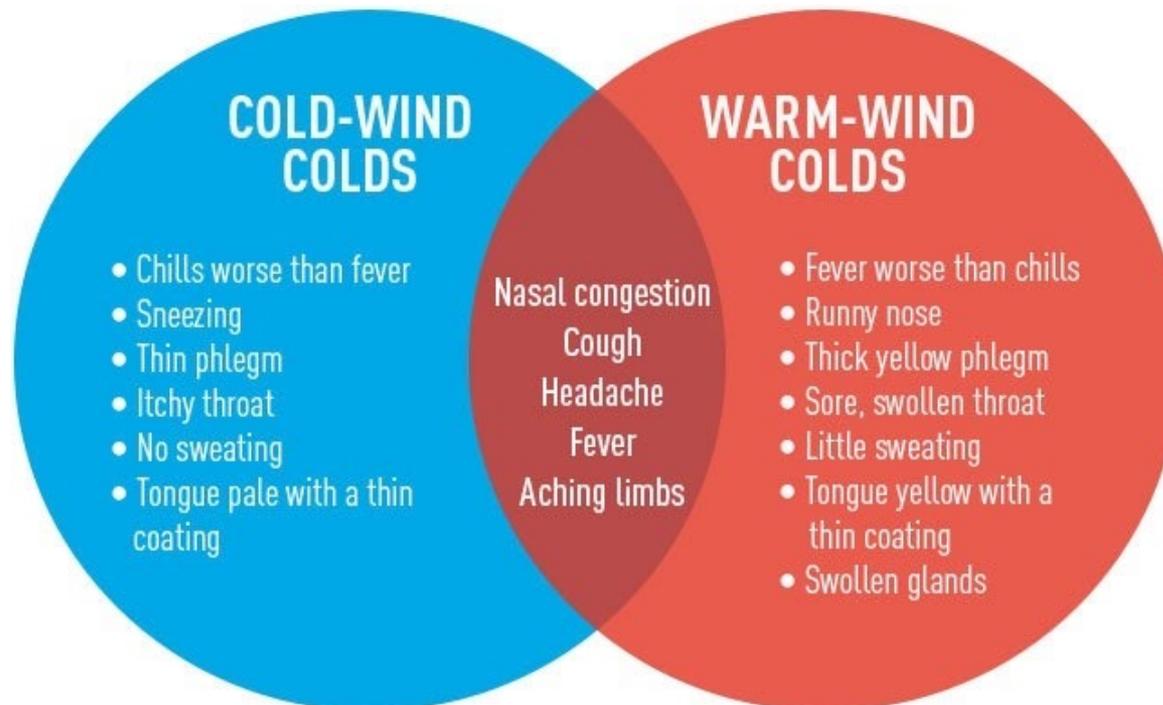
# 54: Pneumonia

- Pneumonia is an infection of the air sacs in one or both lungs
  - Causes them to become inflamed and infected with pus or fluid which makes it difficult to breath
- Correction:
  - Addresses the increased phlegm in the lungs
  - Add Water
  - Removes Fire
  - Loosen Phlegm
- Recommendations:
  - Note – since the lungs are tied to large intestine, this is a possible track to consider if the client is experiencing **constipation** related to dehydrated or fire in the large intestine, use with **21: Fire Water Body Balance**, if this is the case
  - Do NOT use this track if the client also has Asthma
    - Adding water will worsen asthma symptoms, use **50: Asthma** track instead



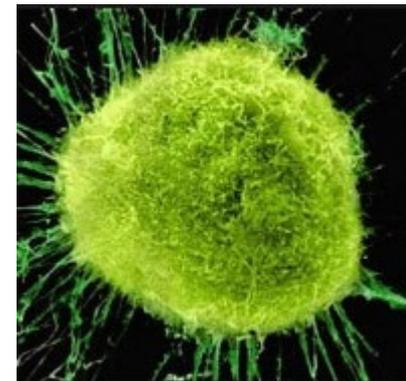
# Deciding between ...

- **Water, Chill, diarrhea tracks:** 50: Asthma, 3: Allergy Running Nose,  
NOTE: since kids tend to have a lot of Yang energy, sometimes all they need is the 63: Spleen track (mother organ, after birth)
- **Fire, Dry, constipation tracks:** 54: Pneumonia, 24: Cough Lung Fire, 7: Sore Throat Common Cold





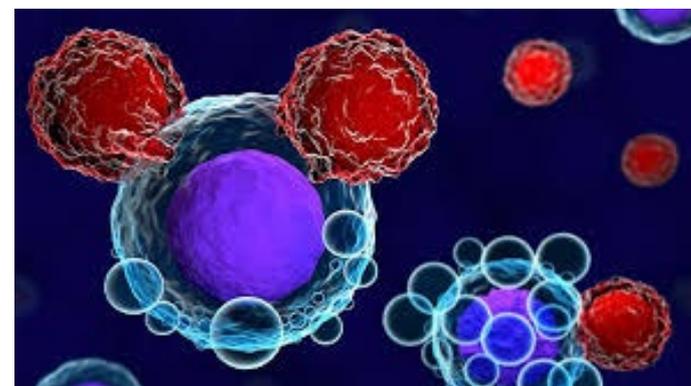
# 53: Cell Treatment



- **Cells** are the basic building blocks of all living things.
  - The human body is composed of trillions of **cells**.
  - They provide structure for the body, take in nutrients from food, convert those nutrients into energy, and carry out specialized functions.

- **Correction:**
  - Enhance cell energy.
  - Re-Energize the cells

- **Recommendation**
  - Excellent for Cancer Patients
  - Can be used by healthy clients as a way to “energize”
  - Compliment with **56: Reconnect 5 organs** (as this track by default also enhances the 5 elements)
  - For daytime use only
  - Use for 6 Hours



# 52: Liver Gallbladder Pancreas Enhance



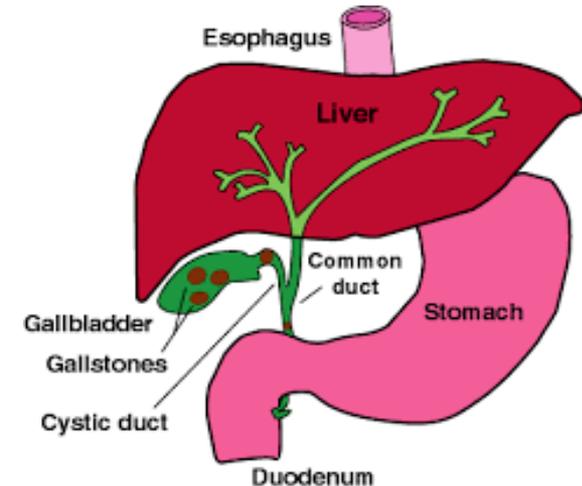
- The gallbladder is a pear-shaped organ that is part of the biliary system.
  - The gallbladder stores bile produced by the liver.
    - It assists with fat digestion.
    - Liver and Gallbladder are closely related

## ➤ Correction:

- Enhances
  - Liver, Gallbladder, stomach, pancreas, and spleen
- Connect Liver – Gallbladder energy
  - (i.e., The Liver asks for support from the Gallbladder)
- Breakdown fats and carbs.
  - Addresses the Digestive System

## ➤ Recommendation:

- Weight Reduction
- Compliment with **27: Belt Meridian** for gas release (even in men)
- Compliment with **21: Fire Water Body Balance**
- Complement with **11: Liver Detox**



# 51: Front Line Service Professional



➤ Fatigue from frequent standing or walking

➤ **Correction:**

- Clear muscle tension.
- Loosen up spine, shoulder, arms and legs.

➤ **Recommendation:**

- May run for extended use.
- This is also included in the **2: Full Healing**
- If using a Bluetooth speaker, place this directly on the low back spine area
- Compliments well with **28: Leg Knees Foot Pain** and **60: Osteoporosis**, depending on the type of pain
- May also compliment well with **63: Spleen Dampness**, if the pain is in the muscles
- Tune in to see if there is a blockage in the **bladder, uterus or anywhere in the mid section** that may be stopping the flow of healing and regeneration throughout the body.





# 50: Asthma

哮喘病 寒咳嗽 肺寒

ASTHMA

- **Asthma** is a chronic (long-term) lung disease that inflames and narrows the airways.
  - Too much Water and Chill Energy in Lung and Large Intestine.
  - This is the Opposite of Lung Fire
- **Correction:**
  - Put Fire Balance into Large Intestine
  - Enhance the Lung Element (metal)
  - Carefully put in gentle fire to warm Lung
- **Recommendation:**
  - Run as needed, up to 8-hrs or longer daily
  - Soothe asthma symptoms and support repairs
  - Can also be used for Watery stool
    - If there is too much water in the lungs it can result in increased water in the Large Intestine, resulting in soft / watery stool
    - The reverse is also true – Increased fire in lung can result in fire in the Large Intestine



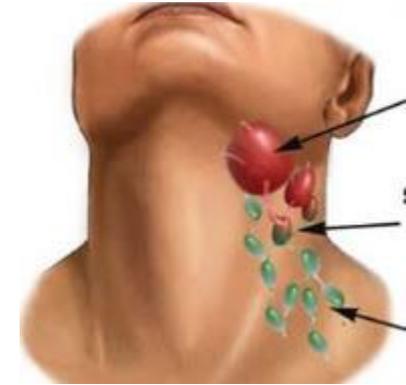


# 49: Removed

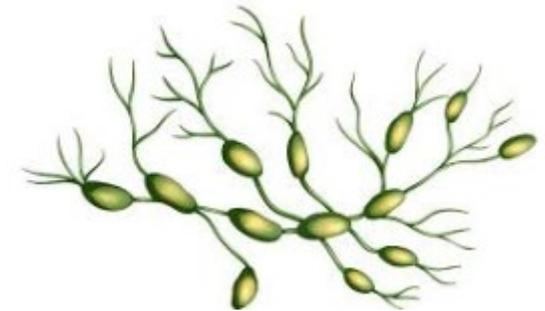
- Spleen Phlegm replaces this track



# 48: Lymph Balance



- A lymphocyte is a type of **white blood cell** in the **immune system**.
- Lymphocytes are concentrated in the lymph nodes.
  - The spleen and the thymus are also lymphoid organs of the **immune system**. The spleen holds 25% of the lymph cells.
  - The tonsils are also lymphoid organs, and they are associated with the **digestive system**.
- **Correction:**
  - Loosen Lymph nodes so water (energy) can flow.
  - Enhance water (energy) back into lymph system
  - Balance yin/yang
  - Addresses the surface
- **Recommendation:**
  - To support the immune system and detox process
  - Compliment with **21: Fire Water Body Balance**, **29: Kidney Function Enhance**, **68: Neck Bulge**, **19 Thyroid** as needed
  - Think anything that would support flow and flush



# 47: Uterus Chill YE



- Chill in the Uterus can contribute to **miscarriage** and **painful menstruation**, as well as **blocking the proper flow between the critical 5 organs**, as it is hard to heat water on an icepack.

