

## Cold is NOT Your Friend - Learn how it prevents healing

Below is a state of being that many visit in dribs and drabs all their lives - and are considered well enough to not warrant assistance - in fact may be told it is normal . .

**YANG DEFICIENCY**

No sparkle in eyes	Life-spark diminished, lethargic & listless	Puffy around & under eyes, esp in morning
Pale complexion	<b>These are a guide only. You may experience one, some or all of these to varying degrees and in different combinations.</b>	Not thirsty and/or only want warm fluids
Possibly flabby/prolapses, may be thin due to digestion incompetence or bloated/fat as metabolism is compromised		Food sensitivities & allergies, Candida, easy bloating & poor digestion in general
Clear, copious urine, esp at night		Loose stools
	Cold hands & feet, possibly numb	Undigested food in stools

(Sounds like a hypoactive thyroid. Although if you have blood tests saying you are 'within normal limits' — you are like most people — unwell but not sick enough to medicate — supposedly rendering you 'OK').

Becoming yang depleted is a vicious cycle, as we need to be able to maintain ourselves in the face of change — temperature, food requirements. When we can't, the digestive processes also suffer, and then there are less quality substances (blood etc) to keep us working well. We 'age' faster/eventually wear out/ become YIN DEPLETED. Along the way life gets harder and we just assume it is supposed to be this way.

Whilst it may appear obvious, it is important to ensure that we do not eat ice or ice cream or drink favourite fluids out of the fridge, as this is heaping more cold into the system. Changing habits has to happen — these are often the very things that have led you to needing treatment in the first place.

Asking the question, what Yang does, also brings on board the functions ascribed to different organ groups within the body. When I speak of 'Spleen' I am not referring to the physical organ that has various physiological functions according to Western biomedicine. I speak of the acupuncture model, 'Spleen'. Were I speaking of the actual organ I would write it 'spleen'.

**SPLEEN** — the centre of the energy that allows digestion and circulation (transforming and transporting) plus keeping all YANG in the body supported.

The source of all yang is seen to be from the Kidney complex.

**KIDNEY** — Keeps life going through all stages and phases of development. Reproduction on time and easily - sexual function and feeling intact, hormonal health, brain and neurological function, blood production and life milestones on track.

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### Common body experiences of depleted Kidney energy the overall ageing phenomenon:

- teeth
- hearing
- eyesight
- memory
- brain function
- hair colour
- hair quality
- hair growth
- bone density
- lower back and general back integrity
- sexual abilities
- sexual feeling
- sexual appetite
- general spark, zip and vigour may all dwindle; and its severity is dependent on the individual constitution and previous life history.

### Kidney Qi losing its edge may also show as:

- Getting up and down at night to pee,
- Needing to pee often in the daytime, and/or small quantities,
- Leakage of body fluids, inadvertently.

This is easily remedied through lifestyle choices that are life giving, rather than comfortable.

Enhancing life flow, supporting the digestive and regenerative functions, and taking Chinese herbal tonics as part of a wellness programme, (that may include regular maintenance acupuncture sessions) will all reverse, or at least slow the gradual descent into decline that all expect of their bodies.

This is where Chinese medicine shines. It is easy to alter the symptom picture above and completely change your life. Often all body problems and body changes are medically written off as aging or 'family traits', when they are just dwindling vitality.

### *WHEN TO THINK OF KIDNEY QI/YANG TONICS/SEE AN ACUPUNCTURIST*

In addition, common health issues that are simply Kidney Qi or Yang deficiency are:

- Tiredness
- Overwhelming exhaustion
- Feeling drained, especially flagging in late afternoon
- Weak back, especially at waist level
- Weak or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened.