



Heart Yin/Zang

The Heart Meridian circulates the blood throughout the body. It is the pump that maintains all of life as the cycle of blood, oxygen, and nutrients enter the cells and cellular wastes, and carbon dioxide travels out in the blood through the venous system to be disposed of.

Heart health is dependent upon healthy nutrition which includes the elimination of trans-fat, high sugar, and excess soy. Cholesterol is less of an issue than once believed. The heart is the emotional and spirit center of our being. When it is in harmony with both inner and outer worlds, the body is at peace.

Small Intestine Yang/Fu

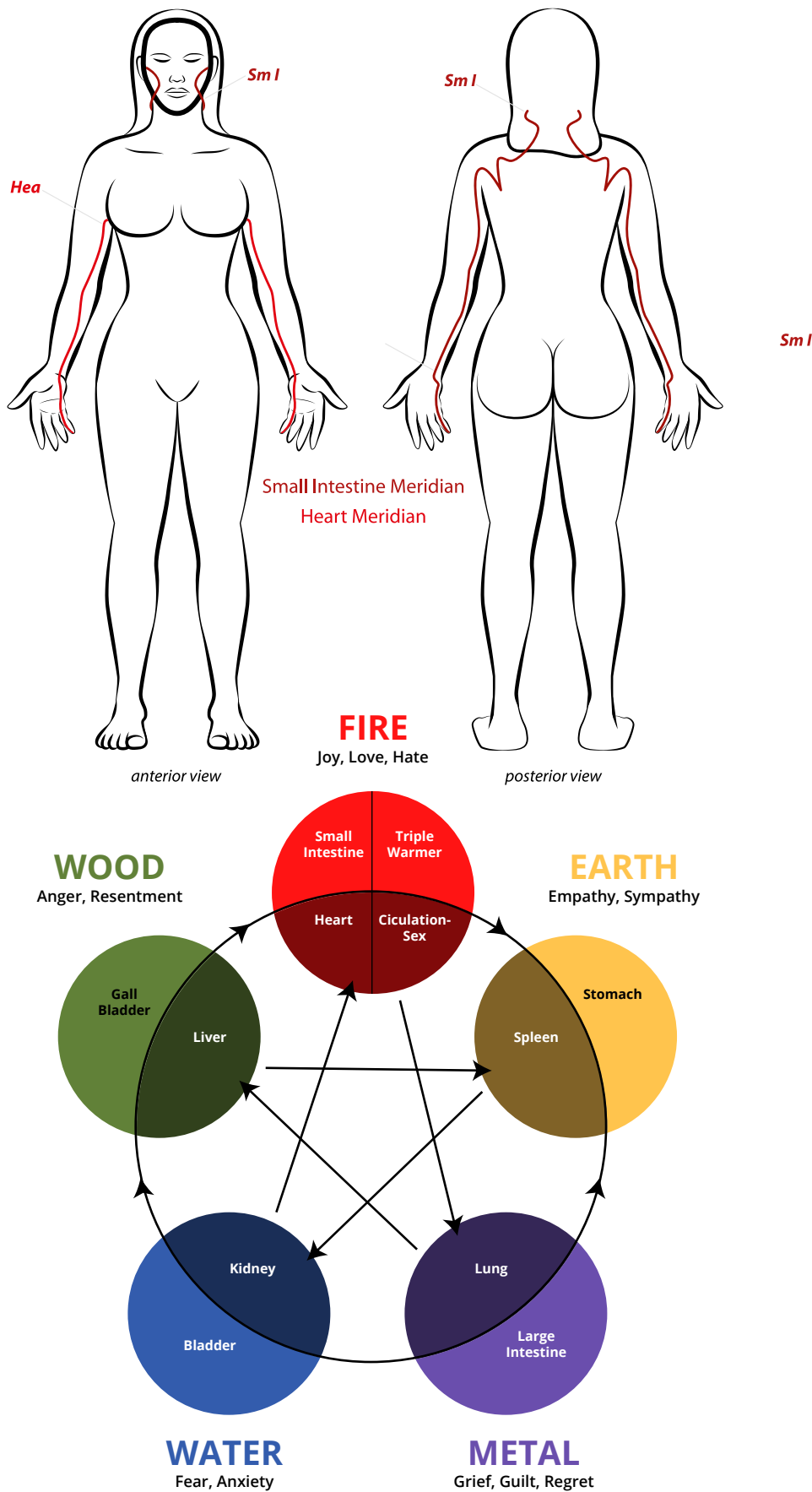
The recipient of all foods and digestive juices, the small intestine absorbs minerals, nutrients and vitamins. Its' function can be affected by any imbalances in the stomach, pancreas, liver and / or gallbladder.

Heart Emotional Energy

The Pericardium and Triple Warmer carry the emotional fire to make things happen. Think of the PC and TW as the man/wife energy which is needed to keep the fires of life burning.

Circulation System

Arterial and venous networks carry the blood throughout the body, interfacing with the lymphatic vessels to control flow of fluids. It is also responsible for delivery of oxygen to the tissues and removal of toxins to be transferred and then cleaned by the lymphatic system.



Manifestations of Imbalance

Physical

Abdominal pains
Anemia
Arrhythmia
Bruising
Burning in ears / upper body
Carpel tunnel syndrome
Chest pain
CNS disorders
Cold hands / feet
Dark painful urine
Elbow and shoulder stiff
Fevers
Flushed Face/Skin
Hemorrhaging
High/low blood Pressure
Internal bleeding
Loss of taste
Palpitations
Red Complexion
Ringing in ears
Shock
Stuttering
Sweaty
Swellings / edema
TMJ problems
Tone deaf
Ulcerations on tongue
Uncoordinated
Varicose Veins

Mental

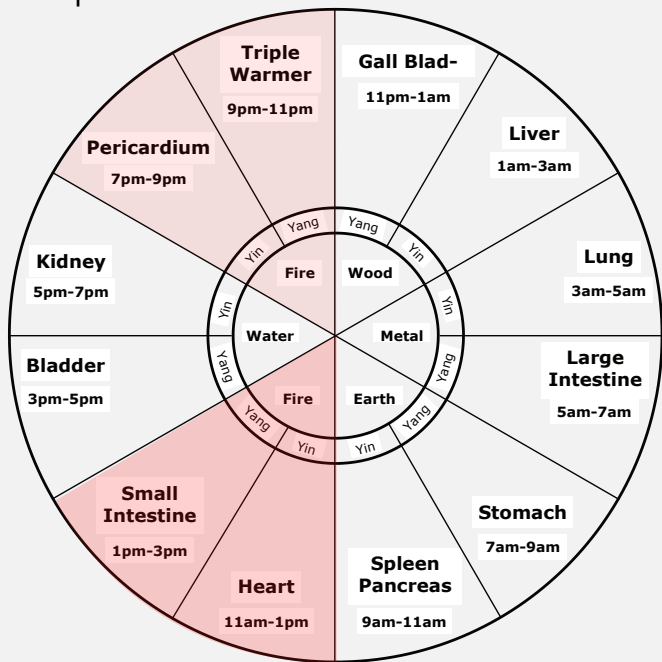
Absent minded
Abused / abusive
Confused
Crude
Delirious
Deranged
Inappropriate
Incoherence
Indiscrimination
Lack in spirit
Manic
Quirky
Reduced sense of humor
Spaceyness
Stuporous
Tasteless
Victimization