- **Correction:**

- Clear the Belt Meridian
  - Especially to discharge bad energy from the cells

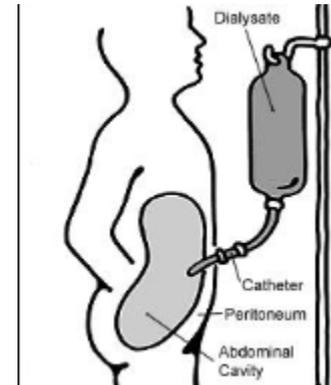
- **Recommendations:**

- An energetic way to clear any debris in the uterus, following birth, miscarriage, abortion, or to support a successful pregnancy
- Remove Gas (Bloating)
- Painful Menstruation
- Use with Menstrual track



# 46: Kidney Balance

- According to **Traditional Chinese Medicine**, the **Kidney** is the powerhouse of the body
  - Supplying reserve energy to any organ running low on Qi.
    - When another organ is low on energy, the **Kidney** sends it an extra Qi boost from this inheritance.
    - **Kidneys** are associated with "the gate of Vitality"

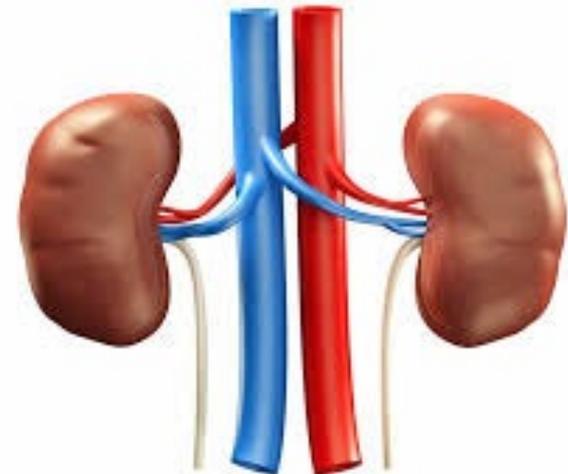


## ➤ Correction:

- Goes through kidney filtration system:
  - Get urine out;
  - Cleanse blood,
  - Run Water balance;
  - Clear kidney meridian
  - Add Water elements into kidney to strengthen.
  - Supports the Liver

## ➤ Recommendation:

- Frequent Urination Issue
- Use clients on Dialysis
- Swollen Feet
- Complement with **29: Kidney Enhance**



# 45: Sugar Balance



- When it comes down to it, your cravings for sugar are actually based in necessity.
  - Without sugar, we would literally be unable to produce energy
  - The Spleen is responsible for the distribution of nutrients
  - When out of balance, the Stomach and Spleen (just like you) crave sugar to stimulate and boost their functioning.
    - If your spleen is in balance, you will not require sugar balance.

## ➤ Correction:

- Strengthen the Pancreas by
  - Loosening the Gallbladder.
  - Enhancing circulation.
  - Enhancing Pancreatic cells
  - Clearing the Stomach Meridian
  - Enhancing water balance

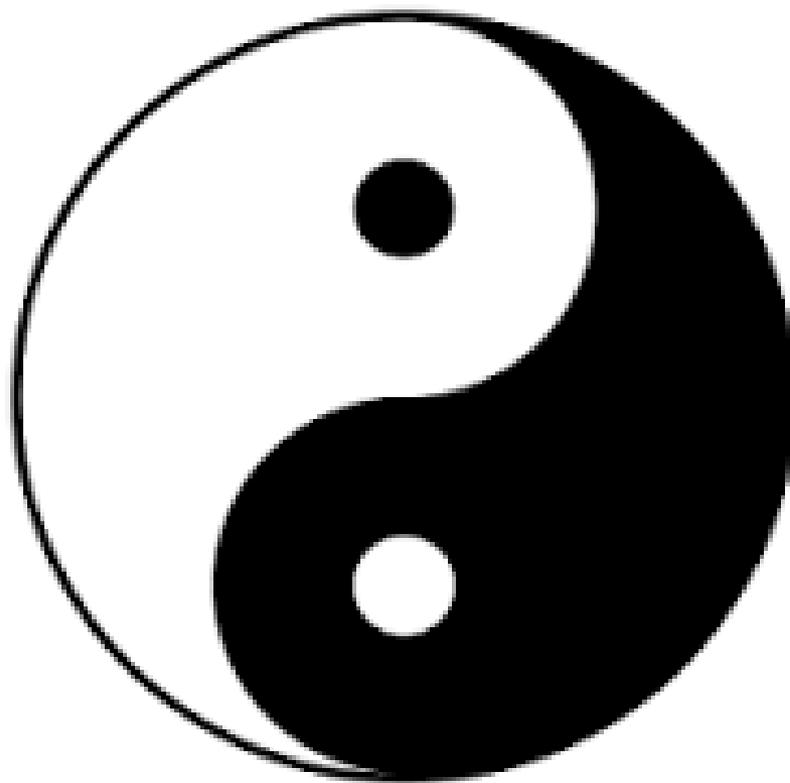
## ➤ Recommendation:

- Diabetes Patients
- People with sugar cravings/addictions
- Good for after eating a large meal
- Compliment with **63: Spleen Dampness** or **76: Stomach Weak**, as appropriate



# 44: Removed

- Epilepsy Track replaces this one





# 43: Trigeminal Nerve

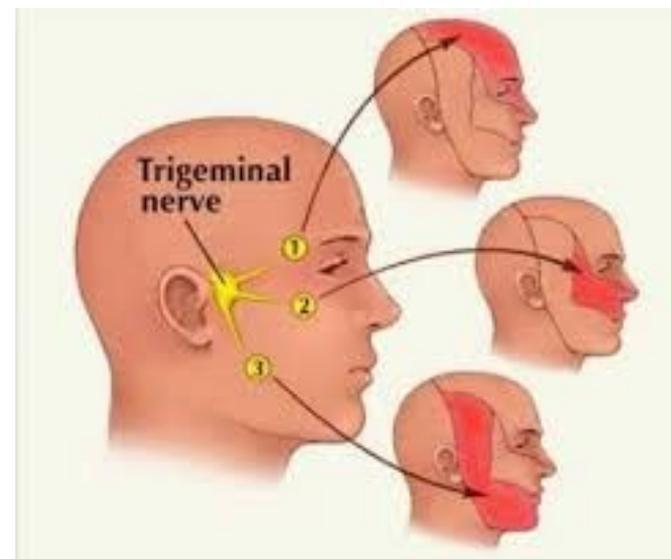
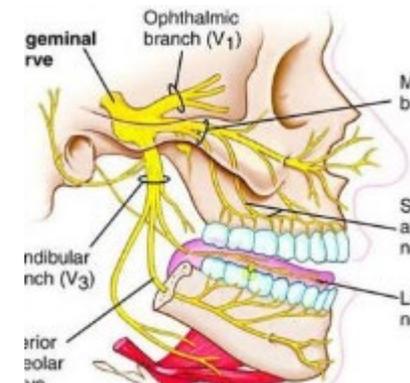
- The trigeminal nerve
  - (The fifth cranial nerve, or simply CN5)
  - Nerve responsible for sensation in the face and motor functions such as biting and chewing;
  - Electrical signal not functioning
  - It is the largest of the cranial nerves.
    - Nerves on your face

## ➤ Correction:

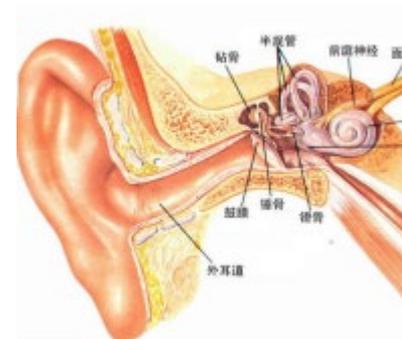
- There is Chill energy on the nerve.
- Put in Fire to warm up and balance

## ➤ Recommendations:

- Reduce chill energy when cold outside
- Bell Palsy
- May also help with Tooth Nerve Pain, or stress/relaxation



# 42: Ear Balance



- Loop-shaped canals in your inner ear contain fluid and fine, hair-like sensors that help you keep your balance.
  - help monitor the position of your head in relation to gravity and linear motion, such as going up and down in an elevator or moving forward and backward in a car.
  
