



Welcome!!!
Just hang On :o)
Our meeting will start soon.

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DISCLAIMER

This webinar is not to be used instead of going to a competent doctor, I do not directly nor indirectly dispense medical advice or prescribe in any way alternative treatment for sickness (it is illegal to do so).

In the event you use this information, which is only of historical value, you are prescribing for yourself, which is still your constitutional right. I assume no responsibility.


I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb product company for producing this information.

I also believe that it is a crime that we have to pussyfoot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health. I believe in this great country and will do my best to try to obey its laws even if I strongly disagree with them.

Herbs, supplements and diet work slowly. I suggest that you do not go off any medication without the help of a doctor.


I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE ADVICE AND GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor who would not!



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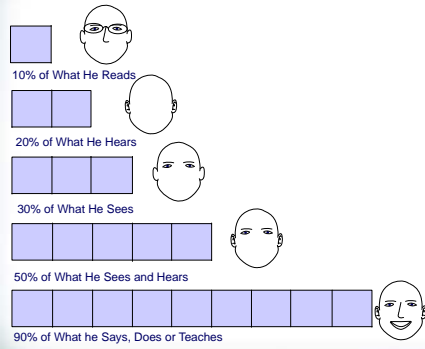
FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS.



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How Men Learn

The Average Person Remembers.....



10% of What He Reads


20% of What He Hears

30% of What He Sees

50% of What He Sees and Hears


90% of What He Says, Does or Teaches

If you don't share it, you lose it.




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Health at the Cellular Level




Cell
Tissue
Organ or Gland
System
Body

- _____
- _____
- _____
- _____
- _____




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Health at the Cellular Level

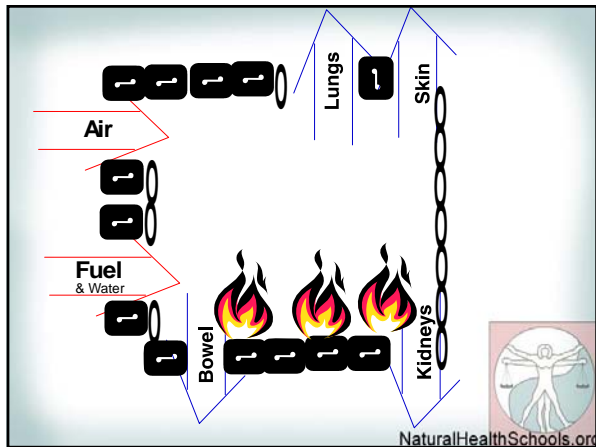
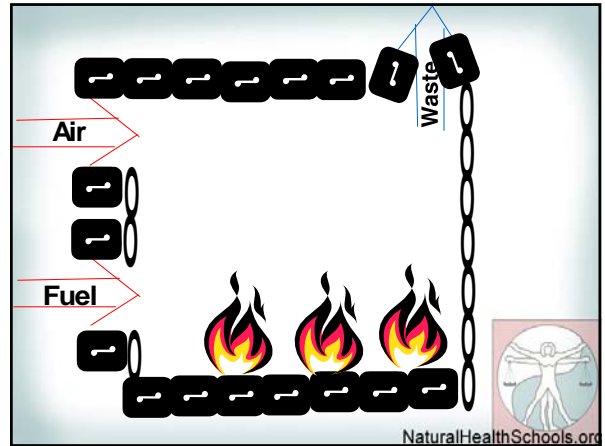
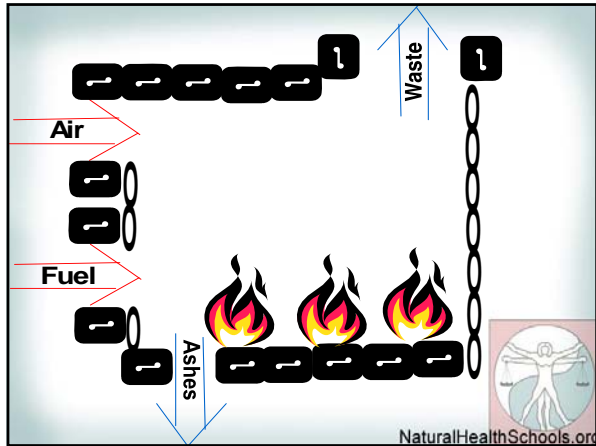


