

Clinic Review

| | |
|---|---|
| Clinic Review..... | 1 |
| 1 Controlling Cycle Pathologies..... | 1 |
| 1.1 Wood/Fire..... | 1 |
| 1.2 Metal/Wood..... | 1 |
| 1.3 Wood/Metal (Wood in excess)..... | 1 |
| 1.4 Water/Fire..... | 2 |
| 1.5 Metal/Water..... | 2 |
| 1.6 Earth/Water..... | 2 |
| 1.7 Wood/Earth..... | 2 |
| 2 Ways to fix..... | 2 |
| 2.1 Easy way to fix..... | 2 |
| 2.1.1 For example..... | 3 |
| 2.2 Korean Four Needle Technique..... | 3 |
| 3 Review..... | 4 |
| 3.1 Aroma of 5 Phase..... | 4 |
| 3.2 Emotions..... | 4 |
| 3.3 Color..... | 4 |
| 4 Next week bring along the Pirog work book (the green school bound one)..... | 4 |

1 Controlling Cycle Pathologies

1.1 Wood/Fire

- If wood becomes excessive
 - Fire flares up creating heat thru body, mind, and spirit
 - Migraines, tense muscles, frustration, explosive anger
- If wood becomes Deficient
 - Fire sputters
 - Brief explosions, then anxiety, nervousness, exhaustion, and depression

1.2 Metal/Wood

- Metal restrains wood, when excessive inhibits wood
- Lack of growth, adventure, physical and emotional obstructions, inflexible of body, mind, and spirit
- Metal is deficient
 - Wood becomes aggressive and over feeds fire, melting metal and weakening power over wood further.

1.3 Wood/Metal (Wood in excess)

- Wood insulting metal
- When wood attacks metal, lungs, large intestine, nose, body, hair and skin (domain of metal) can be vulnerable to insult
- Also drains water leading to possible depression, insomnia, fatigue, and irritability

- *Mother child cycle easier to fix than controlling/insulting cycle*
- *Excess problems are easier to fix than deficient.*
- *One element problems are easier to fix than multi-element problems*

1.4 Water/Fire

- Water weak, fire goes unchecked
- Worsened by the fact that water nourishes wood which becomes dry when not nourished.
- Fire feeds on wood and depletes both wood and water
- Palpitations, chronic conditions, urinary problems, agitation, etc.

1.5 Metal/Water

- Metal excessive-over nourished-water and water demands constantly more causing a metal depletion over time
- The water becomes deficient as well, leads to anxiety, phobias, feelings of overwhelmed.
- Eventually wood is affected and becomes irritable (possible HBP, migraines, emotional outbursts, etc...)

1.6 Earth/Water

- Weak earth lets water undermine earth, further=no longer controlled, water loses direction and energy dissipates eventually wood begins to shrivel (like trees in stagnant pond, with mold or fungus growing)
- Could lead to digestive problems, back problems, fear, worry, knee pain, relationship issues.
- Perhaps more edema in these cases

1.7 Wood/Earth

- Aggressive wood can overpower earth and deplete its energies (nervous stomach, diarrhea, migraines, etc)
- When a forest over takes the ground it grows on, earth will not support the growth
- Left unchecked, all elements can end up imbalanced (*if earth is depleted, everything is depleted. It is the support of everything*)
- *In chronic or sever conditions, you see a lot of earth being depleted to begin with.*

2 Ways to fix

2.1 Easy way to fix

- Focus on which element is out of balance.
- If it's just metal, take the metal point on the metal channel (Same Phase point/Horary) either LU or LI.
- You can bit a more complex, If deficient, take the Mother point on the metal channel (Earth on Metal)
- If metal is in excess, take the child point.
- If deficient, go to the mother channel and promote that channel (same phase on mother channel)

2.1.1 For example

Metal

(LU deficient)

- Tonify - Metal on Metal – LU8 (Same Phase on same channel)
- Tonify - Earth on earth – SP3 (Same Phase on Mother Channel)

(LU Excess)

- Sedate - Water on Metal – LU5 (Child on same channel)
- Tonify - Water on Water – KD10 (Same Phase on Child Channel)

2.2 Korean Four Needle Technique

- Step one: determine which organ system is out of balance
- Step two: determine whether the imbalance is excess or deficient
- Step three:
 - Deficient
 - Tonify same phase on mother organ channel (Earth on Earth SP3)
 - Tonify mother organ element point on affect channel (Earth on Metal LU9)
 - Sedate the same phase point of the “controlling” organ channel (Fire on Fire HT8)
 - Sedate the controlling organ element on the affect organ channel (Fire on Earth LU10)
 - Excess
 - Tonify Same Phase on controlling organ channel (Fire on Fire HT8)
 - Tonify Controlling organ element on affected organ channel (Fire on Metal LU10)
 - Sedate Same Phase on child organ channel (Water on Water KD10)
 - Sedate Child organ element point on affected organ channel (Water on Metal LU5)

Korean Style

Deficiency

| | Tonify | | Sedate |
|----|---|---|--|
| | Tonify same phase on mother organ channel | Tonify mother organ element point on affect channel | Sedate the same phase point of the “controlling” organ |
| | | | Sedate the controlling organ element on the affect organ channel |
| L | SP3 | LU9 | HT8 |
| U | | | LU10 |
| LI | ST36 | LI11 | SI5 |
| SP | HT8 | SP2 | LV1 |
| ST | SI5 | ST41 | GB41 |
| | | | ST43 |

Excess

| | Tonify Same Phase on controlling organ channel | Tonify Controlling organ element on affected organ channel | Sedate Same Phase on child organ channel | Sedate Child organ element point on affected organ channel |
|----|--|--|--|--|
| L | HT8 | LU10 | KD10 | LU5 |
| U | | | | |
| LI | SI5 | LI5 | UB66 | LI2 |
| SP | LV1 | SP1 | LU8 | SP5 |
| ST | GB41 | ST43 | LI1 | ST45 |

3 Review

3.1 Aroma of 5 Phase

- Wood: Rank/Goat-like
- Fire: Burnt/Scorched
- Earth: Sweet/Fragrant (more pleasant but can be cloying)
- Metal: Rotten (rotten leaves)
- Water: Putrid

3.2 Emotions

- Wood: Anger
- Fire: Joy
- Earth: Worry/Pensiveness
- Metal: Grief
- Water: Fear

3.3 Color

Used commonly in complexion color

- Wood: Green
- Fire: Red
- Earth: Yellow
- Metal: White
- Water: Black

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