- **Correction:**
  - Resolving inflammation in the inner ear
  - An Energy Overhaul of Ear Cleaning bones of middle ear.
  - Enhancing Cochlea (Brushing clear) Supporting the Auditory nerve
  - Enhance Kidney Energy
  
- **Recommendation:**
  - Balance Issues
  - May also help with Hearing
  - May also help with ear ringing
  - Maybe compliment with **29: Kidney Enhance**





# 41: Alzheimer's with Parkinson



- Alzheimer's disease is an irreversible, **progressive brain disorder** that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks.
- Circulation in Brain is reduced.
- Brain is irregular in shape and shrinking (losing mass).
- Triple Warmer is out-of-control

## ➤ Correction:

- Enhance and increase circulation.
- Dilate blood vessels.
- Reduces the Phlegm in the Brain
- Energize cells with the 5 elements

## ➤ Recommendation:

- Do not use at bedtime as it is stimulating.
- Best to be used before calcification occurs.
- After calcification, reversal does not usually happen, but maintenance can occur





# 40: Bladder Chill

尿频  
尿急  
尿不尽  
:

- Elasticity of bladder is gone due to Chill.
- Release Chill or Fire/Water balance tracks are not enough
- Symptoms:
  - Going to bathroom every hour but only a little comes out?
- **Correction:**
  - CLEAR the Chill Energy.
  - Body needs temperature to warm kidney water, turn to steam to supply the lung and blood and support circulation.
  - When fire is put back into the bladder, elasticity returns
  - When the kidney warms up, fullbody circulation improves, and you can retain more water.
- **Recommendation:**
  - Be Careful with this track, only run it until you are 80% returned to proper warmth, as it will continue to work when you are running the track



# 39: Neck and Shoulder Pain



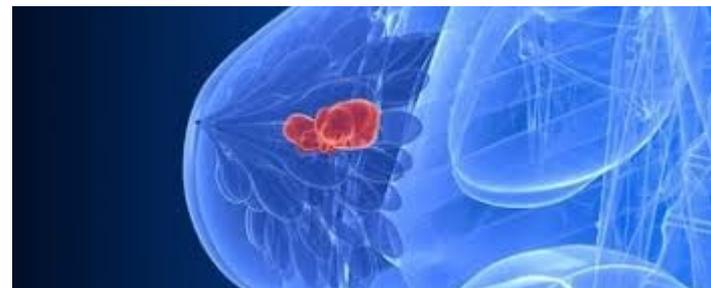
- Affects joints & discs in neck.
  - It develops from wear and tear of the cartilage and bones found in the cervical spine
  
- **Correction:**
  - Clean calcification of discs in the neck
  - Restore bone function
  - Drag off bad energy
  - Loosen Muscle
  
- **Recommendation:**
  - Good for people who work at a computer or desk for extended periods of time
  - Compliment with **64: Spinal Bode Stretch**, as appropriate
  - Also **36**





# 38: Breast Tumor Growth with Phlegm

- Develops from breast tissue as indicated by:
  - a lump in the breast, a change in breast shape,
  - dimpling of the skin,
  - fluid coming from the nipple,
  - or a red scaly patch of skin.
  - Excess energy in breast.
  
- **Correction:**
  - Apply **5: Hyperplasia of the breasts**
  - Clear the stomach meridian via nipple to free blocked energy,
  - Go up the spleen meridian and out the stomach meridian.
  - Use intention to drag of excess energy from breast.
  - Bring water up
  
- **Recommendation:**
  - Use with **63: Spleen Dampness Phlegm**
  - **57: Phlegmatic**





# 37: Headache



- A **headache** can be a sign of:
  - Mental or emotional distress
  - A medical disorder, such as migraine, high blood pressure, anxiety, or depression.
- And it can lead to other problems.

## ➤ **Correction:**

- Clearing the Triple Warmer (TW) Meridian.
- Clearing the Gallbladder Meridian
- Remove Blockages
- Clear Small Intestine
- Performing Fire/Water Balance
- Dilate blood vessels of head.
- <https://youtu.be/bRRdON6PDrM>



## ➤ **Recommendation:**

- Use as needed to relieve pressures causing headache
- Also address the psychological, emotional, environmental, dietary, and circumstantial contributing factors (see video above for more)



# 36: Lower Back Spine, Slip Disc



- Helps support optimal Spinal Curve.
  - There is a build-up of gas in the disc.
  - Poor Posture promotes weakness and discomfort from disc pressure.
  - Proper alignment of the spine is a contributing factor to overall immune health and function

## ➤ Correction:

- Extract gas energy from inside joints.
- Enhance disc muscles and flexibility.
- Pull-up, stretch and loosen.
- Includes Central Governing Meridian

## ➤ Recommendation:

- Slip Disc
- Low Back Pain
- Complement with **64: Spinal Bode Stretch**



# 35: Frozen Shoulder

- Pain in the shoulder which may be aching, dull, or stabbing in character.
  - In the case of a sudden occurrence, the pain may be severe with the upper arm and the elbow involved.
  - There may be atrophy in the shoulder muscles, with more than two sensitive tender points.
  - Both active and passive movements of the shoulder joint may be limited, especially abduction, external rotation, and elevation.
  - It's often seen in those at the age of 50 or so which is called "shoulders of fifties".
  - It's mostly due to chronic strain of the shoulder (exhausted muscle, overuse, or injury)
  - Build up of Chill energy
    - Small Intestine issue



- **Correction:**
  - Disperse the excess Wind, Cold and Dampness
  - Remove the obstruction in the affected meridians and their collaterals
  - Spread the qi and blood
  - Clear off chill energy from shoulder through clearing:
    - Triple Warmer down to Small Intestine, up to Head, down to Heart meridian

- **Recommendation:**
  - Complement with **62: Dampness, Cold, Wind Track**





# 34: Central Governing

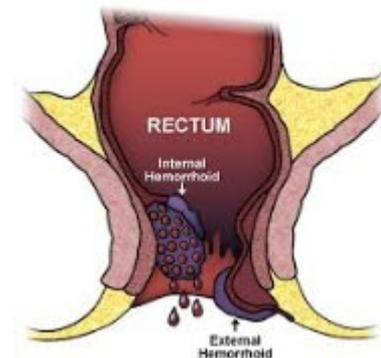


- The Governing and Conception Vessels are the main rivers of the body's Yin and Yang energies.
  - They are polar aspects of the body, and perfectly complementary
- The Governing and Conception Vessels each have two energy flows on the anterior and posterior vertical midline of the body.
  - Each vessel's pathway is complete, being composed of an ascending energetic flow and a descending energetic flow. The duality of these two medial lines joins at the extremities (the head and perineum), forming one complete circle of energetic current.
  - The energy of the Governing Vessel being predominant up the back and inferior down the front.
- **Correction :**
  - Energize the flow of Body Meridians
- **Recommendations:**
  - Extreme Tiredness
  - Chronic Fatigue
  - Drained Vital Energy
  - Balances any discharge
  - Complement with use of decal on knee
    - Spleen Meridian point (see "DECAL" slides)



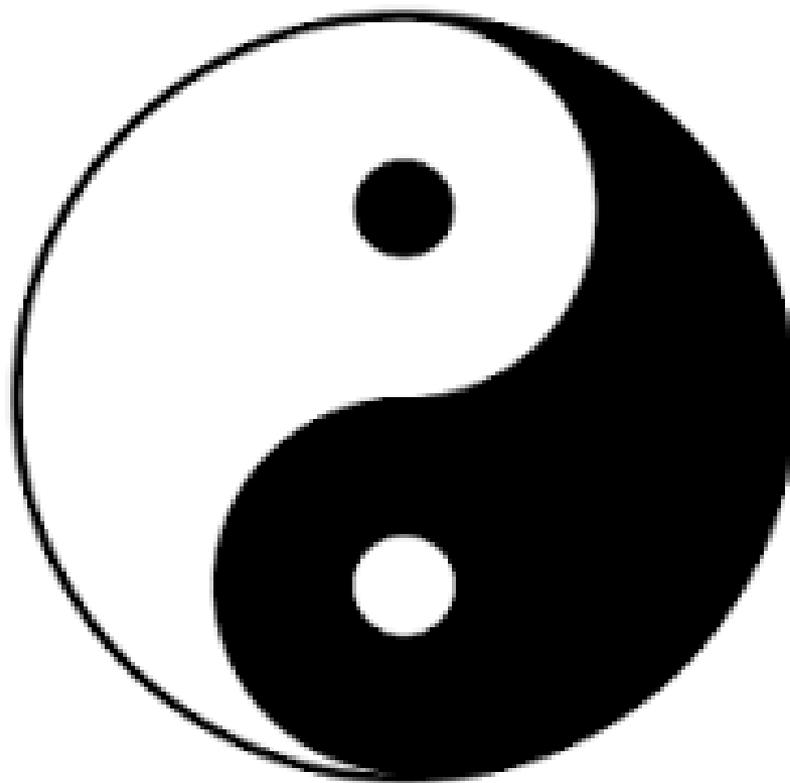
# 33: Haemorrhoids

- Haemorrhoids are swollen veins in the lowest part of your rectum and anus.
  - Sometimes the walls of these blood vessels stretch so thin that the veins bulge and get irritated, especially when you poop.
  - Also called piles
  - This track is included in Phlegmatic
- **Correction:**
  - Primary action is through the Central Governing meridian
  - With an added intention to move fire up from the Inflamed area and bring water down to it
  - Enhance circulation.
  - <https://youtu.be/PEYB8W28Anw>
- **Recommendation**
  - Works best with **11: Liver Detox**  
**57 Phlegmatic**



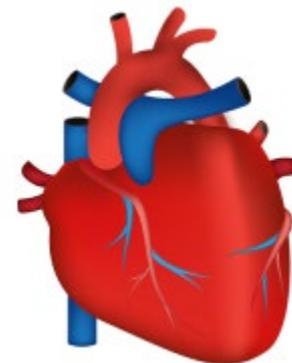
# 32: Removed

- Front Line Professional Replaces this Track



# 31: Heart Strength

## Coronary Heart Disease



- A waxy substance (called plaque) builds up inside the coronary arteries – atherosclerosis

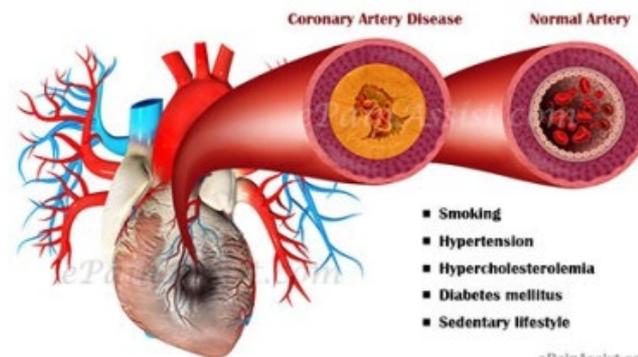
### ➤ Correction:

- Stabilize heart strength and beat
- Enhance blood vessels
- Put Fire element back into heart
- Clear chill and gas energy
- Loosen muscle
- Clear 2 heart meridians
- Balance Yin / Yang in
- Provide Water balance

### ➤ Recommendation:

- Updated version should be **played no longer then 2 hours per day**
- **Break up the hours as well**
- Can also be used for:
  - Emotional Loss or Overcom
  - ing relationship breakup (Heart controls the Lungs, grief)
  - Irregular Heart Beats
- Complement with 57: Phlegmatic

### Causes Of Coronary Artery Disease



# 30: Vaginitis

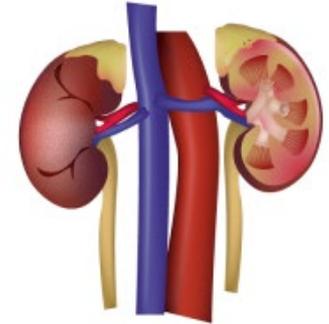


- **Vaginitis** is an inflammation of the vagina that can result in discharge, itching and pain.
  - The cause is usually a change in the normal balance of vaginal bacteria or an infection.
  - Reduced estrogen levels after menopause and some skin disorders can also cause **vaginitis**.
  