Emotional

Crazed
Deliberate cruelty
Extreme depression
Frigid / impotent
Hateful
Incapacity for commitment
Incapacity to love
Manic
Melancholic
Nightmares
Overly exuberant
Passionate / less
Promisuity
Recklessness
Sexual dysfunctions
Shyness
Withdrawn

Spiritual

Alienation
Lack of insight / intelligence
Loss of dignity
Loss of poise
Psychosis
Loss of Hope



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Foods	Vitamins	Minerals	Herbs
FOR THE CIRCULATION Garlic Parsley Black figs Watercress Sprouts Liquid chlorophyll Buckwheat Sun dried olives Brown rice Sea vegetables	FOR THE CIRCULATION B-complex B-6 niacin B-12 C E bioflavonoids choline inositol folic acid.	FOR THE CIRCULATION Calcium Iron Silica Cobalt Copper Magnesium Iodine Phosphorus Potassium Zinc Manganese Nitrogen Fluorine Sulfur	FOR THE CIRCULATION Cayenne Hawthorne Berries Ginger Garlic Poke Root Sassafras Burdock Chaparral Echinacea Red Clover Oatstraw Supplements Pycnogenol Resveratrol Vincopene

CHAKRA	CONTROLS	YIN/ZANG	TIME	YANG-FU	TIME	SYSTEMS	RELATION TO BLOOD	SENSE ORGAN	FLUID	TISSUE	INDICATOR	COLOR	ENVIRONMENT	QUALITY
Solar Plexus	Metal	Heart Circulation	11am - 1pm 7 - 9pm	Small Intestine	1 - 3pm 9 - 11pm	Circulatory Endocrine	Circulates	Tongue	Sweat	Blood Vessel	Complexion	Red	Heat	Expanding



Chinese Elements

Earth | Spleen Meridian



Spleen + Pancreas Yin/Zang

The Spleen is responsible for maintaining quality blood cells, and preserving the immune function. It is the root of all post-natal Qi. Combined with the Stomach it takes all things consumed and converts them into energy. If any lack of qi is found in the body, the Spleen is the first place to look for an imbalance. When functioning properly: qi is strong, digestion goes smoothly, the body is kept moist. When malfunctioning: qi is weak (lassitude), appetite is poor, digestion is sluggish, stools may be loose, phlegm and damp may accumulate. It is internally-externally related to the Stomach. Its element is earth.

The Pancreas is responsible for digestive juices of foods and creating insulin for sugar metabolism.

Stomach Yang/Fu

Breaks down ingested foods with HCL and enzymes to be absorbed into the bloodstream. It converts energy from the foods that are eaten. The stomach lining changes weekly and requires natural sodium and a broad base of minerals in order to adequately create bio-energy during the start of the digestive process. Congestion can become painful and lead toward infections.

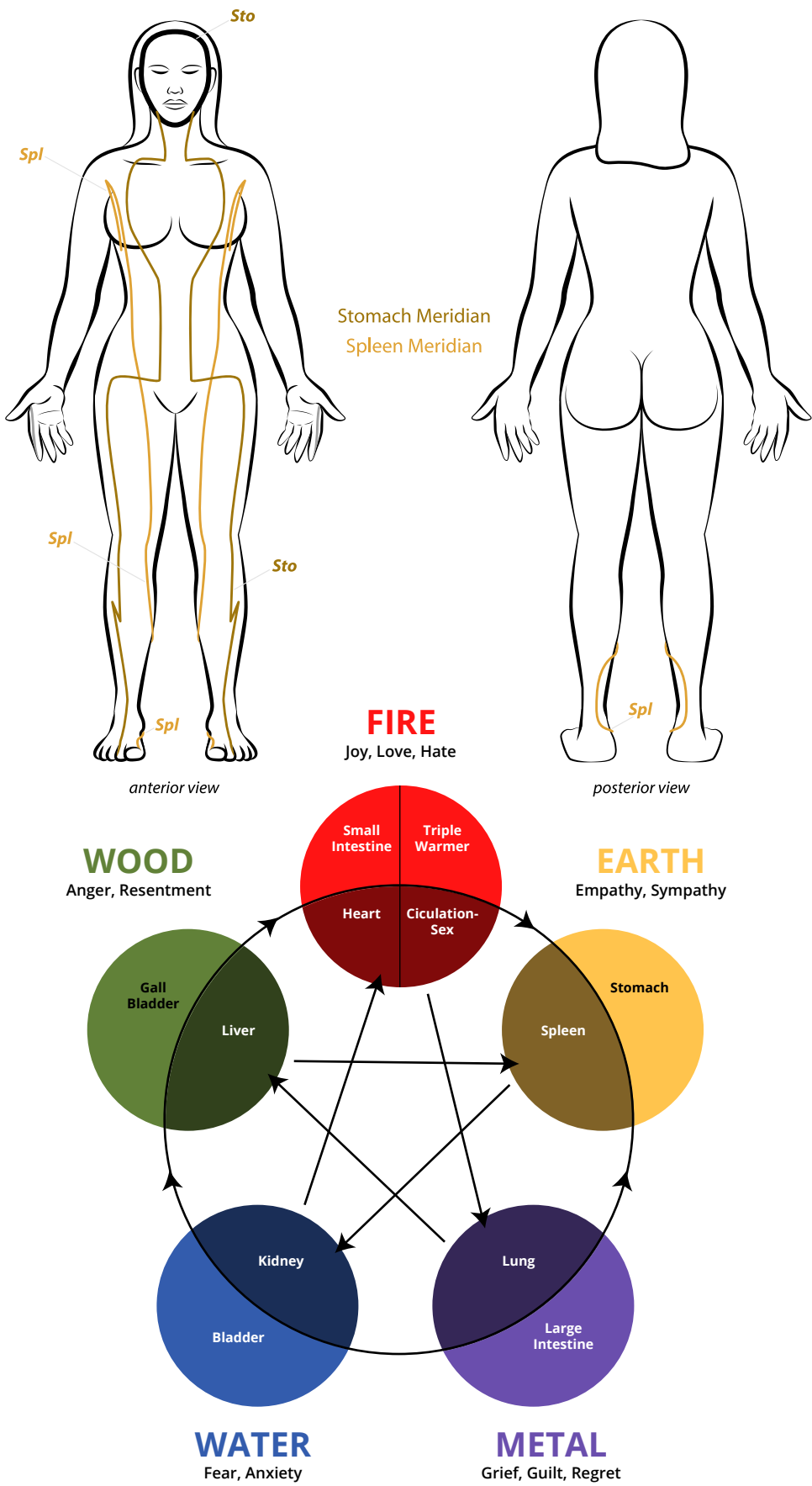
Lymphatic System

The lymphatic system eliminates toxins, filters blood, builds immunity to pathogens with white blood cells, returns proteins to the blood.