Cell
Tissue
Organ or Gland
System
Body

- Oxygen** _____
- Water** _____
- Nourishment** _____
- Elimination** _____
- Temperature** _____
- Rest, Exercise** _____



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We are toxic from:

1. Air
2. Food
3. Water
4. What is absorbed
5. Body metabolism

Eliminating Channels:

1. Kidneys
2. Bowel
3. Lungs
4. Skin
5. Uterus

Liver Filters
Lymph Clean-up Crew

When Each Worker Does Their Job, Things Run Smoothly


BOSS SECRETARY
DAYCARE WORKER SECURITY OFFICER

Each of these people in a company have a full time job. Each specialize in their field. Each is important to make this company work smoothly and efficiently.


When One Worker Is Unable to Do Their Job....

BOSS SECRETARY
DAYCARE WORKER SECURITY OFFICER


If Daycare worker goes into a coma, which of these workers is going to do the complaining?

Good health 

Healthy cells, tissues, organs or body systems, are able to do their work efficiently.
There is no need to complain or cause symptoms!

Acute condition 
(Hyper-state)


A stressed cell, tissue, organ or body system will try to over compensate for the extra load put on them.
They are still strong enough to complain about the abuse and will produce symptoms!

Chronic condition 
(Hypo-state)

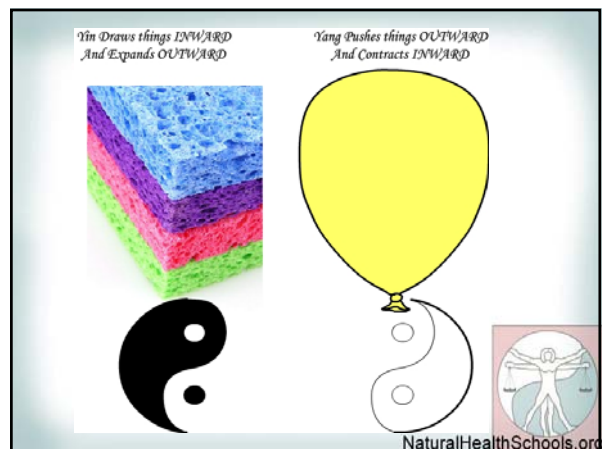
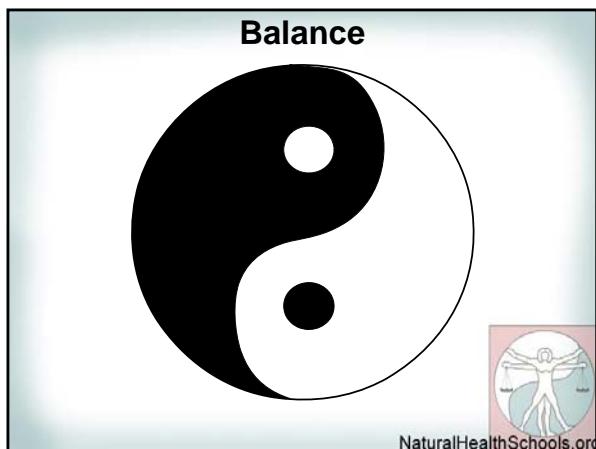
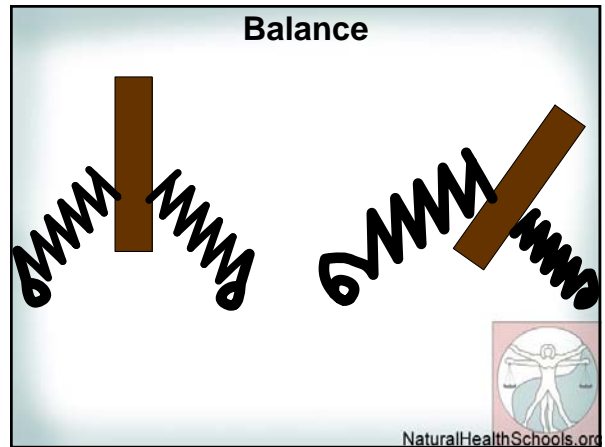
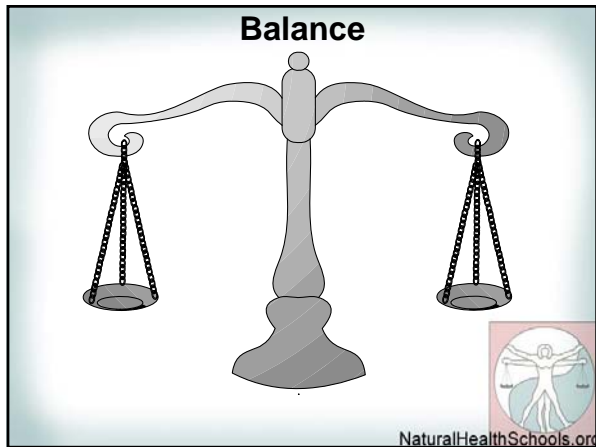
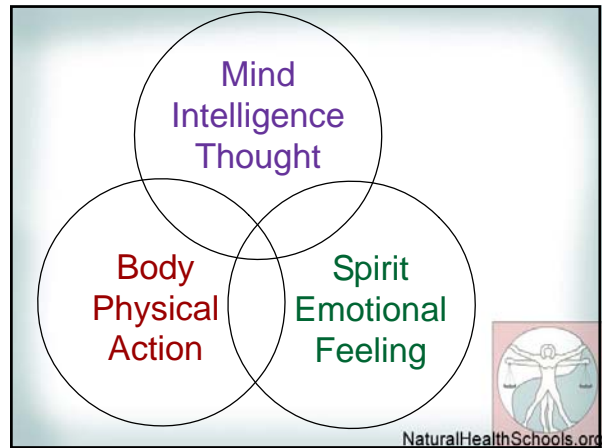
Unhealthy cells, tissues, organs or body symptoms are too weak to do the job efficiently.
They are usually too weak to complain and cause symptoms of distress!!!!


