

Webinar Handout:

NUTRITIONAL, EMOTIONAL AND ENERGETIC INTERVENTIONS FOR STRESS AND DIGESTION.

THE FIVE ELEMENTS

According to Chinese Medicine, there are five elements that identify the energetic blueprint of everything in existence. Referred to as the Theory of 5 Elements: Water, Wood, Fire, Earth and Metal, these elements represent how nature interacts with the body. Each element has a pair of

meridians linked to 11 organs in the body. The Fire element has an additional two meridians associated with it that are linked to glands rather than organs: Circulation Sex linked to circulatory system and sexual organs. Triple Warmer linked to adrenal glands.

Element	Ying - Meridian/Organ	Yang - Meridian/Organ
● Earth	– Spleen/Pancreas	– Stomach
● Metal	– Lung	– Large Intestine
● Water	– Kidney	– Bladder
● Wood	– Liver	– Gall Bladder
● Fire	– Heart	– Small Intestine
● Fire Extra	– Circulation Sex	– Triple Warmer

It is noticeable that the digestive organs are all in the Yang column.

Yang organs are male in this theory, and only work when necessary. In the case of the digestive organs, when food reaches each organ they do their work and then they rest again once the food has moved onward to the next part of the digestive tract.

Yin organs however are female in nature and work all of the time, lungs, heart etc.

ORGANS, MERIDIANS AND FOOD

Stomach

The Stomach is part of the 'Earth' element.

Yellow, orange, and brown carbohydrates (root vegetables & squash family) can be beneficial in small amounts, along with **protein-rich foods** and **fruits high in antioxidants**.

Earth foods benefit nervous, worrying type people and can be helpful in calming aggression.

Nutrient focus: B vitamins, Digestive Enzymes, L-Glutamine and Zinc.

Herbs: Alfalfa, Artichoke Leaf Extract, Chamomile, Ginger, Licorice, Peppermint.

Avoid/Limit Foods: that damage the digestive system and overtax the spleen and stomach, including alcohol, processed/refined foods, trans fats and dairy.

Small Intestine

The Small Intestine is part of the 'Fire' element.

Including foods that keep the fire going but not to create an inferno. Foods that are **red (pomegranate, red apple) or bitter, root vegetables, pseudograins, beans, dark leafy greens, celery, asparagus, coconut, almonds, walnuts, fermented foods such as kefir & sauerkraut, and pre-biotic foods such as oats & seeds** can all be helpful.

Fire foods benefit slow, overweight, overheated (people who have emotional outbursts).

Nutrient Focus: Psyllium, Omega 3 oils, Beneficial Gut Bacteria, B vitamins, Vitamin E, Calcium, Digestive Enzymes, L-Glutamine and Quercetin

Supportive Herbs: Alfalfa, Cayenne, Caraway, Fennel, Ginger, Peppermint, Skullcap, Turmeric and Valerian.

Foods to avoid/limit: Spicy rich foods, animal fats, fried food, lactose, refined sugar, sweeteners and carbohydrates.

Triple Warmer – Adrenals & Thymus

The Adrenals and Thymus are 'Fire' element like the Small Intestine. Focus on fresh, lightly cooked **fruit & vegetables**, especially **green leafy veg, garlic, onions, pearl barley, sweet potato and squash**.

Nutrient Focus: Vitamins A, C and B-vitamins, Multi Vitamin & Mineral including CoQ10, Copper, Potassium and Zinc. Vitamin E, Iodine, Iron and Selenium can also be beneficial for the Thymus.

Supportive Herbs for the Adrenals: Astragalus, Ashwagandha, Magnolia, Passionflower, Rhodiola, Siberian Ginseng.
Supportive Herbs for the Thymus: Cinnamon, Clove, Garlic, Ginger, Shiitake, Oregano, Rosemary, Thyme, Turmeric.

Foods to avoid: Alcohol, caffeine, nicotine, fried foods, processed meat, soft drinks, sugar (and dairy for the thymus).

Liver

The Liver is part of the 'Wood' element and loves **sour and green foods with stalks**, such as **chard, cos lettuce, kale and cabbage**. Other beneficial foods include **tomato, asparagus, brussel sprouts, broccoli, berries, kiwi, nectarine, plum, seeds olive, honey, seaweed, mushrooms, and lentil**. Wood foods benefit changeable, erratic and scattered people.

Nutrient Focus: Vitamins A, Bs, C, D, E, Digestive Enzymes, Essential Fatty Acids/Omega 3/6/9, Lecithin, Magnesium, Choline & Inositol

Supportive Herbs: Milk Thistle, Cramp Bark, Dandelion, Fennel, Ginger Root, Parsley, Peppermint, Turmeric, Wild Yam.