Also known for supporting our immunity the lymph system works closely with circulation in the discharging of wastes.

Muscular System

The lymphatic system eliminates toxins, filters blood, builds immunity towards pathogens with white blood cells, returns proteins to the blood.



Manifestations of Imbalance

Physical

Anorexia/bulimic
Belching
Bruising
Digestive problems
Disproportionate body part sizes
Edema in arms/legs
Erratic blood sugar
Fluid in knee
Foul breath
Heat in mouth
Heaviness
Heavy blood periods
Infirm flesh
Irregular eating
Lethargy
Loose stools
Loss of energy after eating
Mucous build up sinuses
Nose bleeding
Over/under weight
Phlegm
Stomach ulcers
Swollen gums/tongue
Timing/quantity
Uterine problems
Varicose veins
Weak muscles
Wrist ganglia

Mental

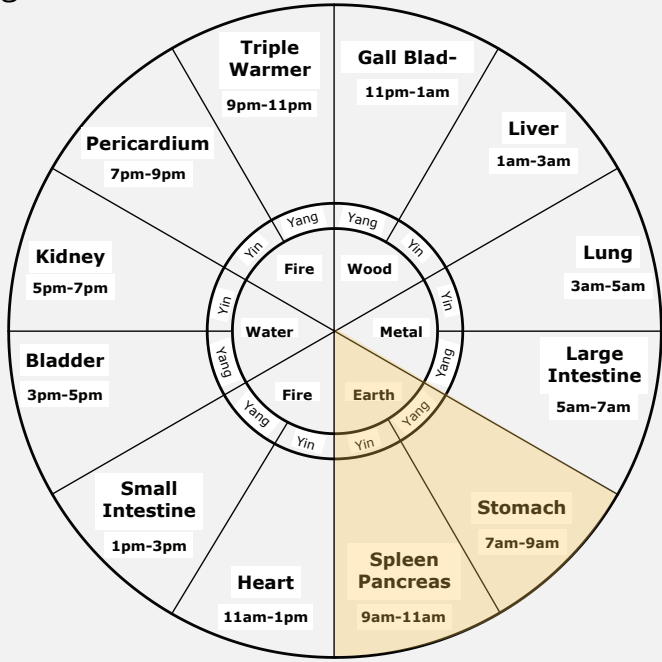
Excess cogitation
Excessive storage of details
Nightmares
Obsessive
Overly accountable
Overly mental
Overly Routinized
Overwork
Poor concentration
Poor memory
Worrying

Emotional

Blaming self/others
Broods over trivia
Guilt inducer
Heavy depression
Jealous
Masochism
Melancholic
Overly concerned
Seeks security sympathy
Sentimentality
Touchy
Wallows in misery

Spiritual

Homelessness
Merciless
Selfishness
Ungrounded
Holding back
Lack of happiness
Taking Offense



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Foods STOMACH Papaya, spinach, chlorophyll, chard, celery, cucumbers, cabbage, watercress, yogurt, wolf berries. LYMPHATIC SYSTEM Green leafy vegetables, watercress, celery, okra, apples. MUSCULAR SYSTEM Olives, rye, lima beans, rice bran, bananas, sprouts, watercress, complementary proteins (grains, legumes, rice) apples.	Vitamins STOMACH A, C, B-complex. LYMPHATIC SYSTEM A, C, choline, B-complex, biotin, pantothenic acid, folic acid. MUSCULAR SYSTEM A, B-6, D. E. B-Complex, biotin, choline, pantothenic acid.	Minerals FOR THE STOMACH Sodium, chlorine, magnesium, potassium, iron, sulphur, copper, silica, zinc, iodine. LYMPHATIC SYSTEM Potassium, chlorine, sodium. MUSCULAR SYSTEM Calcium, potassium, magnesium, nitrogen, chlorine, iron, silica.	Herbs FOR THE STOMACH Papaya, alfalfa, aloe vera, peppermint, cayenne, ginger, fennel, anise, burdock. LYMPHATIC SYSTEM Blue violet leaves (tea) chaparral, burdock, Echinacea, blue flag, equisetum, poke root, golden seal, cayenne, mullein, black walnut. MUSCULAR SYSTEM Juniper berries, rosemary, tansy, black willow, horseradish, wild cabbage, kelp, dulse, watercress, horsetail, black walnut.	Ungrounded Holding back Lack of happiness Taking Offense Copyright © 2019 Transformational Technologies Inc. d/b/a New Human All rights reserved. IABC Disclaimer: This material is designed for IABC Members only. These statements are not designed to diagnose or treat any disease or disease process. The FDA has not evaluated this information. For disease diagnosis and treatment please see your family physician who is directed and licensed by the American Medical Association.										
CHAKRA	CONTROLS	YIN/ZANG	TIME	YANG-FU	TIME	SYSTEMS	RELATION TO BLOOD	SENSE ORGAN	FLUID	TISSUE	INDICATOR	COLOR	ENVIRONMENT	QUALITY
Solar Plexus	Water Element	Spleen Pancreas	9 - 11am	Stomach	7 - 9am	Digestive Lymphatic	Stores and Cleans	Mouth	Saliva	Flesh/Fasciae	Lips	Yellow	Damp	Stabilizing

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NEWhuman™

| Chinese Elements

Air/Metal

| Lung Meridian



Lungs

Yin/Zang Organ

Responsible for oxygenation of the blood and elimination of acids from the body by the creation of carbon dioxide.

The Lung is known as the "canopy" of all the internal organs as it is the superior-most organ in the body. The flow of the lung qi therefore is always down and out. In addition, the lung is the middle man between the body and its environment. Its element is Lung is responsible for oxygenation of the blood and elimination of acids and many toxins from the body by the creation of carbon dioxide. It is internally-externally related to the Large Intestine. Its' element is Metal.

The lung takes in the qi of the air (kong qi) and in the chest this is what is combined with the food qi to make true qi. After that it exhales the waste, and then circulates the qi throughout the body.

