

V. Respiratory, Digestive & Genitourinary Disorders

A. Weekend 5 - Internal Medicine I: Introduction

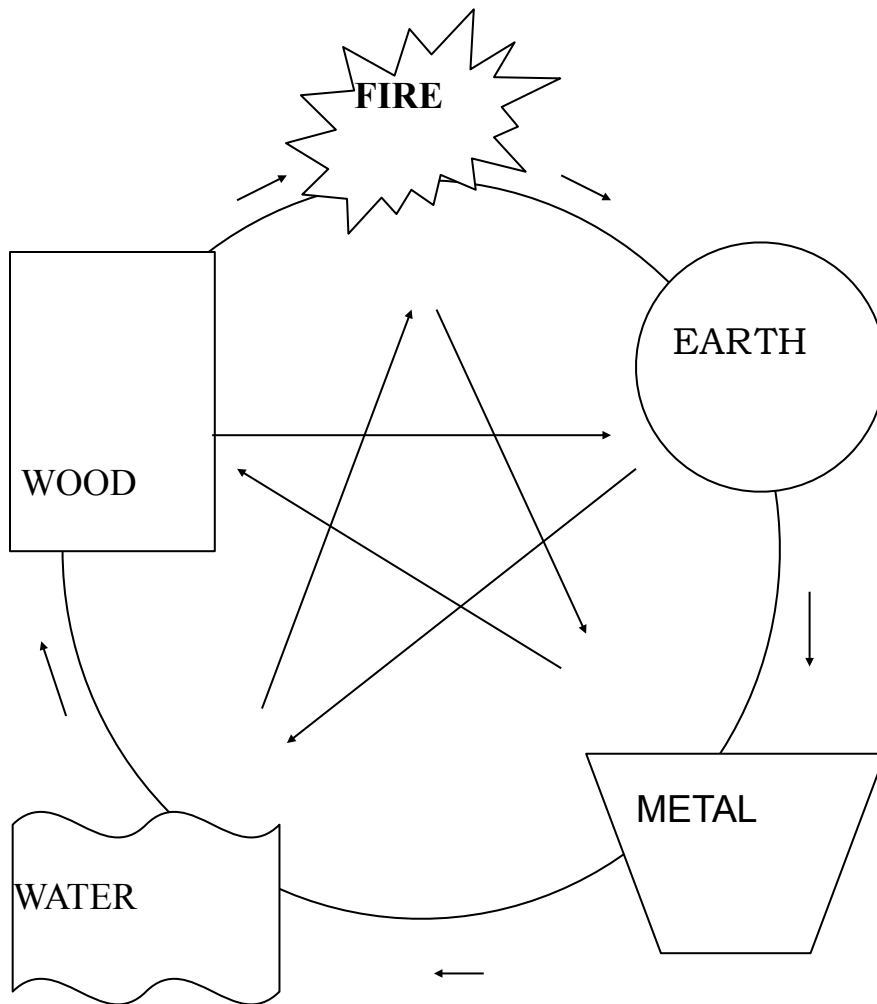
1. Internal Medicine is divided into three weekends.
 - a) *Weekend 1: Respiratory, Digestive & Genitourinary*
 - b) *Weekend 2: Herbal Medicine & Emotional Disorders*
 - c) *Weekend 3: Women's Health*
2. All 3 weekends focus on internal medical diagnosis, and treatment with all Chinese Medical techniques, including Acupuncture, Herbs, Diet and Lifestyle.
3. Repetition of Disharmonies
 - a) *You will notice a necessary repetition of disharmonies in different disorders, which will assist you in learning and easily recognizing, and treating these problems.*
 - (1) i.e. Spleen Qi Deficiency will show up in all three weekends, and may manifest as many different disorders, including
 - (a) *Digestive: Looses Stools, Lack of Appetite*
 - (b) *Emotional: Depression*
 - (c) *Women's Health: Tendency to Miscarry*

B. Theoretical Principles Review

1. Eight Principles
 - a) *Four Sets of Parameters*
 - (1) Yin / Yang
 - (2) Internal / External
 - (3) Excess / Deficient
 - (4) Hot / Cold