The Body is ALWAYS in One of 3 States:

1. Balanced
2. Hyper
3. Hypo



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Yin is the black part of this symbol.

Yin is considered the female half. A woman is nurturing, she draws children into her arms. She often taps into her right brain which is intuitive.

Yin is associated with:


Female	Wet	Night	Intuitive
Inward	Dark	Left Side	Space
Internal	Cold	Right Brain	Receptive
Earth	Chronic	Negative	Verticle
Structure	Soothing	Palm of hands	Eastern Culture

Yin Herbs moisten, draw in and nourish.


Yin Health Conditions are usually sluggish, chronic and congested.

Yin Herbs help balance a Yang Health Condition just like a Yang herb balances Yin Health Conditions.

The action of a Yin herb can be compared to a sponge.



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Yang is the white part of this symbol.

Yang is considered the male half. A man often strokes a child's cheek with the back of his hand. He is more likely to tap into his left brain which is concrete and analytical.

Yang is associated with:


Male	Dry	Day	Concrete/analytical
Outward	Light	Right Side	Time
External	Hot	Left Brain	Skeptical
Heaven	Acute	Positive	Horizontal
Function	Stimulating	Back of hands	Western Culture

Yang Herbs dry, expell, heat up and melt.

Yang Health Conditions are usually Hyper, acute, dry and hot.

Yang Herbs help balance a Yin health condition. Just like Yin herbs help balance a Yang health condition.


The action of a Yang herbs can be compared to a balloon expelling hot air.



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Yin or Yang Condition?

- Pneumonia
- Bee Sting
- Constipation
- Diarrhea
- Asthma
- Acne
- Congestive Heart failure
- Allergies
- Cancer
- Atherosclerosis



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Yin or Yang Treatment?