- **Correction:**
  - Release the Infection
  - Reduce itching and pain
  - Put back water
  
- **Recommendation:**
  - Complement with Water – Fire Balance
  - Also works for Vulvovaginitis (inflammation, itchiness of the vulva)





# 29: Kidney Function Enhance



- According to Traditional Chinese Medicine, the Kidney is the powerhouse of the body, supplying reserve energy to any organ running low on Qi.
  - Its partner organ is the Bladder, and Kidney health is tied to bone health
    - If the Kidney's energy is low, you may have symptoms such as osteoporosis, dental issues, or developmental issues.

## ➤ Correction:

- Overhaul of the Water Pump
  - General Water Pump system maintenance
  - Perform water / fire balance
- Address Kidney ducts
  - Add Water elements to enhance clearing
  - Perform Yin/Yang balance on Kidney.
    - Correct Yin Emptiness
- Clears up the adrenal glands

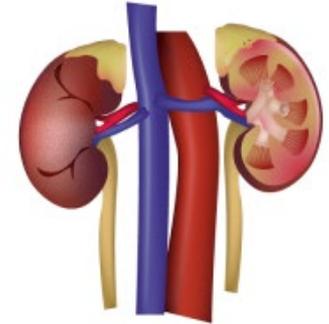
## ➤ Recommendations:

- Good for seniors, or people with swollen legs
- Try this before dialysis
- To remove Fear
- Compliment with
  - **46: Kidney Balance**





# 29: Kidney Function Enhance



- According to Traditional Chinese Medicine, the Kidney is the powerhouse of the body, supplying reserve energy to any organ running low on Qi.
  - Its partner organ is the Bladder, and Kidney health is tied to bone health
    - If the Kidney's energy is low, you may have symptoms such as osteoporosis, dental issues, or developmental issues.

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  - Perform Yin/Yang balance on Kidney.
    - Correct Yin Emptiness
- Clears up the adrenal glands

## ➤ Recommendations:

- Good for seniors, or people with swollen legs
- Try this before dialysis
- To remove Fear
- Compliment with
  - **46: Kidney Balance**





# 28: Leg Knees Foot Pain

- Bones – joints – ligaments – muscles.
  - Helps reduce swelling
  - Reduced Circulation Pain from inseam down
  
- **Correction:**
  - Purify and clear the 6 foot meridians and the sciatic nerve.
  - Address pain from the Waist down
  - Remove Chill
  
- **Recommendation:**
  - Helpful after being on your feet all day
  - Works best with
    - **60: BONES Osteoporosis**
    - Use with **16: Sciatic Nerve**, for sciatic nerve pain
    - Complement with
      - **29: Kidney Balance / 46: Kidney Enhance, 1**
      - **1: Liver Detox,**
      - **57: Phlegmatic**



# 27: Belt Meridian Irregular Female Menstruation, Male & Female Reproduction System



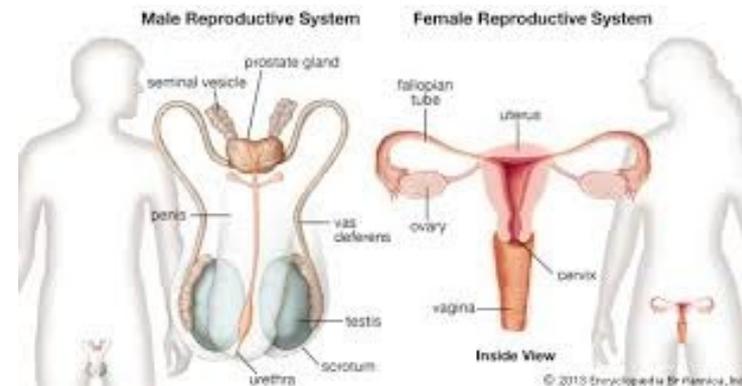
- The Belt Meridian is considered to be both a yin and yang meridian
  - The part that wraps around the front is considered yin
  - The part that's wraps around the back is considered yang
  - The Belt meridian is vital to allow for a smooth flow of energy

## ➤ Correction:

- Send energy through the Belt Meridian
- Exercises the uterus and improve the reproductive system
- Remove gas (energy) from the abdomen
- Shrink the abdomen (lower belly)
- Reduce low back pain

## ➤ Recommendations:

- Premature menopause
- Irregular Menstruation
- Also supports healthy male prostate gland
- Gas / Blotting
- Helps with weight loss



# 26: Swollen Feet: Kidney Weak

- Swelling (edema) in the legs, feet and ankles can be a symptom of more serious conditions like;
  - High blood pressure, heart disease, or diabetes, to name a few
  - These symptoms are signs of a weak kidney
    - Water is not moving properly through the system
  
- **Correction:**
  - Running Central Governing first to give strength
  - Clear the Kidney/Bladder Meridian
  - Add and drag water out to open the channel for water circulation.
    - Bring water up from the feet
  
- **Recommendation:**
  - Swollen feet and/or toes
  - Complement with
    - **29: Kidney Balance /**
    - **46: Kidney Enhance**
    - **34 Central Governing**



Are swollen feet  
a warning sign?

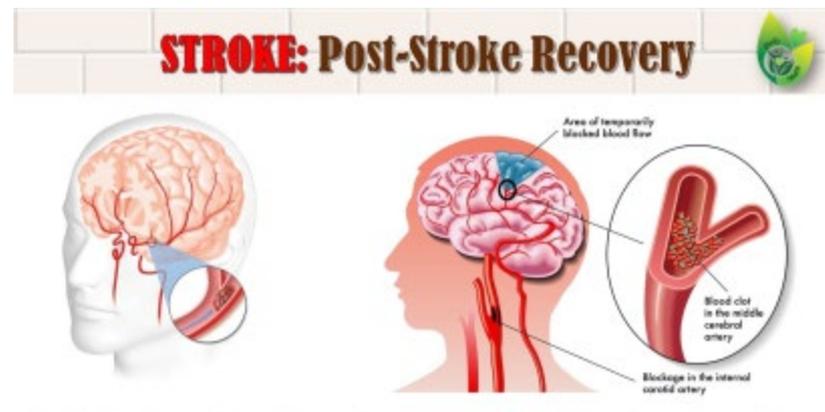




# 25: Stroke Recovery



- In TCM stroke goes beyond an illness of the brain.
  - It affects the meridians, other organs, and blood vessels as well.
  - It is thought to be caused by internal and external influences that induce a build up of qi and blood that creates a high pressure state
  - This ultimately leads to a stroke.
    - There is a Water-Fire (energy) imbalance (too much fire in heart and blood)
- **Correction:**
  - Enhance the Triple Warmer and Heart Meridians
    - Drag off head energy
  - Enhance the Heart Meridian
  - Put water (energy) into blood and heart.
- **Recommendation:**
  - Use after Stroke
  - Use for Clients at High Risk for Stroke
  - Complement with **57: Phlegmatic**



# 24: Cough Lung Fire

- Coughing, in the language of TCM, is simply a failure of the natural function of the Lung qi
  - Dry Throat in the morning is due to thick phlegm
  - Fire in the Lung that can not get out

- **Correction:**

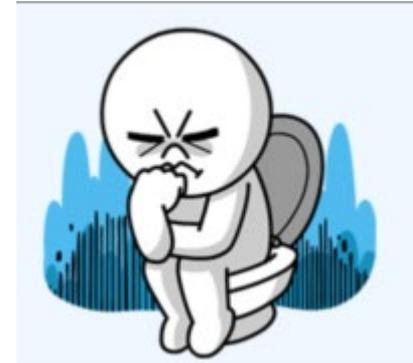
- Bring water to and through the Large Intestine
  - Add in Fire
- Bring fire out of the Large Intestine to the Lungs and Throat then down and out through the Thumb

- **Recommendation:**

- If you have a “100 day cough” also address the Spleen with **63: Spleen Dampness Phlegm**
- Another sign that this track is needed is if the person is having dry poo or constipation
- If the person’s poo is runny, this is a better indication of Water in the Lungs (try the **50: Asthma Lung** track instead)



# 23: Rectal Constipation



- Constipation is the catch all phrase for a wide variety of signs and symptoms, when one or more of the following signs are experienced:
  - Infrequent bowel movements
  - Passage of small amounts of hard and dry stool
  - Difficult passage of stool of normal consistency, common in people >65yrs of age
  - Painful passage of hard and dry stool
  - Straining during bowel movements and feeling of incomplete evacuation
  - Frequent straining during bowel movements causing haemorrhoids
  - Frequent stretching of sphincters by hard stool causing fissures.
  
- **Correction:**
  - Straighten, clean, and flush Fire out from the Large Intestine
  - Bring more water into the Large Intestine and the Lung
  
- **Recommendation:**
  - Use when Constipated
  - Complement with **21: Fire Water Body Balance**, and **33: Hemorrhoids**, if required



# 22: Gout

- Gout is a metabolic disorder which results in raised blood levels of uric acid and the formation of crystals of uric acid salts in the joints.
  - Uric acid is a natural element which results from the normal break down of food and the build up of body tissues.
  - According to **TCM** principles, acute **gout** is the accumulation of stasis, heat, or phlegm-dampness.
    - A build up in joints and toes.

- **Correction:**

- Extract and clear out blockages
- Clear Spleen/Stomach Meridian

- **Recommendation:**

- Complement with **63: Spleen Dampness Phlegm** ; **57: Phlegmatic**
- Use the Decal on the knee spleen spot





# 21: Fire Water Body Balance



➤ The Water Element Balances Fire, Inside and Out.

