



# The Medicine Letter 2

A BiWeekly Source for your Health begins today

## The Heart

The Heart, the strongest muscle in your body. And like any muscles you must use it to make it strong. Hence, in return it will supply your body with blood full of nutrients.

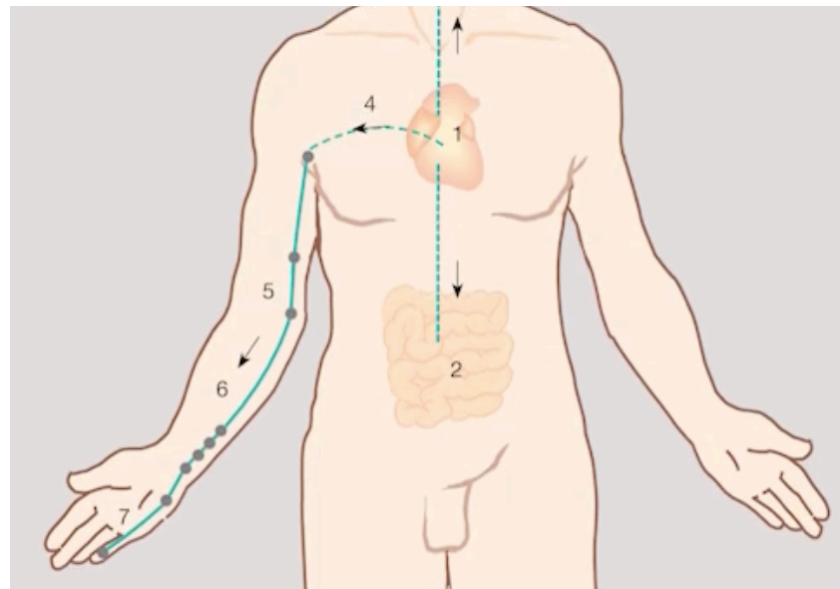
In the old Daoist and TCM Medicines, every organ has a function and a responsibility and a personality. The heart is the keeper of memories, it feels 5,000 times stronger than the brain can think, it feels love and happiness, and when it is depleted there is a loss of that joy and everything slows. The heart when balanced is like the benevolent ruler, the Emperor. In some of the old ways, the heart was never treated directly on its meridian line, but rather all that supported it were enhanced, strengthened and tonified. Thus the Emperor is only as strong as the community.

The Mind or Shen (Spirit) is housed in the heart, the central container of mental focus and physical action. Intuition is the intelligence and sensory is the perception of the heart. The tongue is the root of the heart, and we can see at the

very tip of the tongue the heart area. When red there is fire moving upward into the heart. Restless sleep is said to be a deficiency of Heart Blood Yin and/or Qi. Qi from the Liver rises upward to the heart, and that General the Liver can be overbearing and demanding on the Emperor, which can become stagnant and stuck Qi will cause stasis and can be seen as a purple color on the tongue and red spots. Taste is the sense of the heart, and bitter is its favorite taste. Like craving bitter coffee or chocolate.

What is the heart meridian?

The heart meridian is considered to be a yin meridian that originates in the heart. After emerging from the heart, the meridian spreads around the heart system before passing down through the diaphragm and connecting with the small intestine. The meridians in the body resemble an energy map



of channels that transport life energy or Qi throughout the body. By stimulating these channels and increasing the healthy flow of heat, blood and energy, you can heal the body and the organs. The heart meridian is characterized by Yang (warm) energy, so activating this healing channel is good to increase body heat and send warm, healing energy to the heart.

In Qigong, the Bow and Arrow, otherwise known as Warrior form is that direct connection from the heart potential to the world.



Ma Bu

GongFu

Bow

Du Li Bu form



How do we maintain Heart Health?

Bagua emphasizes circular movement, walking is most important. You are always moving. Bagua "uses movement as its foundation, and uses transformation as its principle". The movements are always changing, spinning and turning, while rapidly moving in curvilinear patterns. Its movements are described as, "Walk like a dragon, retrieve and spin like an ape, change momentum like an eagle, and calm and steady like a still tiger".

Fun Stuff to make your Heart Beat:

**Brisk Walking**, get your heart rate up all you need is good shoes and doing an hour a day. 10,000 steps equals 5 miles which is suggested daily activity. Also taking a break from sitting every hour for 5 minutes keeps good circulation. **Hiking**, going up and down hills will get the heart rate up. Plus its fun being in nature, waterfalls, trees, sky, birds, etc. **Weight Training**, doesn't have to be a full on gym, can be your own body weight, cans of beans, gallons of water, be creative. **Yoga and Qigong** - Movement exercise, stretching, flexibility, balance, breathing and more. Burns calories at 200+/hour

Cycling, gardening, horse riding, just get moving!

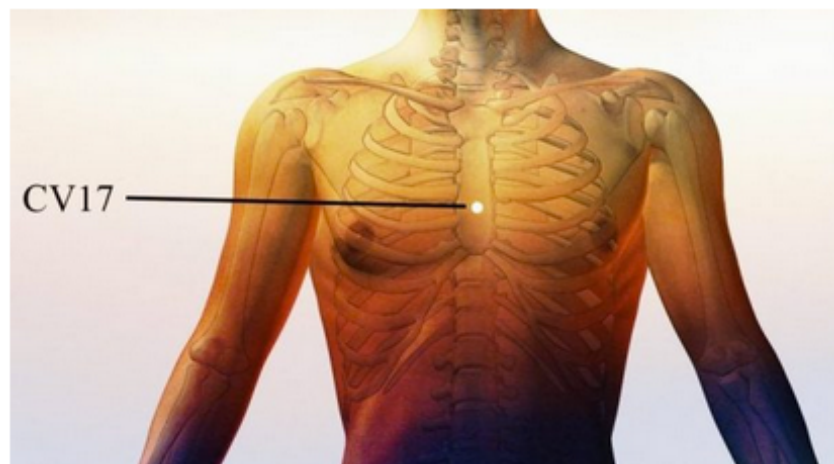
# Heart Acupuncture



*this beautiful image from gaiahealthblog.com*

Red is the color of the heart.

Red foods will nourish blood,  
which will nourish the heart.



“Sea of Qi and Tranquility”

The Fire Phase is most clearly represented in nature through the power of the sun – the center of the solar system. It provides warmth and light for all beings on earth, and we are dependent upon the sun for life itself. Similarly, the Fire Phase within each of our individual beings physically manifests as warmth, and is the source of our metabolic fire, as well as the moving force behind our consciousness. The four Officials of the Fire Phase regulate our body temperature, and emotionally the Fire Phase manifests as joy. Sharing and communicating effectively with others, while cultivating and maintaining satisfying relationships is additionally dependent on balanced Fire.

Thanks to Dr. Candace Gossen  
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