- Cold Sheet Therapy
- Squeezing a Zit
- Poultice
- Fever
- Nutritional Herbs
- Aromatic Herbs
- Tonic Herbs
- Freezing Cells
- Putting on Hand Cream



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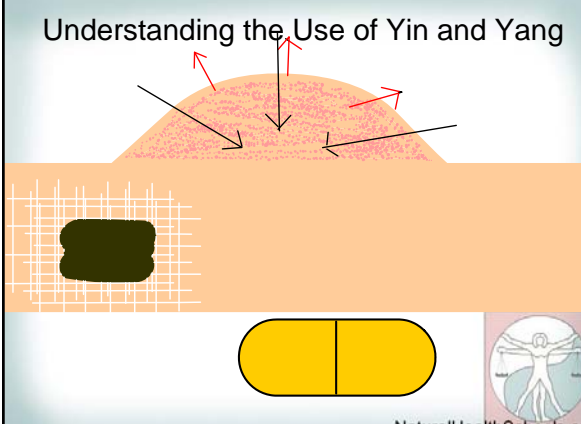




Surface Area of the Body Includes the Digestive Tract



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Understanding the Use of Yin and Yang

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Understanding the Use of Yin and Yang

Both times we used the yang action. One by pulling it (using yin herb) one by pushing it using a yang herb. But it was the direction which we used to balance the yin condition

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Yin and Yang of the 5 Basic Elements

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Determining your Chinese Element

Everyone knows that people have cycles or biorhythms. These cycles effect or moods, hormones, sleep, etc.

The earth also has biorhythms which effect the earths energy (chi), such as weather patterns, insects, seasons of the year, crops, etc.

These rhythms are usually mathematically predictable.

The earths biorhythm has a 9 year sequence.

Since our calendar is a 10 year sequence, we have to examine the relationship between 9 and 10.

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If you want to know if something is divisable by 3 you add the numbers until you get to a single digit. If that number is divisable by 3 then the original number is.

459
 $4 + 5 + 9 = 18 \dots 1 + 8 = 9$
 9 is divisable by 3 therefore 459 is as well.

727
 $7 + 2 + 7 = 16 \dots 1 + 6 = 7$
 7 is not evenly divisable by 3 therefore neither is 727

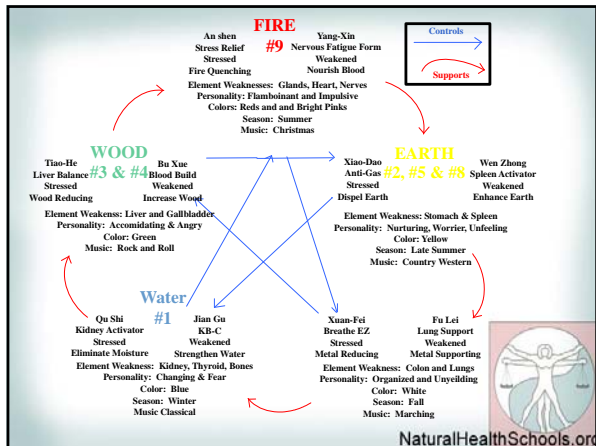
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1957 **1977**
~~1957~~ ~~1977~~
 57 77

$5+7 = 12 \dots 1+2= 3$ $7+7 = 14 \dots 1+4= 5$

$\frac{10}{-3} = 7$ $\frac{10}{-5} = 5$

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FIRE

Color: Red or Bright Pink
Emotion: Joy
Music: Christmas Music
Organ: Heart and Nervous system
Personality: Flamboyant and Impulsive




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EARTH

Color: Yellow
Emotion: Giving, Non Feeling
Music: Country & Western
Organ: Stomach, Spleen, Pancreas
Personality: Nurturing, Worrier (imbalance unfeeling)




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METAL

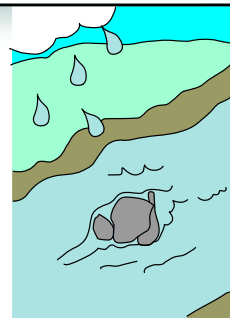

Color: White
Emotion: Protective
Music: Marching Band
Organs: Colon, Lungs
Personality: Organized




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WATER

Color: Blue
Emotion: Fear
Music: Classical
Organ: Kidneys & Bones
Personality: Changing and Fearful

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WOOD

Color: Green
Emotion: Anger
Music: Rock and Roll
Organ: Liver & Gallbladder
Personality: Accommodating & Angry




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