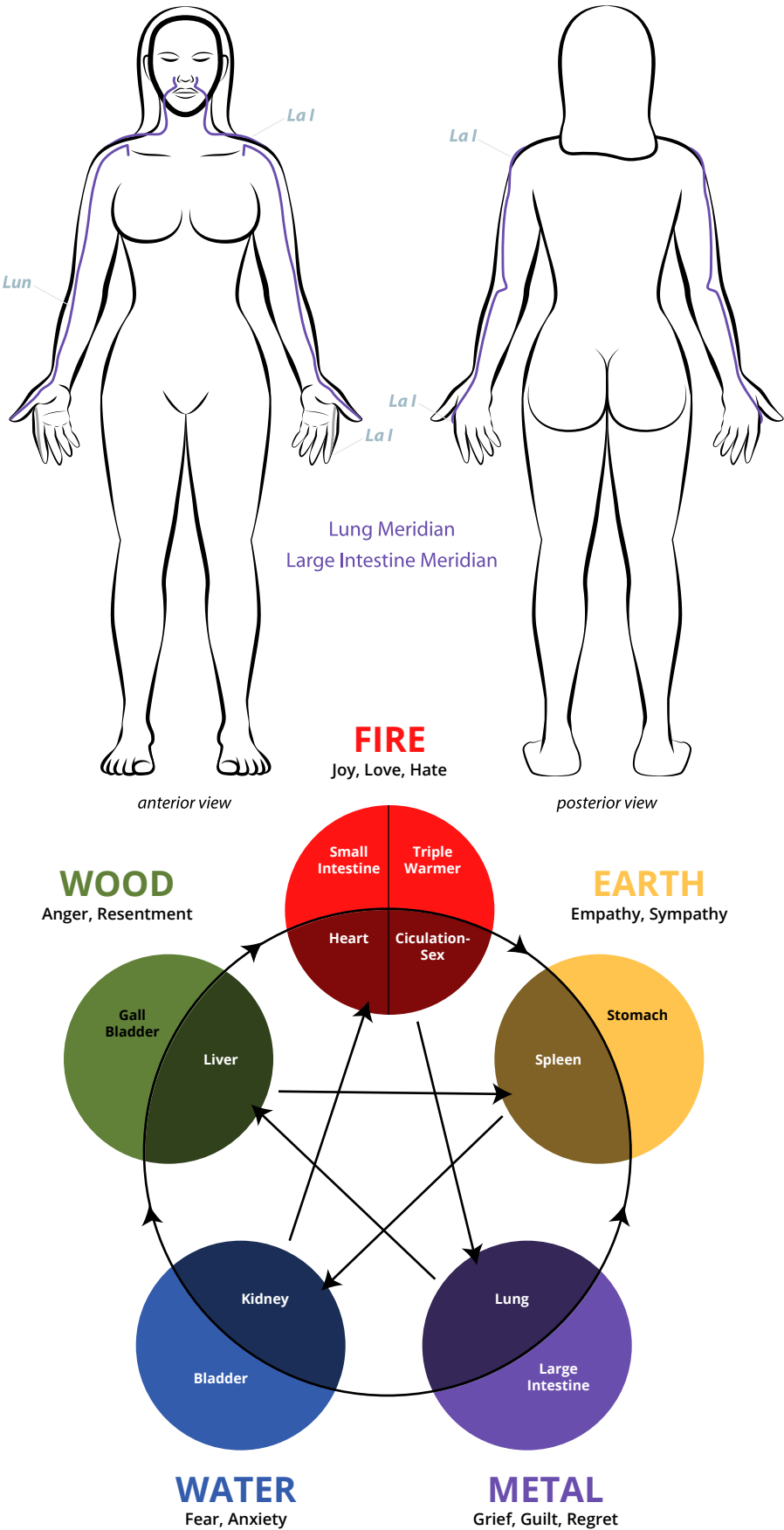
Large Intestines

Yang/Fu

Reabsorbs water from undigested materials, and eliminates the consolidated waste.

Skin

Also known as the 'first line of defense,' It protects the body, eliminates wastes and regulates temperature. Makes collagen as a defense. Needs proper nutrition and essential fatty acids. Skin is both a protector defense mechanism, and an attractor for connecting with others.



Manifestations of Imbalance

Physical

- Abdominal pain
- Asthma
- Aversion to cold
- Body hair irregularities
- Bronchitis
- Bursitis
- Capacity to smell
- Colitis
- Constipation
- Diarrhea
- Difficulty raising shoulders
- Eczema
- Emphysema
- Headaches (sinus)
- Lower back pain
- Lung stress /no disease
- Nasal congestion
- Phlegm
- Psoriasis
- Sinusitis
- Skin outbreaks
- Sniffles
- Sweating
- Tennis Elbow
- Thirst
- Yawning

Mental

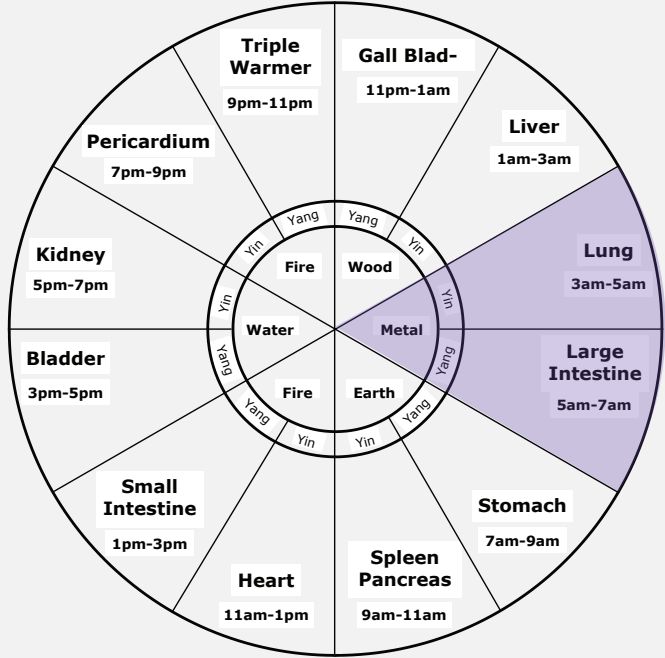
- Anal
- Constantly evaluating
- Critical
- Exacting
- Hierachical
- Hubris/pride
- Can't Let Go
- Carry Resentments
- Meticulous
- Overly exacting
- Spacey/vapor

