

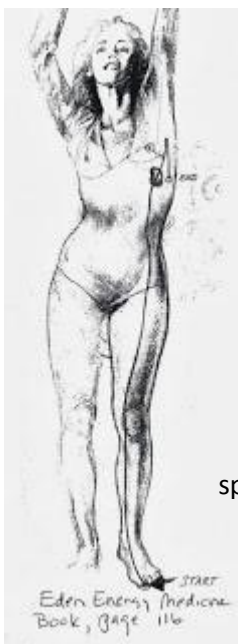
Energy and the meridians (Based on the work of Donna Eden, Energy Medicine , Lauren Walker, Energy Medicine Yoga and Sue Woadd, Seasonal Yoga)

There are 14 energy pathways, called meridians, that carry energy or qi into, through and out of the body. We can think of meridians as the 'body's energy bloodstream'. Every organ and physiological system is fed by at least one meridian. The meridians bring vitality and balance, remove blockages, adjust metabolism and effect cellular change.

If we think of the meridians as a complex energy traffic system we can visualise how the meridian pathways interact. For example if one 'road' becomes blocked it may be necessary to divert traffic to another pathway or if a pathway becomes clogged up with too much energy a bottleneck can form. If a 'road' is damaged then the system cannot function properly. Since our energy system is active 24 hours a day it is beneficial to provide regular maintenance and repair!

Disturbances in meridian energies are linked with poor health. In Japan, for instance, some employees are given a health screen by measuring energy readouts from the meridian endpoints. Only those people with abnormal readouts are sent for further treating.

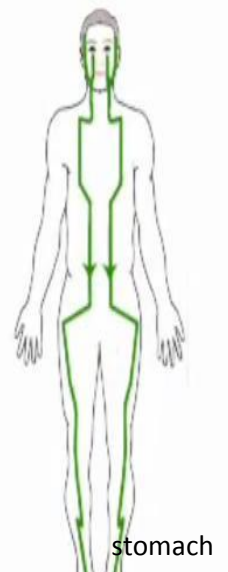
Focus on the spleen and stomach meridians:



spleen

In Western medicine, the spleen function is to keep red and white blood cells healthy and balanced whilst the stomach draws out nourishment from food. The spleen supports the immune system by removing bacteria and waste products.

Chinese medicine believes that the spleen meridian governs the spleen and pancreas. It oversees blood supply, metabolism, production of anti bodies and distribution of nourishment. The spleen is also said to be the invigorator, lifting our energy and spirits. It is connected with the muscles, mouth, and lips.



stomach

The spleen is thought to be the residence of thoughts and governs our ability to think, study, concentrate, memorize and have opinions. If the spleen is balanced we feel nourished, having our needs met.

The spleen meridian works to keep all the other energy systems strong and healthy. Many people have depleted spleen energy. Stress, depletes spleen energy which can unbalance the immune system, weaken the hormonal system and lead to stress related and immune system disorders.

The spleen meridian is one of the two meridians that tend to weaken as we age (kidney is the other). Strengthening spleen meridian is a way of keeping the entire body strong.

Both Western and Chinese health systems suggest that the stomach is easily affected by emotions, worry and stress. The stomach not only receives the food we eat but also receives and digests emotional and mental information.

The stomach and spleen meridians work together to provide physical and psychological nourishment.

Spleen and stomach energies are reflected in the season of late summer. This is a time to nourish and care for ourselves. A time to reap the harvest of all we have achieved during the active season. As the energy slows down it is an opportunity to digest and internalise.

Disturbances in the stomach meridian flow can manifest as weight issues, eating disorders, poor circulation in the legs, cold sores and anaemia. On a mental level this can mean we are unreliable, stubborn, gullible with a tendency to over think. Emotionally we can be greedy, moody with low self esteem and be a worrier.

Disturbances in the spleen meridian flow can manifest as weight issues, ovarian and uterine problems, tiredness, bruising, poor circulation in legs and cold sores. On a mental level this can mean we are over thinkers, obsessive, attention seeking with anxiety about the future. Emotionally we can worry, have low self confidence, be cynical, disapproving and feel rejected. Imbalances in the spleen meridian can also also cause brain fog and absentmindedness.

A typical Spleen qi deficient tongue is puffy or enlarged, thin to thick moist white coating, toothmarks on the edges, and pale colour.

Yellow foods and orange foods nourish the spleen and stomach
ex. Yellow squash, butternut squash, sweet potatoes