- TCM always seek balance, in nature as well as within the human body

➤ **Correction:**

- Relax and enhance the kidney, going through bladder meridian
- Clear adrenal glands and re-join to bladder meridian on both sides.
- Bring fire (energy) down, and water (energy) up to balance
- Normalize temperature.
- Fire warms water so that it can go back up
- This kick-starts the cycle
- <https://youtu.be/mkX44XAAAnJM>

➤ **Recommendations:**

- This track is crucial and basic, use it always
- It acts as an excellent complement to many other tracks





# 20: Eyes



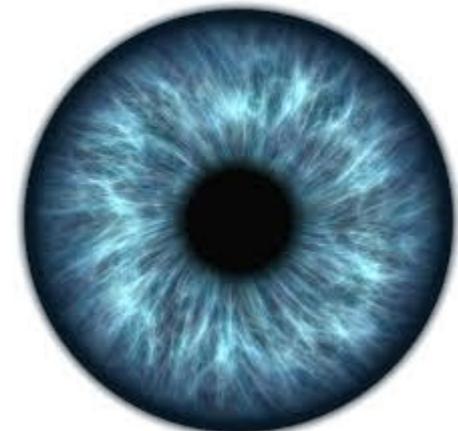
- According to TCM, if you have any eye issues, including blurry vision, red or dry eyes, or itchy eyes, it may be a sign that deep down your Liver is not functioning smoothly.
  - The Liver is responsible for the smooth flow of emotions as well as Qi and blood

## ➤ Correction:

- Work on lens and muscles around lens on both eyes.
  - Loosens lens muscle
- Purify inside lens and outside muscle
  - Purify fluid inside eyes, removing loose particles
- Enhance liver energy and clear the liver meridian
  - through both eyes and back down
- Clear Phlegm in Eyes

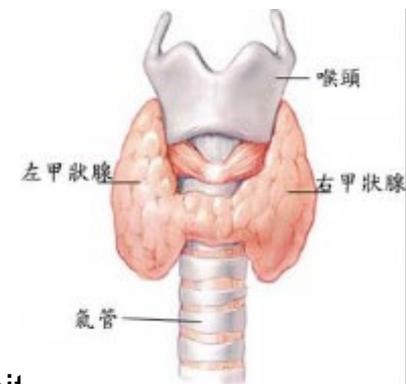
## ➤ Recommendations:

- Helps to eliminate the need for reading glasses
- Helps prevent the formation of cataracts
  - Combine with **11: Cataracts**
- Use when you have blurred vision, dry eyes, red eyes



# 19: Thyroid

- The Thyroid is a little gland located in the neck
  - It produces hormones that play a role in many major functions of the body primarily:
    - Maintaining the body's metabolic rate, growth, detoxification and immunity
    - Ducts from Thyroid (butterfly gland) are often plugged.

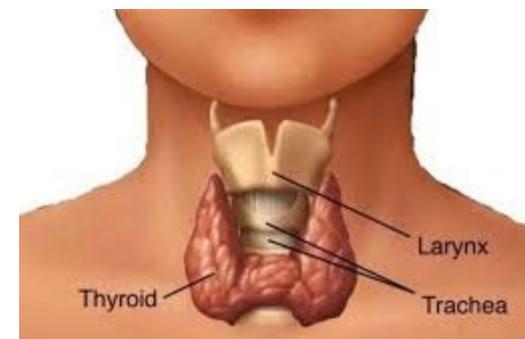


## ➤ Correction:

- Clear ducts and put water in, to ensure circulation
  - Go through the Central Governing up to the thyroid
  - Direct fire out and replenish with water
  - Enhance connection between Kidney and Thyroid
  - Thyroid has an effect on all the meridians

## ➤ Recommendation:

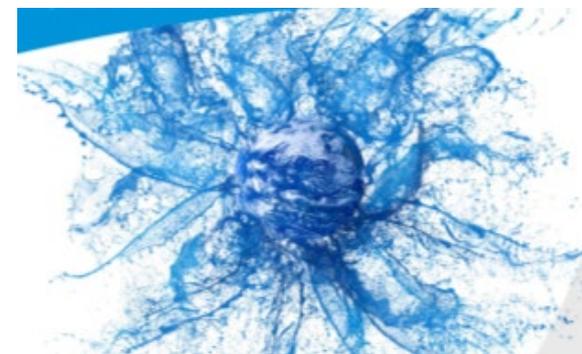
- Thyroid issues
- Complement with **21: Fire Water Body Balance**, and **29: Kidney Enhance**
- Maybe consider **48: Lymph Balance** as well



# 18: Chill Release

## 寒气

- Excess Chill is not only feeling Cold, but also having an aversion to Cold.
  - An aversion to cold / chills, usually indicates an invasion of exogenous Wind Cold
- **Correction:**
  - Releases Whole Body Chill Energy
  - Apply specific intent to drag chill off the body
- **Recommendation:**
  - Use with Caution
    - Maximum 3-4hrs / day
  - May feel cold initially
    - This is releasing the cold energy
    - Stop if you feel like you are starting to get a sore throat
      - Starting to have too much fire
  - Check your bladder area
    - If Cold then internal body has chill
    - Also check pulse – if low – too much chill
  - Complement with **34: Central Governing**



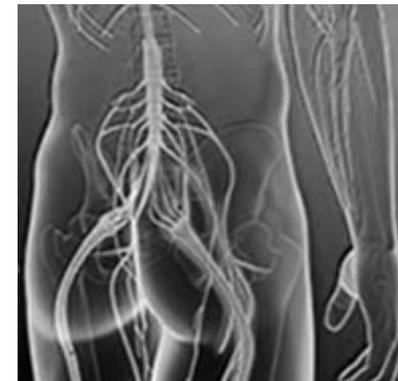
# 17: Hair Loss

- TCM explains that hair growth is closely related to the health of the blood
  - Both amount and circulation.
  - People often lose hair due to physical or pathogenic conditions where they lose much blood
  
- **Correction:**
  - Clear the Kidney Meridian
  - Enhance the Kidney
  - Direct energy up to the skull to enhance hair growth
  
- **Recommendation:**
  - Use when experiencing Hair Loss
    - Will not work if already Bald
  - Complement with **29: Kidney Enhance**





# 16: Sciatic Nerve

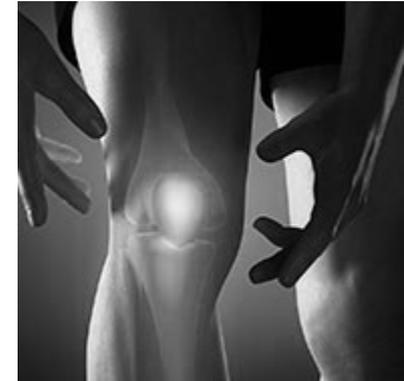


- Sciatica refers to pain in the passage and distribution region of the sciatica nerve.
  - It's main manifestation is radiating pain in the lower back and legs.
  - It usually radiates on just one side
  - From the lumbar region or buttock to the posterior side of the thigh, down the lateral side of the leg to the lateral side of the dorsum of the foot.
- Most sciatica is due to prolapse of a lumbar intervertebral disc
  - When chill present in nerves or water, it slows down the conduction of signals to feet, causing tingling, sensation or numbness
- **Correction:**
  - Reconnect (put fire) 8 sciatic nerves:
    - Spine to thigh and down to the bottom of the feet.
  - Remove Chill energy
- **Recommendation:**
  - Use when experiencing Sciatica
  - Complement with **28: Leg Foot and Knee Track**





# 15: Arthritis: Hand And Feet



- TCM categorizes arthritis as a blockage in the smooth flow of Qi and Blood throughout the energetic pathways in the body.
  - The disorder is classified as an impediment that affects the bones and joints
- Pain and reduced range of motion, in TCM, indicates the presence of a blockage and residue in the joints.
  
- **Correction:**
  - Arthritis is considered “bad energy”:
    - Must pull it out
    - Loosen muscles and bones
    - Purify joint, and
    - Discharge
    - Release Phlegmatic
    - Release Chill
  
- **Recommendation**
  - Complement with:
    - **60: BONES Osteoporosis**
    - **57: Phlegmatic**
    - **11: Liver Detox**
    - **Chill release**
  
- **Use 62: Dampness cold as an updated track**





# 14: High Blood Pressure

- Hypertension is a disorder characterized by high blood pressure.
  - Blood pressure is the force of the flowing blood against the walls of the arteries.
    - It is measured in two numbers.
      - The first number is systolic pressure which represents the pressure generated when the heart contracts and pumps the blood through the artery.
      - The lower number is diastolic pressure, which represents the pressure in the vessels when the heart is at rest.
    - If your systolic pressure is equal or greater than 140 mmhg, and/or your diastolic pressure is equal or greater than 90 mmhg, on three separate occasions while seated, a definite diagnosis can be made.



## ➤ Correction:

- Dilate blood vessels,
  - (if blood is thick, blood pressure increases)
- Add Water/Fire balance for circulation
- Address 4 main artery area:
  - (head, lung/heart, hands, and legs)
- Addresses bladder Chill

## ➤ Recommendation:

- Use if systolic pressure is higher than 140
  - If Diastolic pressure is above 90
- Use in combination with Phlegmatic



# 13: Prostrate Relief

- The prostate is a male-specific, glandular and fibro muscular organ that lies inferior to the urinary bladder.
  - In adult males, its main function is to produce prostatic fluid that contributes to the volume of semen.
    - In males under the age of 50, the most common condition affecting the prostate is prostatitis, which means “inflammation of the prostate”
    - In males over 50, the most common prostate condition is termed benign prostatic hyperplasia (BPH).
      - BPH can cause symptoms such as decreased urinary flow and difficulty starting and stopping urination.
- The prostate can get blocked as a result of having a vasectomy
- **Correction:**
  - Clear the prostate and seminal vessels
  - Balance the Yin-Yang
  - Enlarged prostrate
- **Recommendation:**
  - Use with **27: Belt Meridian**
  - Use with **40: Bladder Chill**





# 12: Lower Back Pain With Clearing Bladder Meridian



- The bladder meridian runs along the back of the body
  - From the eyes to little toe, with two parallel branches flowing along each side of the spine.
    - These four branches of the bladder meridian directly influence the sympathetic and parasympathetic trunks of the autonomous nervous system, which regulates our fight-flight response and, in turn, all the body's basic vital functions.
  - Back tension and pain can be relieved by stimulating the energy flow along the spinal branches of the bladder meridian.
  - Such stimulation induces total relaxation by switching the autonomous nervous system over to the restful and restorative parasympathetic mode.
  