DESCRIPTION OF CONDITION	PATHOLOGY	TREATMENT PRINCIPLE
NORMAL BALANCED CONDITION	N/A	N/A
TRUE EXCESS YIN CONDITION YIN EXCESS (EXCESS YIN)	TRUE COLD	SEDATE YIN
TRUE EXCESS YANG CONDITION YANG EXCESS (EXCESS YANG)	TRUE HEAT	SEDATE YANG
DEFICIENCY OF YIN CONDITION YIN DEFICIENCY (DEFICIENT YIN)	FALSE HEAT (HEAT FROM DEFICIENCY)	TONIFY YIN
DEFICIENCY OF YANG CONDITION YANG DEFICIENCY (DEFICIENT YANG)	FALSE COLD (COLD FROM DEFICIENCY)	TONIFY YANG
DEFICIENCY OF BOTH YIN & YANG (DEFICIENT YIN & YANG)	N/A	TONIFY BOTH YIN & YANG
TRUE EXCESS OF BOTH YIN & YANG (EXCESS YIN & YANG)	N/A	SEDATE BOTH YIN & YANG

2. Five Elements



- a) *Within each phase/element are Yin and Yang aspects, sometimes referred to as the husband-wife relationship*
- b) *Sheng, Creative, Mother /Son, Generating Cycle*
 - (1) Aberrations of the Sheng Cycle
 - (a) *overproduction: hyper function generating Excess (Excess)*
 - (b) *underproduction: hypo function creating Deficiency(Deficiency)*
 - (c) *over-taxed, in which case the child drains the parent (Deficiency producing exhaustion) (analog to underproduction)*
 - (2) Ko, Control, Grandparent, Over-Acting Cycle
 - (a) *The clockwise star of the Ko Cycle*

(b) *Aberrations of the Ko Cycle*

- (i) too much control, over-bearing, invasive and destructive (Excess producing Deficiency)
- (ii) insufficient restraint, too weak to be effective (Deficiency generating Excess)
- (iii) a reversed Ko cycle (counteracting) in which the child (normally restrained) rebels and insults the grandparent (Excess creates Deficiency)

(3)

CATEGORY	WOOD	FIRE	EARTH	METAL	WATER
QI	Wind	Heat	Damp	Dry	Cold
ZANG	Liver	Ht / Pc.	Sp. (pancreas)	Lungs	Kidney
FU	Gall Bladder	Sm. Int. / TW	Stomach	Lg. Intestine	Bladder
STORAGE	Soul	Consciousness	Intent	Vitality	Determination
EMOTION	Decisiveness Control Anger	Joy (+) (-)	Harmonizing Preoccupation Obsessive	Strength Sustainability Grief/Sadness	Determination Fear
ORIFICE	Eyes	Tongue	Mouth	Nose	Ears
BODY TISSUE	Tendons Sinews	Blood & Blood Vessels	Flesh & Muscles	Skin	Teeth, Bone & Marrow
TONGUE	Sides	Tip	Center	Behind Tip	Root

3. The Essential Substances

a) Review Qi Generation

b) Qi

(1) Functions of Qi

- (a) *Activation Or Movement*
- (b) *Warmth*
- (c) *Transformation*
- (d) *Defense*
- (e) *Containment*

(2) Imbalances of Qi

- (a) *Deficient Qi*
- (b) *Collapsed Qi*___
- (c) *Stagnant Qi*
- (d) *Rebellious Qi*

c) *Jing & Yuan Qi*

- (1) Governs Growth and Development
- (2) Stored In The Kidneys
- (3) Determining Strength of the Constitution of the Individual
- (4) Gradually Is Used Up And Depleted In Normal Lifetime