Emotional

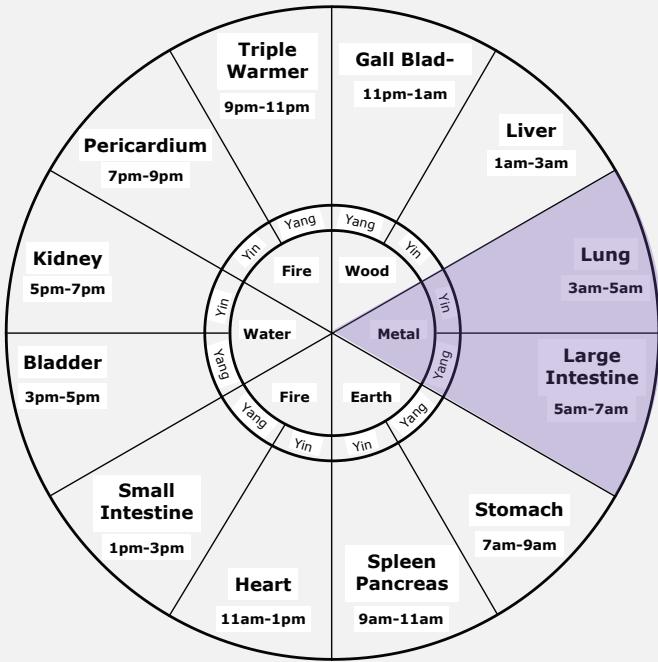
- Despair
- Repressed Anger
- Attachments
- Resentments
- Unforgiving
- Inability to process pain
- Grief
- Imposition of values onto others
- Isolation
- Self-possessed
- Delusional
- Restrictive of others
- Blaming
- Self-righteousness
- Sorrow
- Stuckness
- Withdrawn
- Deep Sorrow
- Quick to act
- Fault Finding
- Super Critical
- Non-accepting of weakness
- Self-Protective

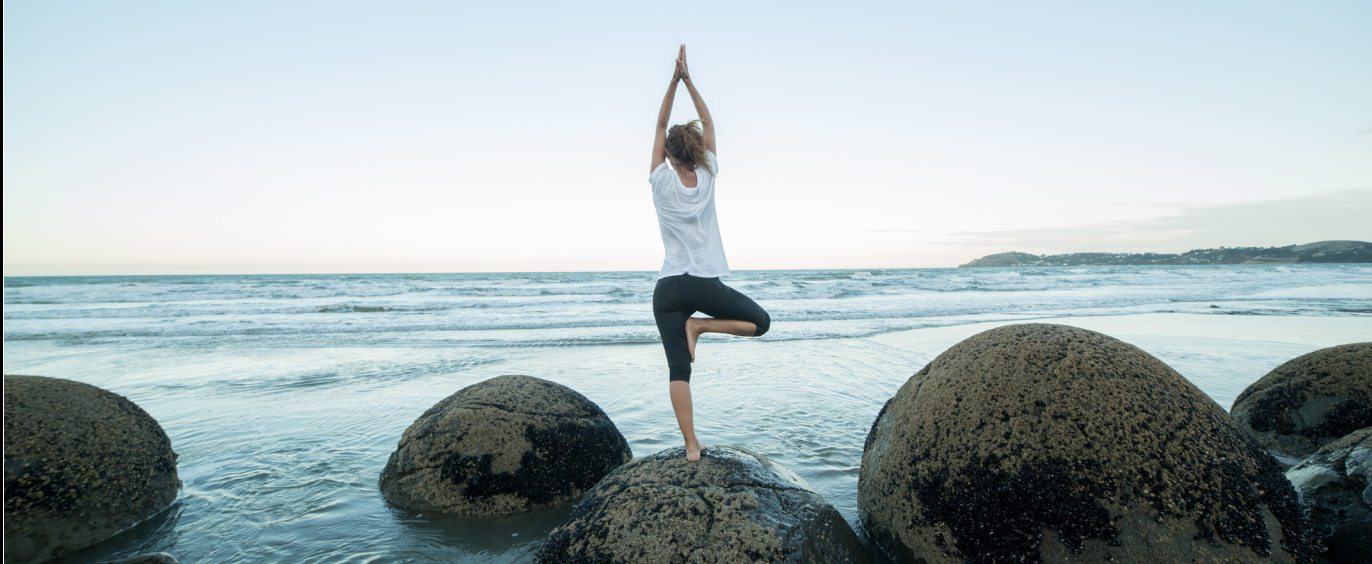
Spiritual

- Depraved
- Hierarchical
- Need to be right
- Meaningless existence
- Poor Self Image
- Unethical
- “Holier than Thou”
- Martyr
- Squelching Fun
- Joyless



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Foods	Vitamins	Minerals	Herbs	“Holier than Thou” Martyr Squelching Fun Joyless										
LUNGS Garlic, onions, leeks, turnips, grapes, pineapple, honey, green leafy vegetables.	LUNGS A, C, D, B Complex, E, F	LUNGS Calcium, iron, silica, manganese, potassium, copper, fluorine.	LUNGS Mullein, elderflowers, peppermint, yarrow, lobelia, comfrey, cayenne, marshmallow, sage, coltsfoot.											
LARGE INTESTINES All squash, green and yellow vegetables, yogurt, alfalfa, grapes, parsley, spinach, whey, psyllium seed, berries, sprouts, yellow cornmeal.	LARGE INTESTINES A, F, Choline, D, B Complex	LARGE INTESTINES Magnesium, potassium, sodium, sulfur, calcium, chlorine, iron, phosphorus	LARGE INTESTINES Psyllium Seed, aloe vera, cayenne, black walnut, flaxseed, comfrey, slippery elm, cascara sagrada, senna, barberry, golden seal.											
SKIN Rye, avocado, sea vegetables, whey, apples, cucumbers, rice, sprouts, Parent Essential Oils Omega 6/3.	SKIN Pantothenic Acid, PABA, B Complex, C, E, F, K, bioflavinoids.	MUSCULAR SYSTEM Calcium, potassium, magnesium, nitrogen, chlorine, iron, silica.	SKIN Silica, calcium, fluorine, iron, phosphorus, potassium, sodium, sulphur, iodine, copper, manganese, zinc, magnesium.											
CHAKRA	CONTROLS	YIN/ZANG	TIME	YANG-FU	TIME	SYSTEMS	RELATION TO BLOOD	SENSE ORGAN	FLUID	TISSUE	INDICATOR	COLOR	ENVIRONMENT	QUALITY
Heart	Wood	Lung	3 - 5am	Large Intestine	5 - 7am	Respiratory	Detoxifies	Nose	Mucus	Skin	Body Hair	White	Damp	Stabilizing



Kidney/Bladder

Yin/Zang + Yang/Fu

The kidneys are the root of all pre-natal qi in the body. Anything that might be considered genetic or hereditary in modern terms stems from the kidneys, as all of our ancestral information is stored in the kidney tissues The kidneys are also the source of the base yin and yang of the body. Within the kidneys the interdependence of yin and yang are even more pronounced than in the yin and yang of the other organs.

The Bladder concentrates the acids of the body that can be eliminated by the urine. Prolonged acid production can cause burning in the elimination of the urine. The kidneys control the water in the lower warmer as the lungs do in the upper warmer. This function helps the kidney to regulate the yin (form) and the yang (function) of the body, by releasing or holding in fluids.