- Correction:
  - Clear the muscles
  - Open the flow along the bladder meridian
    - specifically in the lower back region
  - Loosen the muscles
  - <https://youtu.be/JocoJ-g1IU>
  
- Recommendation:
  - Use when experiencing Low Back Pain/Weakness
  - Or when you want to move into a more parasympathetic, relax and repair mode of being
  - Use the Decal on tail bone or between ankle and knee outside leg





# 11: Liver Detox : YE AIR



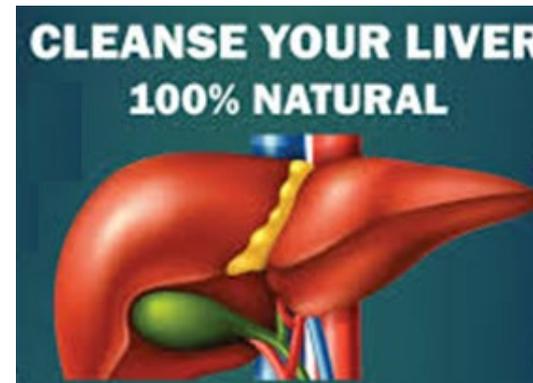
- Too much fire inside the Liver
  - Maybe from suppressing too much anger
- High toxins (dirty blood, due to liver being too weak)
- Poor sleep due to liver toxins
- May have depression
- Issues with pimples/complexion (such as jaundice/yellowed skin and eyes, or often dark skin complexion)

## ➤ Correction:

- Cleanse liver and clear liver meridian

## ➤ Recommendations:

- Use if:
  - Having trouble sleeping
  - To clear pimples/acne
  - To relieve depression
    - Dark spots can be a sign of depression
- Play **69: Bladder YE** first, to strengthen the area and prevent immediate need to go to the bathroom
- Complement with **55: Fire Release**, or **21: Fire Water Body Balance**, as you see fit
- Air version can be played at night
  - Some individuals may still have sleeping issues
- Helps clear Moles, Freckles, liver spots



# 10: Tennis Elbow

- Tennis elbow is an inflammation of the tendons that join the forearm muscles on the outside of the elbow.
  - The forearm muscles and tendons become damaged from overuse
    - Repeating the same motions again and again.
    - This leads to pain and tenderness on the outside of the elbow.

## ➤ Correction:

- Clear the Triple Warmer meridian
- Extra clearing at the elbows
- Clear the elbow energy
- Finish the loop along the heart meridian
- Clear the small intestine meridian

## ➤ Recommendation:

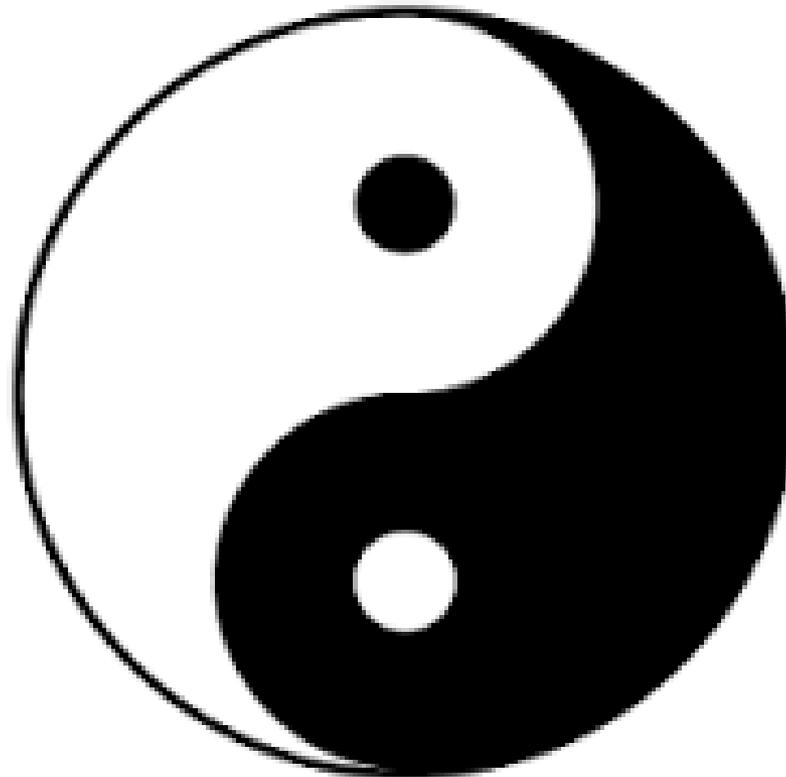
- Use for any elbow joint pain
- Use for patients with OCD
  - Add liver detox





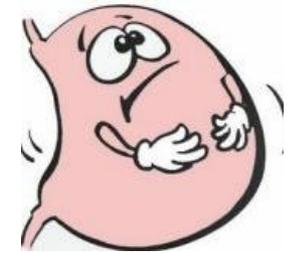
# 9: Playback : Test Short

- JUST SO YOU CAN TEST THE SOUND VOLUME
- NO TREATMENT



# 8: Stomach Spleen

## Fire Heartburn indigestion



- From a TCM perspective, the spleen is commonly mentioned with the stomach
  - They are the main organs at the helm of the digestion and assimilation processes in our body.
  - The spleen is responsible for the intake, processing and distribution of nutrients from food.
    - Digested food is turned into nutrients by the stomach and the spleen.
    - It is then transported upwards by the spleen to the lungs.
    - The heart and lungs take over and generate qi and convert the nutrients to blood.
    - Additionally, excess water produced from the digestion process is circulated to the lungs and kidneys, where it is vaporized to form perspiration and urine and excreted out of the body.
  
- **Correction:**
  - Get fire off stomach and spleen
  - Run water (energy) through the stomach to the feet
  - Allowing fire to come out to stomach to balance the system
  
- **Recommendations:**
  - For:
    - Heartburn / Indigestion
    - Cold Sores
    - Bad Breath
    - Reflux
    - Tooth issues
    - For stomach disorder – Use with 63: Spleen Phlegmatic



# 7: Sore Throat and common cold



- In TCM, a sore throat is believed to be the result of an attack of harmful influences.
  - This does not mean an attack by viruses or bacteria but rather of pathogenic factors such as wind, cold, and dampness.
    - Excess of cold and wind manifests in the beginning with a slight scratchy throat and chills.
    - If left untreated, the inner cold quickly converts into heat, manifesting with fever and a severe sore throat.

## ➤ Correction:

- Loosen throat
- Add Water to balance Water-Fire
- Ensure circulation is running well
- Activate Central Governing meridian
- Loosen Lung and Bronchial tubes
- Remove fire from the Lungs

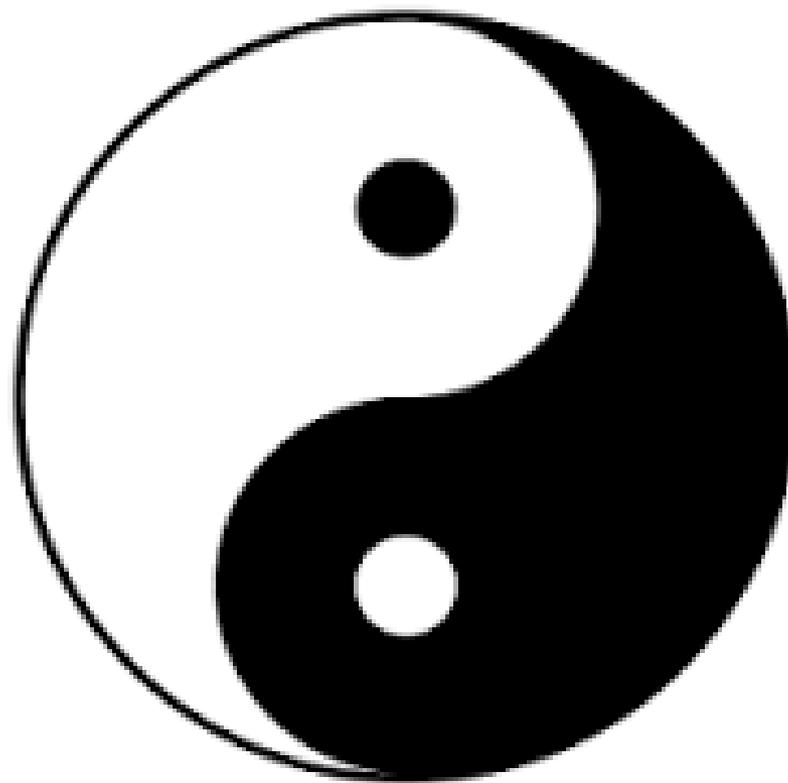
## ➤ Recommendation:

- Works well with **54: Pneumonia** (bronchitis) track
- Where **54: Pneumonia** (excess fire) may be considered the opposite of the **50: Asthma** (excess water) track, this track (excess fire) is kind of the opposite of the **3: Allergy Running Nose** track (excess water)

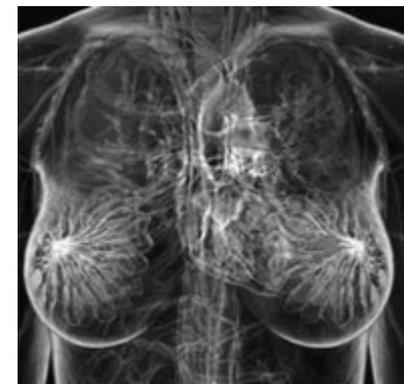




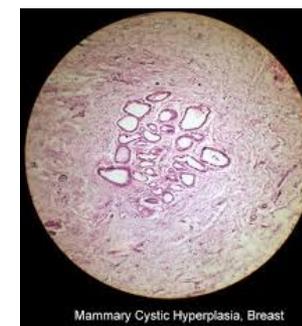
# 6: Removed



# 5: Hyperplasia of the breast



- TCM classifies mammary gland hyperplasia as a breast nodule.
  - One possibility is liver qi stagnation and depression, that results in phlegm stagnation in the breast collaterals.
  