Foods to avoid: Coffee, alcohol, fried and high fat foods and most dairy products, which restrict the flow of energy for Liver.

Large Intestine

The large intestine is part of the 'Metal' element. Metal foods include **savoury, pungent foods, white foods, and foods that are spicy** (strong not hot). These foods promote energy, immunity and circulation but if eaten in excess it can create restlessness. Foods high in minerals like **leafy greens and vegetables** are also good choices. Other examples include **papaya, cherry, peanut, pea, olive, almond, apricot, apple, banana, strawberry, garlic, pineapples**. These foods most benefit sluggish, lethargic people.

Nutrient Focus: Vitamins A, Bs, C, D and E, Apple Pectin, beneficial gut bacteria (Bifidophilus), Chlorophyll, EFAs, L-Glutamine, Magnesium, Fiber (Psyllium, Soaked Flax Seeds). (Caution with Vitamin A - toxicity).

Supportive Herbs: Alfalfa, Aloe Vera, Fenugreek, Ginger, Marshmallow, Peppermint, Skullcap, Valerian.

Foods to avoid: Dairy, meat, highly processed foods, salt and white sugar.



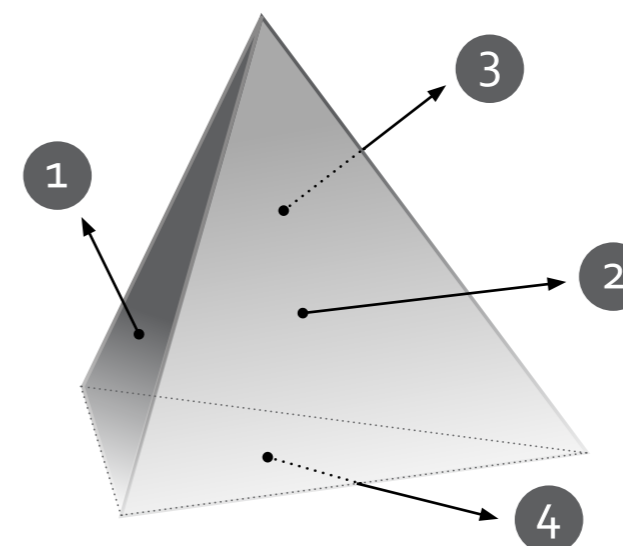
Check out New Roots Herbal products, formulated by naturopathic doctors, scientists, and herbalists. They are combining high quality herbs and nutrients in one formula with guaranteed highest purity, potency and free from oxidation.

New Roots Herbal formulas can be purchased from Amrita Nutrition, the Natural Dispensary, or directly from newrootsherbal.eu.

PYRAMID OF HEALTH

The Pyramid of health is one of the basic elements in Kinesiology, along with the muscle testing. Muscle Response Testing enables us to understand the issues at hand and specific techniques help us to determine which sides of the pyramid are involved.

The pyramid of health is made up of the 4 sides: 3 upward sides and the base.



The 3 upward sides are:

1. Emotional.
2. Nutritional.
3. Structural.

The base is:

4. Electrical/energy.

It may be useful to think of the base as the Electrical element as it covers being grounded and centered. Without these components there is no foundation only one that is unstable.

Electrical/ Energetic:

- Meridians
- Aura
- Life Force
- Qi/Prana/Chi
- Chakras
- Acupressure
- Cloacals
- Tibetan 8s
- Groundedness

Emotional:

- Brain and nervous system
- Self-Esteem and Self-Belief
- Thoughts
- Feelings
- Reasoning
- Habits

Nutritional/ Chemical:

- Foods
- Preservatives
- Drugs
- Pollution
- Chemicals

Structural:

- Bones
- Muscles
- Postural problems
- Gait

About Rosemary & Kinesiology

Rosemary Tarrant uses Kinesiology as one of her main diagnostic tools to find imbalances in the body. Having used and taught it for 20 years, she is now also a Trustee for the Kinesiology Association.

Using Kinesiology techniques is an effective way of identifying and preventing ill-health. Currently, more than 1 million people worldwide use manual muscle testing and many nutritionists are now seeing this as an effective and beneficial tool to add to their clinical training.

Joining the Foundation Course is a fabulous way to learn an incredible variety of ways to help both you and your clients. You can connect with Rosemary and learn more about her upcoming teaching courses here (2020 dates are being updated to 2021 due to Covid-19 restrictions):

www.downtoearthhealth.co.uk or www.health-school.co.uk

The Kinesiology Association also list other kinesiology courses throughout the UK.

<https://www.kinesiologyassociation.org>