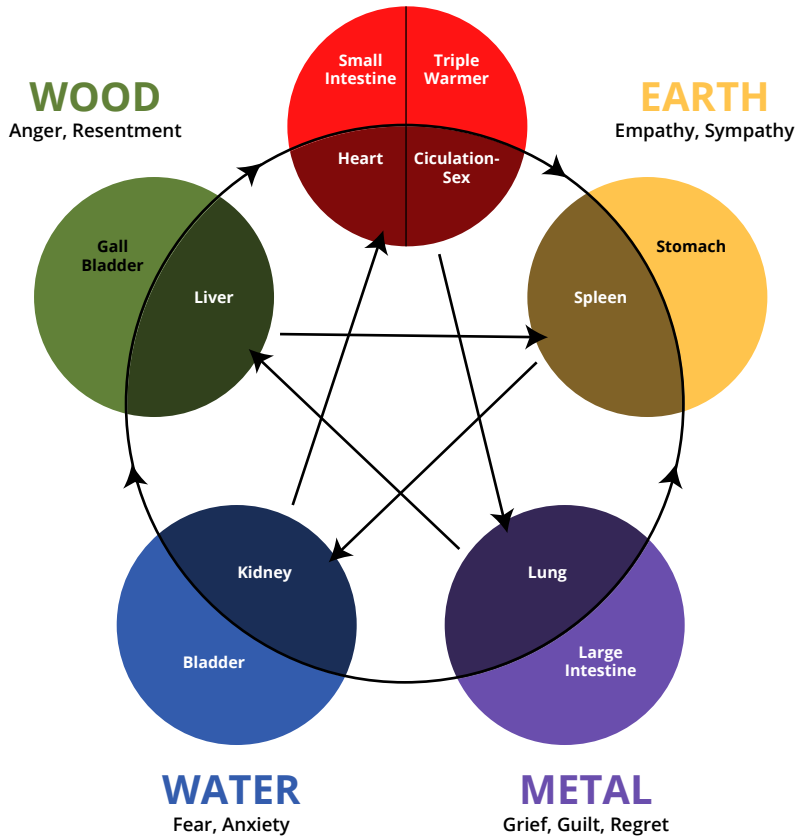
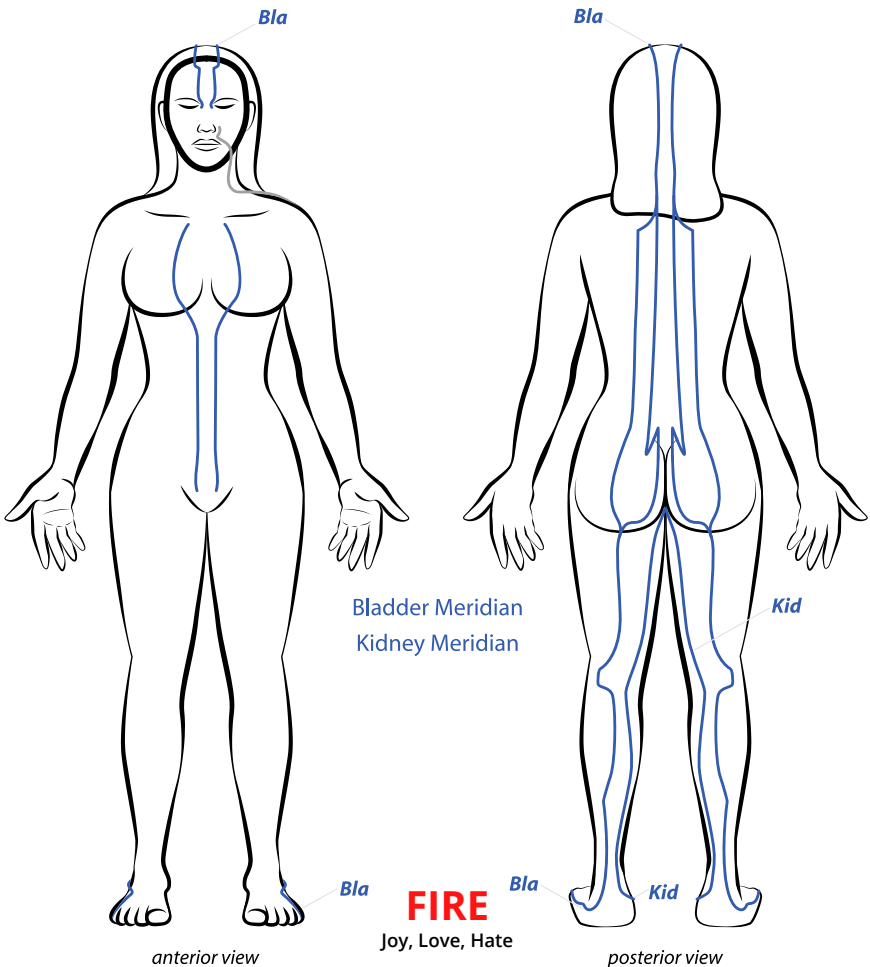
Skeletal

The Kidney controls the essence of marrow. This marrow is found in both the bones and the brain and spinal cord. The Essence produces the marrow and the marrow in turn makes the bones strong and fills the spinal cord and brain to garner the intelligence and concentration. The brain is often called the "Sea of Marrow" for this reason. Everything involved in aging is governed by the kidneys as you can see.

Reproductive

Testes, Ovaries, sperm, ova, mammaries.

The reproduction system is based on having ‘enough’ energy and resources for the capacity to reproduce. There are some activities that reduce this ‘energy:’ marathon running, excessive or exhaustive sports. Healthy energy to reproduce needs strong psychic and emotional capacity to transfer healthy energy into the offspring.



Manifestations of Imbalance

Physical

- Ankles
- Neck Problems
- Back pain
- Chest congestion
- Chronic deafness
- Cold numb legs
- Craving salt
- Dark rings under eyes
- Edema especially in legs
- Epilepsy
- Exhaustion
- Headaches
- Hemorrhoids
- Impaired movement
- Knee Weakness
- Impotence
- Infertility
- Late pubescence
- Lumbago
- Skeletal Discs
- Menopausal problems
- Nocturnal emissions
- Paralysis
- Ringing in ears
- Shock
- Spinal pain
- Swollen larynx
- Urinary problems
- Vertigo
- Weak bones
- Weak sexual energy