- **Correction:**
  - Put water back into the ducts to soften and reduce pain from built-up pressure
  - Open nipple ducts with moisture, and add Water / Fire balance to increase circulation flow
  
- **Recommendation:**
  - Use before Menstrual Cycle when breasts are sore
  - Use to prevent the development of a breast tumor
  - Helps with Lactation





# 4: Menstrual Pain



- In TCM, painful menstruation can be due to a deficiency or stagnation of qi and blood.
  - When qi is more stagnant than blood, symptoms of premenstrual syndrome (PMS), pain in the breasts, ribs, abdomen, and back, along with a scanty menstrual flow with some clots, can occur
  - This can also be caused by a chill in the uterus
  
- Correction:
  - Enhance circulation of blood
  - Put in warm, gentle fire to loosen muscles in Uterus
  - Loosen Lower Back muscles
  
- Recommendations:
  - Use at beginning of the Menstrual cycle, and to maintain the Menstrual cycle
  - Use for clients wanting to get pregnant
  - Use with **27: Belt Meridian**
  - Use until the lower back feels warm





# 3: Allergy Running Nose



- One of the most common forms of seasonal allergies is allergic rhinitis, which affects the sinuses.
  - Symptoms include sneezing, congestion, runny nose, and red, itchy eyes.
  - Chronic allergies often show signs of other health imbalances
    - Spleen or kidney deficiency, or even lung problems.
- TCM considers allergies or hay fever to be a manifestation of wind invading the upper body. This occurs because one's qi (or energy source) has been weakened.
- **Correction:**
  - Clear Liver
  - Loosens the 3 Chambers of the Sinus
  - Add water to loosen secretions
  - Loosen muscle of the sinus passage
  - Loosen Lung Fire
- **Recommendation:**
  - Nose allergy only
  - Helps with Hay Fever
  - This track (excess water) is like the opposite of **7: Sore Throat Common Cold** (excess fire)
  - Good for Hay Fewer
  - Increases Efficacy
  - Use in conjunction with Kidney enhance





## 2: Full Healing- YE RM

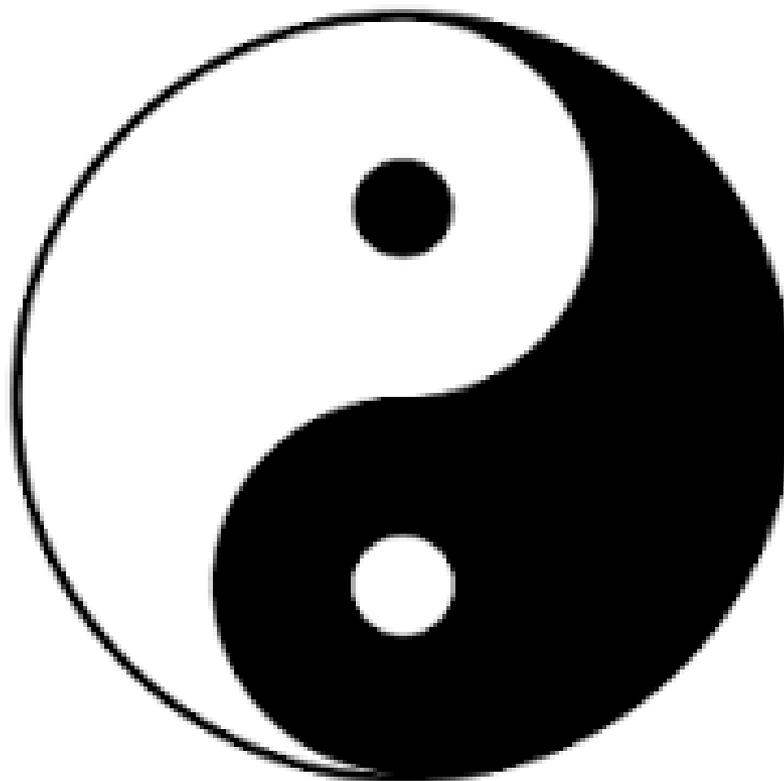


- TCM has a variety of natural healing methods that can help you resolve your health issues.
  - These ancient healing forms have been used effectively—without harmful side effects—for thousands of years.
  - The Full Healing track reflects the RestoreChi maintenance that promotes healing in specific ways.
  - You were born with a self-healing ability, and through the use Full Healing you can recharge that self-healing function in your body.
    - This track will increase and balance your qi, giving your body and being the healing support it needs to regain its healthy function.
  - Multivitamin for the body
  
- Correction occurs on 3 levels:
  - Clears all 12 Meridians
  - Fire – Water Balance
  - 5 Organ and Thyroid Clearing
    - Loosens Muscles
  - Eyes
  - Phlegmatic
  - Addresses Yin Emptiness
  - Blood Vessels
  
- Recommendation:
  - Use all the time
  - Multivitamin of Healing
  - Excellent to promote good quality sleep
  - Can be used at night
  - Use all the time
    - Place on Tail Bone
      - Will help improve Immune system



# 1: Testing for Sleep Mode

- Just a test, no treatment





# Recommended Tracks

Use whenever you have the opportunity

Track #	Track Name
2	Full Healing
11	Liver Detox
21	Water – Fire Balance
29	Kidney Enhance
34	Central Governing
52	Phlegmatic
56	5 Organ Enhance
62	Dampness / Cold / Hot Wind
63	Spleen Dampness (Phlegm)

# DECAL – Placement and Effect pt.1

- **Belly button:**
  - Boosts all 5 Elements
  - Increases Yang Energy
  - Good for Seniors
  
- **Tail Bone:**
  - Accesses and clears the Bladder and Central Governing Meridians
  - Pumps energy into the spine
  
- **Knee**
  - Accesses and clears the Stomach / Spleen Meridian
  - Can give you a “Face Lift”
  
- **Thigh**
  - Outside thigh where the hand ends
  - Clears bladder meridian
  
- **Diffusser / Humidifier**
  - Place under the Unit
  - Helps with overall healing
  - Energizes the room





# DECAL – Placement and Effect pt.2

- Below knee and Ankle:
  - Bladder Meridian
  - Enhance Kidney
  - Good for Back pain as well
    - Put it behind the knee
  
- Inner centre bottom of feet
  - Bladder Meridian
  - Enhance Kidney
  - Good for Back pain as well
  
- Watch spot
  - Complements the Tennis Elbow track

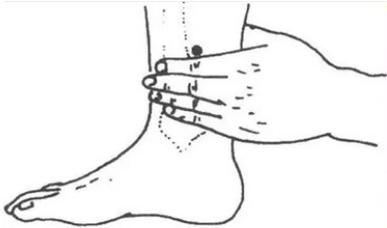
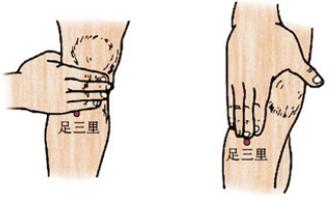




# DECAL – Placement and Effect pt.3

- Add the Medallion on the spleen meridian
  - One hand below the arm pit
    - Spleen is deep inside
    - See SP-21 in meridian app
  - Spleen is earth
    - Earth is in the centre
      - Then all 4 elements will be good
      - If Spleen is good then Lung will be better
        - Phlegm will be gone
    - Responsible for food distribution
      - Don't have left over
        - Fatty liver
        - Ear Ringing
        - Alzheimers
        - Diiabetic and many more
    - If you are feeling cold that means that the spleen is not working properly
      - If your body can generate energy then you will not feel warm
  - Use in Conjunction with the Spleen Phlegmatic
  - Will also help with muscles and skin
  - Will help Regulate Water – Fire

# DECAL – Placement : Images

 <p>神阙穴</p>	<p>Enhance vital energy. Good for people after operation.</p>
 <p>足三里</p>	<p>Help clearing spleen and liver meridians. Brighter eyes</p>
 <p>足三里</p>	<p>Help clearing the stomach meridian and enhance energy overall</p>
 <p>长强穴</p>	<p>Clear bladder and central governing meridians. Straighten spine bones. Very good for senior.</p>



# General Terms

- No Headphones.
- Listen to the tracks from your speaker (and do not place speaker near your ears or face)
- Be mindful of volume (may need more or less intense for different clients or different times of day or different tracks)
- Phones/Tables should be kept at arms-length (if possible) when listening to the tracks, Bluetooth speakers can be right against the body/organ/meridian area
- Use with caution for or around children under the age of 10yrs
- Use with caution for or around pregnant women (especially yang, fire, chill, or uterus-related tracks)
- Don't use if you wear a Pacemaker
- You may hear static when the tracks are running, this is a good sign

