

The Actual Placement Of The Physical Organs

Middle Heater

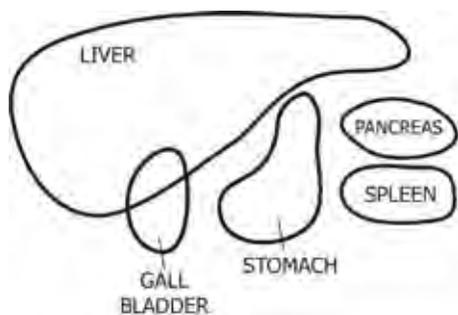
The middle part of our body houses the digestive system. The liver and gall bladder sit around the lower level of the ribs on the right side, just below the diaphragm. The stomach sits at the same level on the left. The spleen and pancreas are tucked between the two, towards the middle. The large bowel circles the abdominal cavity, starting at the lower right hand corner, just inside the front of the hip, rises to the level of the liver, lies across the body at this level, and then descends to the rectum on the left side.

When food is swallowed, after being mixed with saliva by chewing (saliva moistens the food to start the release of water-soluble nutrients and contains enzymes which help break down carbohydrates), it is propelled to the stomach. The stomach wall secretes hydrochloric acid which breaks protein into its amino acid components. Amino acids are the building blocks for all tissues and substances made of protein. The liver and gall bladder are involved in the digestion of fats - one of the best sources of energy for the body.

The liver stores vitamins A, D, E, K, B12, iron and copper and is involved in vitamin D metabolism (necessary for calcium absorption). The liver is the largest gland and the most complicated organ in the body; it is the only organ that can regenerate itself if injured. It is important in maintaining blood glucose levels

(blood glucose is the fuel of all the cells in the body).

If the liver is not playing its part in protein metabolism, we would not last 3 days!
Drugs and hormones are removed as well as other toxic, metabolic wastes.



The middle section receives the raw ingredients to be processed. Our gut can be likened to a cooking pot. The fire of digestion is supplied ultimately by the Kidney Yang Qi via the Spleen Yang.

The pure essences are driven upwards to the upper heater; the more solid components begin their journey downwards, to eventually be evacuated.

Energy Model

These organs are where we encounter the bulk of our digestive worries. Through being too constrained/'nice'/polite/civil - whatever we were taught in order to be accepted and pleasant - we **CREATE** all the gut dramas - by not being true to our inner selves.

Eating

We tend to eat for a variety of reasons, very rarely paying attention to the rules of the body. Our food choices say more about our personality than about the needs of our body.

From the energy framework, these needs could be seen as:

1 - Regularity

Eat at least every three hours - not a huge amount, but sufficient to stop the blood sugar dips that create mood and energy swings and sugar cravings.

Eating a little often, snacking on high quality foods, will provide maximum opportunity for healing.

2 - Temperature

The spleen/pancreas energy that forms the foundation of our digestive and metabolic strength is required to heat all incoming foods and fluids to body temperature to begin digestion. If our Spleen Yang Qi is over-taxed, we do not transform foods correctly, creating fat, cellulite and fluid accumulations.

3 - Timing

Our Yang Qi is strongest in the daylight hours. Our digestive strength is strongest in the morning. Parents of babies are aware that colic is not generally a morning activity, and those with weak digestive systems have greater difficulty with bloating and pain as the day wears on.

Note: It is important to eat only a small meal to end the day, which then allows one to feel hungry and not hung-over at breakfast time. (See Chinese Clock)

4 - Quality

This is usually where well-intentioned writers give their opinions. It is far more important for the body energy systems to be regularly nourished than to spend time obsessing over the relative merits of organic versus microwaved nutrients. That said, it is highly desirable to eat as simply, purely and naturally as possible, as we ingest with our food an unknown cocktail of unintended chemical additions - some writers say up to FIVE extra kgs a year.

5 - Moderation and Variety

'A little bit of what you fancy does you good'. Filling our bodies with large quantities and/or a total lack of food variety can create overload and allergic responses. For example: the same breakfast EVERY day, the reliance on gluten and dairy, or whatever else you think you cannot be without.

6 - Choice of Type of Food

The body requires a balanced, moderate amount of nourishing substances, particularly as, when we have a spleen/pancreas energy imbalance, we rigidly obsess with what we believe to be 'right'.