Mental

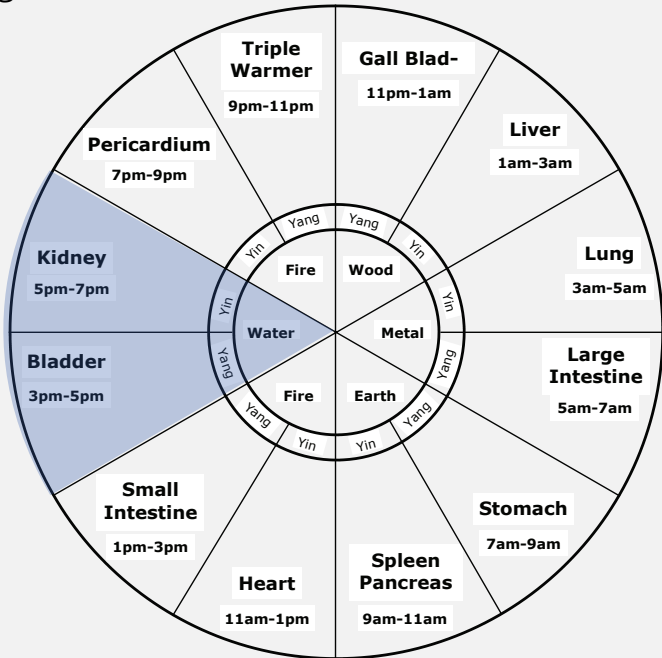
- Aimlessness
- Ambitious
- Dizziness
- Dullness
- Lacking ambition
- Profundity
- Stupidity

Emotional

- Anxiety-ridden
- Apathy
- Counterphobic
- Fear/lack fear
- Frigid/Frozen/Fright
- Impulsive-lacks caution
- Lassitude
- Nymphomania
- Paranoia
- Phobic
- Terrified
- Can't move forward
- Deflective
- Wishy-Washy
- Water Conflicts
- Water Trauma

Spiritual

- Delusional congenital defects
- Lacking faith
- Lack of potency
- Lacking Will



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Foods	Vitamins	Minerals	Herbs
KIDNEY/BLADDER Watermelon, pomegranate, apples, asparagus, liquid chlorophyll, parsley, greens. SKELETAL Sesame Seeds, kale, millet, celery, barley, okra, almonds, collards, turnip greens, raw goats milk. REPRODUCTIVE Sesame seeds, pumpkin seeds, cod roe, lecithin, egg yolks, raw goats milk, Parent Essential Oils Omega 3 and 6.	KIDNEY/BLADDER A, B Complex, Choline, Pantothenic Acid. SKELETAL C, D, A, B Complex, folic acid, bioflavonoids. REPRODUCTIVE B Complex, E, A, C, D, F	KIDNEY/BLADDER Calcium, Potassium, manganese, silica, iron, chlorine, magnesium. SKELETAL Calcium, Fluorine, copper, magnesium, iron, iodine, sulphur, zinc, silica, phosphorus, potassium, sodium. REPRODUCTIVE Zinc, calcium, iodine, phosphorus, iron, sodium, chlorine, potassium, fluorine, silicon.	KIDNEY/BLADDER Juniper berries, uva ursi, berberis-parsley, bladderwack, slippery elm, golden seal, ginger, dandelion, marshmallow. SKELETAL Comfrey, kale, oatstraw, alfalfa, irish moss, boneset, poke root, chicory, juniper REPRODUCTIVE Black cohosh, licorice, dong quai, ginseng, blessed thistle, blue cohosh, uva ursi, raspberry, squaw vine, chickweed, saw palmetto, false unicorn, cornsilk.

CHAKRA	CONTROLS	YIN/ZANG	TIME	YANG-FU	TIME	SYSTEMS	RELATION TO BLOOD	SENSE ORGAN	FLUID	TISSUE	INDICATOR	COLOR	ENVIRONMENT	QUALITY
Sacral	Fire	Kidney	5 - 7pm	Bladder	3 - 5pm	Urinary Reproductive	Production of Bone Marrow	Ear	Urine	Bones Teeth	Head Hair	Blue/Black	Cold	Conserving



Liver Yin/Zang

The most important detoxifying organ of the body, performing over 500 different functions. Its primary functions are bile production to aid in the digestion of fats, and cleaning the blood through the production of enzymes that break down toxins. Those chemi-cals and fats that cannot be broken down usually remain stored in the liver.

Energetically it stores blood, governs emotional states, help regulate menstruation, regulate smooth flow of Chi' and influences our organization and planning skills and controls judgment and the capacity to make decisions.

It supports the Digestive function and juices of Stomach and Spleen. It increases our flexibility and agility of the ligaments and tendons. It is seen as the house of the 'Spirit' or soul.

Gallbladder Yang/Fu

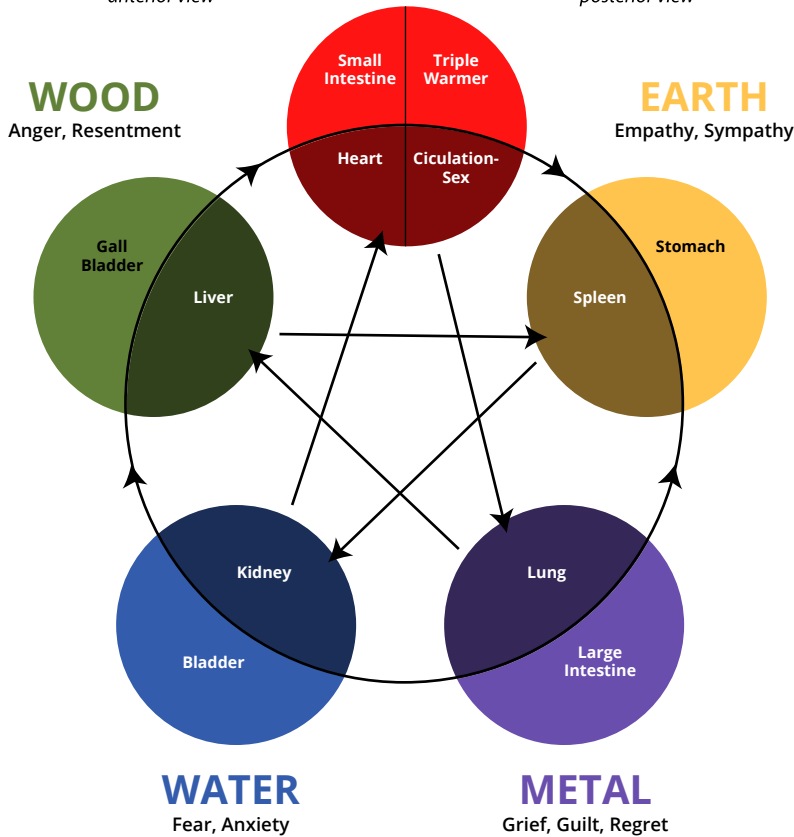
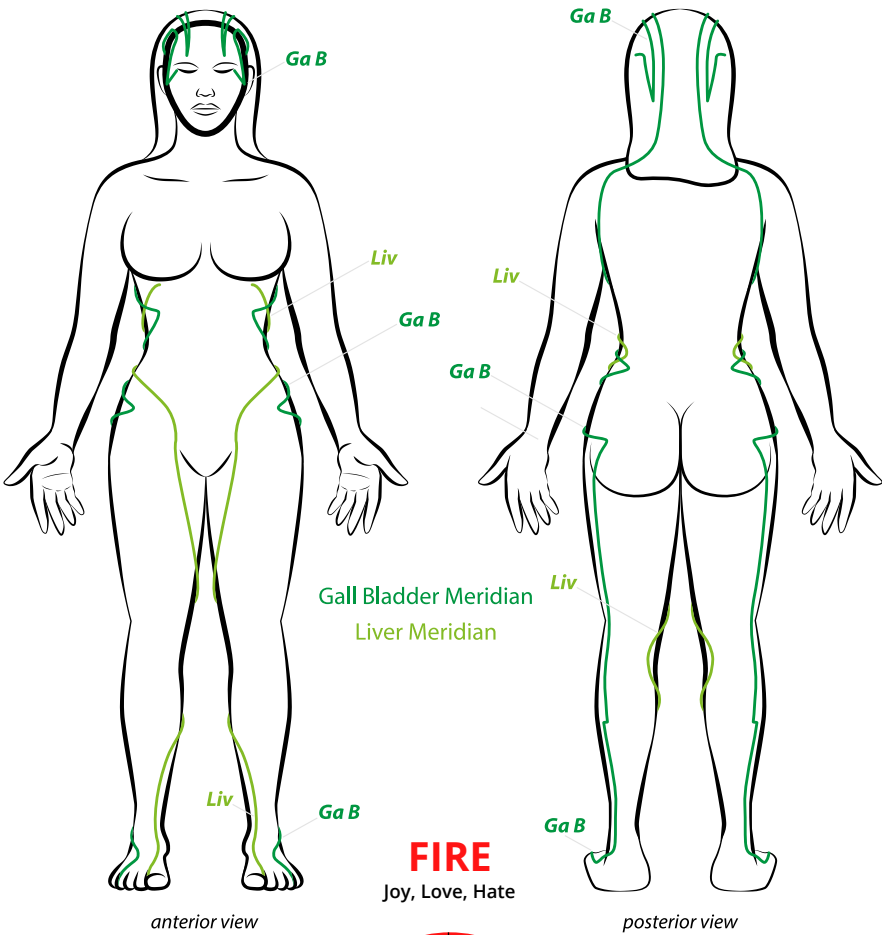
A way station for liver bile, the gallbladder may accumulate toxins, especially those of synthetic chemical origin.