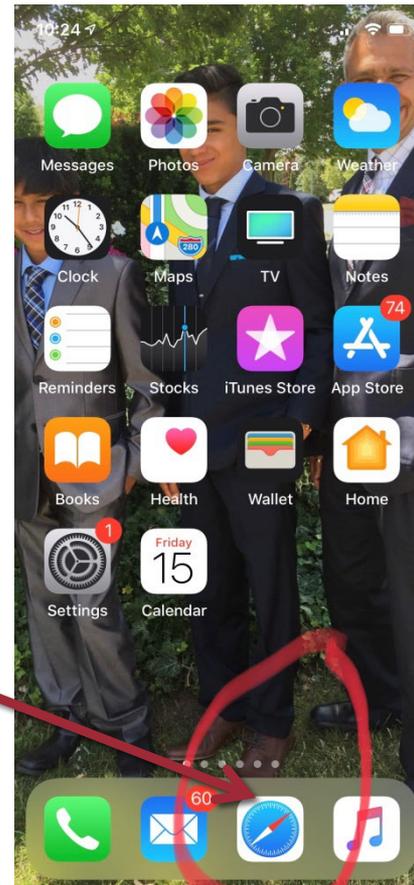


# Subscription Plans

- 15 Days Free Trial
- \$30.00/month, cancel anytime
- Over 60 tracks

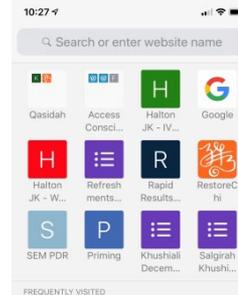
# How To Play the Tracks

- Open up your Browser :
  - Safari or Google Chrome

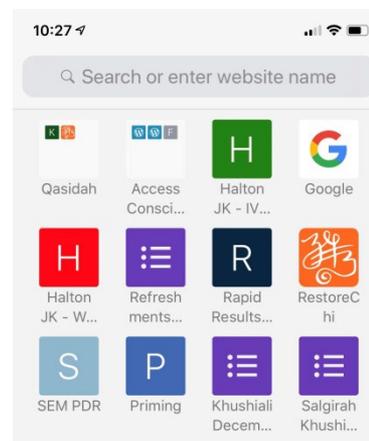


# Open up a new Window

- If you already have the RestoreChi icon saved then Select the RestoreChi icon

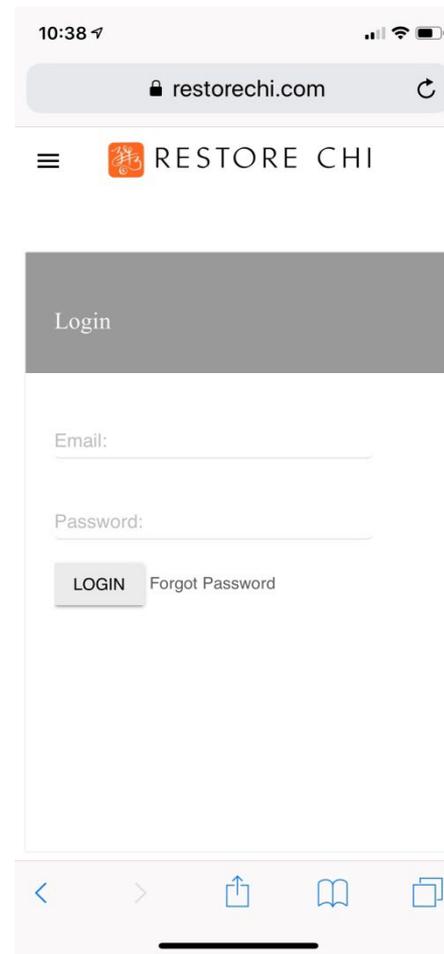


- If you do not have the RestoreChi icon then select Google and type **restorechi.com** to open the site



# Restore Chi Login

- Select Login to Enter the site
  - Enter your email
  - Enter your password



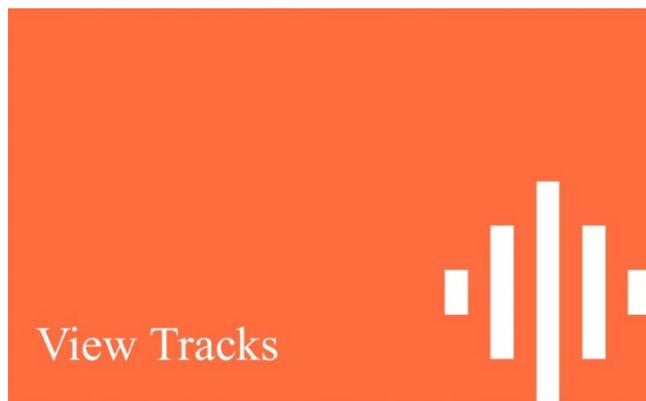
The screenshot shows a mobile browser interface for the website restorechi.com. The time is 10:38. The page title is "RESTORE CHI". The login form is titled "Login" and contains the following elements:

- An "Email:" input field.
- A "Password:" input field.
- A "LOGIN" button.
- A "Forgot Password" link.

The bottom of the screen shows the mobile browser navigation bar with back, forward, share, book, and tabs icons.

# Selecting Tracks : Step 1

- Select View



Ability to listen to the Subscribed Tracks  
in your account

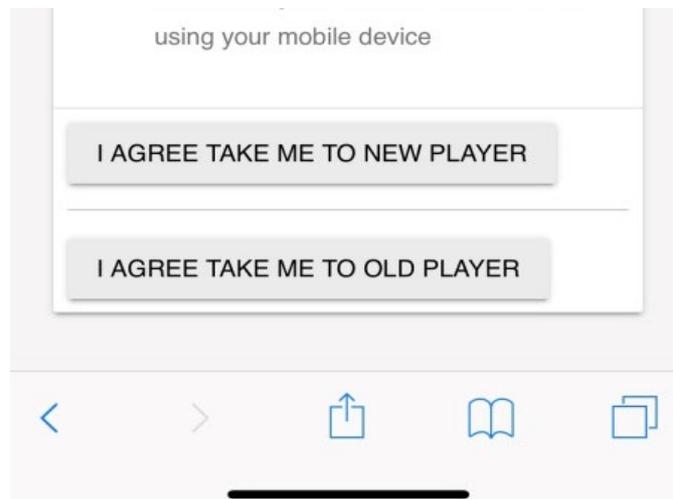
To cancel your Subscription please email  
us at [info@restorechi.com](mailto:info@restorechi.com)

view



# Selecting Tracks: Step 2

- Scroll down to the track that you want to play
- Accept the terms
  - Select “ I Agree Take Me To New Player” (the “old player” is for older, slower devices with less memory, it does not include the loop counter, for you to see how many loops of the track has played)



# Playing the Track :

- Select Play and enjoy the healing:
- NOTE: you may not hear anything, or you may hear static



# Playing More than 1 Track

- To play more than one track at a time:
  - Open a new window
  - i.e., on an Apple Product
    - Open up Safari and click on the double window icon



- Follow the instructions after selecting the RestoreChi icon
- Repeat for additional tracks



# Review: Additional Thoughts, Tips & Tricks pt1

- Headache is connected to Bladder Meridian
  - Place decal to the outside side of the thigh
    - Where your finger touches the thigh
- Spleen
  - Place Decal just below Knee inside
    - Place hand on knee and with middle finger find the sore spot
  - Stomach Meridian
- For Serious illness
  - Phlegmatic
  - 5 Organ Connect
  - Cell Treatment
  - Organ specific to the illness
  - Compliment with: Water – Fire Balance and Liver Detox



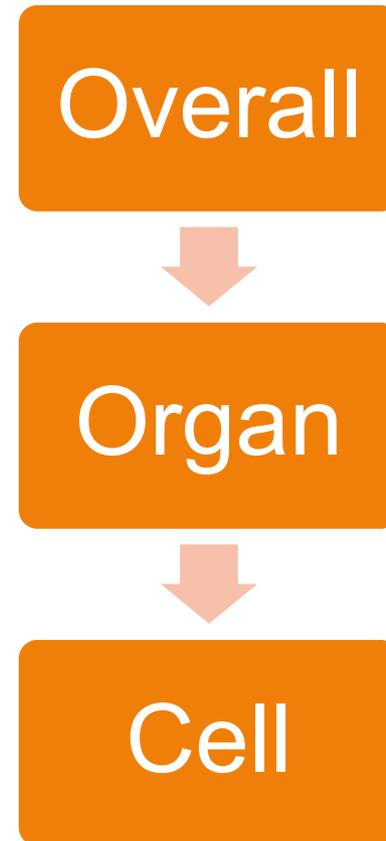
# Review: Additional Thoughts, Tips & Tricks pt2

- Energetically check each major organ for full/emptiness of...
  - Yin – Yang Balance
  - 5 Elements: Earth – Water – Fire – Metal - Wood
  - Water Fire Balance
- Remember there are different types of Fire:
  - External:
    - Due to outside influence:
      - Sun, Heat, food/digestion...
  - Internal:
    - 5 organs not functioning properly due to...
      - Reactive infection/inflammation/pain, or
      - Exhaustion, pushing a dead car uphill



# Client Analysis

- Check External
  - Cheeks
  - Eyes
  - Skin
- Check Sleep Patterns
  - Dreams is liver
- Check Emotions
- Check Pulse





# Start treating from the Bottom Up:

Bladder /  
Uterus

- Client feels warm but body is cold
- Body is chill -> Yin Emptiness

Kidney

- Frequent Urination
- Not frequent urination
- Salt Cravings

Liver

- Dreamy sleep
- Sour Cravings, and allergies
- Yellow skin and eyes

Heart

- Breathing

Lungs

- Coughing
- Breathing
- Skin

Spleen/  
Stomach

- Digestion
- Too Skinny or obese
- Sweet Cravings



# Your Immune System (from an Energy Perspective) is like a Fan

- A functioning fan keeps illness out of the organs
- If the fan is turning too much it does not help
- If the fan picks up too much dirt, it will slow down
  - Clean your fan by removing phlegm, this will get it moving again
  - And this will help increase your Immune System function
- A poor Immune System implies a fan that is not moving
- Frequent infection is also due to Yin Emptiness



# Clearing Meridians

- If the Pain is in the Front treat the Back:
  - with a decal or speaker
- If the pain is on Top treat the Bottom (and the opposite):
  - i.e., if the wrist is hurting treat the elbow or arm
  - with a decal or speaker
- If addressing one of the 5 major organs:
  - Put the speaker directly on the organ



# Consider 3 levels:

AIR	Lungs / Heart
Nutrients	Spleen / Stomach
Water	Uterus / Bladder



# Think about the tracks according to season...

- Each element represents a season
- Use the tracks as maintenance to prepare for the next season
  - i.e., In Winter → Play “water” (Spring) tracks



# Stages of sickness

- Chill = **Feeling cold/hot, weak, and fatigued**
- Dampness = **Sticky skin**
- Consolidating (Gelling) = **Aches and pains**
- Solidifying = **Lumps**
- Congestion = **Getting sick easily**
- Tumor = **Solid lumps**
  
- You can address all of the above with the tracks
- The earlier you address the symptoms the better the results
  
- YE tracks address yin emptiness (organ exhaustion)
- AIR tracks means the organ is taken to a higher dimension to be “fixed”



# This about the four aspects of imbalance:

- Signs of Yin-Yang imbalance:
  - Chill
  - Lack of sleep
  - Dampness (sticky skin)
- Signs of Emptiness (as opposed to Fullness):
  - Weak
  - Fatigued
- Water-Fire Balance
- Inside-Out
  - Liver is inside -> Eyes are outside
  - Inner organ imbalance will appear as a symptom in the corresponding outside “tissue”



# Restore Chi

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Symptom Therapy with Track Energy  
Enjoy and Stay Healthy