Nervous System

Regulation of body function through nerve impulses; sensory perception and motor responses.

Connective Tissue

Regulation of connective tissue matrix (ECM) including fascia, tendons, ligaments, cartilage and joints.



Manifestations of Imbalance

Physical

- Alcoholism
- Allergies
- Amenorrhea
- Arthritis/bursitis
- Blood or immune
- Bloodshot eyes
- Chronic sore throat
- Clenched jaws
- Connective tissue
- Constipation with dry stools
- Cracked or yellow nails
- Dark urine
- Dizziness
- Drug additions
- Far-sightedness
- Flank pains
- Flatulence
- Gallstones
- Gastric pain
- Genital disorders
- Gnarled joints
- Hip problems
- Inguinal/hernias
- Lateral sciatica
- Menstrual disorders
- Myopia
- Near sightedness
- Nuscle cramps
- One-sided headaches
- Painful and swollen breasts
- Red face
- Hot Hands and Feet
- Restless sleep
- Scanty periods
- Seizures
- Spasms/cramping

Spiritual

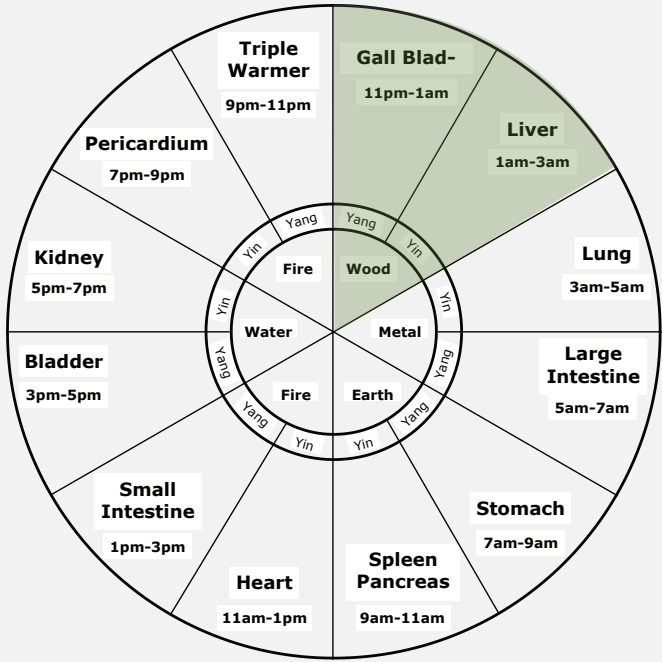
- Blindness
- Lacking hope
- Ruthlessness
- Violence

Mental

- Always starts but never finishes
- Excessively analytic
- Excessively critical
- Inability to intiate
- Judgemental
- Lacking rationality
- Lacking structure
- Loss of sense of time
- Mentally rigid

Emotional

- Anger/lack of anger
- Defensive
- Feeling Attacked
- Territorial Struggles
- Excessively aggressive
- Holding grudges
- Hysteria
- Immobility of emotions
- Impassive
- Indignation
- Irritability
- Lack of self-esteem
- Need for recognition
- Passive/aggressive
- Self-righteous
- Stoic
- Stubbornness



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Foods	Vitamins	Minerals	Herbs
GALLBLADDER Avoid high phosphate foods, excess simple carbohydrates and fats to eliminate the formation of stones. Include apples, cooked grains, beans and fresh vegetables in the diet to keep the liver/gallbladder strong.	LIVER A, B complex, C, D, E, F NERVOUS SYSTEM B complex, A, C, D, E, F Choline, folic acid, inositol, pagamic acid.	LIVER Calcium, magnesium, potassium, phosphorus (mineral) Cell Salts to maintain liver function. NERVOUS SYSTEM Calcium, phosphorus (organic) manganese, sulphur, fluorine, iodine, iron, magnesium, potassium, zinc, silicon.	LIVER Dandelion, milk thistle, garlic, ginko biloba NERVOUS SYSTEM Valerian, passiflora, hops, skullcap, lobelia, lady's slipper. CONNECTIVE TISSUE Preserving liver function by detoxification. See Liver Herbs.

CHAKRA	CONTROLS	YIN/ZANG	TIME	YANG-FU	TIME	SYSTEMS	RELATION TO BLOOD	SENSE ORGAN	FLUID	TISSUE	INDICATOR	COLOR	ENVIRONMENT	QUALITY
Solar Plexus	Earth	Liver	1 - 3am	Gallbladder	11pm - 1am	Nervous	Stores Filters	Eye	Tears	Nerves Tendons	Nails	Green	Wind	Developing