d) **Blood**

- (1) Blood Is Yin In Relationship To Qi
- (2) A Level of Activity As Well As a Fluid.
- (3) Functions:
 - (a) *Nourishes All Parts Of The Body*
 - (b) *Moistens*
 - (c) *Maintains*
 - (d) *Cools*
 - (e) *Calms*
 - (f) *Provides Rest*
- (4) Relationships Of Blood:
 - (a) *Heart, Rules Blood And Moves It Through Body*
 - (b) *Liver, Stores Blood*
 - (c) *Spleen Governs Blood*
 - (i) Holds It In Place, In Vessels
 - (d) *Spleen Also Produces Blood*
- (5) Disharmonies Of Blood:
 - (a) *Deficient Blood*
 - (b) *Congeaed Blood*
 - (c) *Hot Blood*

e) **Jin Ye**

- (1) *Review Jin Ye Production*

f) **Shen**

- (1) The Spirit That Is Stored In the Heart

- (2) Disharmonies of Shen:
 - (a) *Muddled Personality Forgetful and Slow*
 - (b) *Insomnia*
 - (c) *Eyes That Lack Luster*
 - (d) *Emotional Problems, Psychological and Emotional Shock,*
 - (e) *General Spiritual Disorder (psychosis)*

4. The Causes of Disease or Pathogenic Factors

a) *External Pathogenic Factors*

- (1) The Evil Winds
 - (a) *Wind*
 - (b) *Cold*
 - (c) *Damp*
 - (d) *Dryness*
 - (e) *Heat*
 - (f) *Summer Heat*

b) *Internal Pathogenic Factors*

- (1) The Emotions
 - (a) *Anger*
 - (b) *Joy*
 - (c) *Melancholy & Grief*
 - (d) *Meditation (Over thinking)*
 - (e) *Fear*
 - (f) *Fright*

c) *Miscellaneous Pathogenic Factors*

- (1) Inappropriate Diet
- (2) Inappropriate Exercise
- (3) Excess Sex
- (4) Inappropriate Timing
- (5) Parasites

- (6) Trauma
- (7) insect/animal bites
- (8) Epidemics
- (9) Wrong Treatment
- (10) Also
 - (a) *Poor Feng Shui*
 - (b) *Drug Use*
 - (c) *Contact / Environmental*

D. Meridian Review

1. **Points from the Yin Meridians are the ones most often chosen to treat internal disorders**
 - a) *LU*
 - b) *SP*
 - c) *KD*
 - d) *LR*
 - e) *Ht*
 - f) *PC*
2. **Some Yang Meridians are also commonly used**
 - a) *UB*
 - b) *ST*
3. **Extraordinary Meridians**
 - a) *Ren*
 - b) *Du*
 - c) *Chong & Dai*
 - (1) *To be covered in further detail at future seminars*

E. Organs Review

1. **Lung (Fei) - Large Intestine (Da Chang)**
 - a) *Lung (Fei)*
 - (1) The Tender Organ
 - (2) The Official Who Is Master Of Qi
 - (3) The Bright Lid Of The Internal Organs
 - (4) Opens To The Nose & Throat
 - (5) Most Easily Affected By OPI
 - (6) Dislikes Cold And Dryness
 - (7) Properties
 - (a) *Liquefies*

- (b) *Descends*
- (c) *Disseminates*
- (d) *Circulates*

(8) Functions

- (a) *Govern Qi & Respiration*
- (b) *Rule The Outside Of The Body*

b) *Large Intestine (Da Chang)*

- (1) The Official In Charge Of The Dregs
- (2) Dependent Upon Fei For Descending

2. Spleen (Pi) - Stomach (Wei)

a) *Spleen (Pi)*

- (1) The Official In Charge Of Transportation And Transformation
- (2) Opens To The Mouth
- (3) Manifests In The Lips
- (4) Dislikes Dampness (& Cold)
- (5) Functions
 - (a) *Governs Transportation And Transformation*
 - (b) *Holding*
 - (c) *Up bearing*
 - (d) *Raising*
 - (e) *Transforming*
 - (f) *Dominates The Muscles & Four Limbs*

b) *Stomach (Wei)*

- (1) The Official In Charge Of Rotting And Ripening

3. Heart (Xin) - Small Intestine (Xiao Chang)

a) *Heart (Xin)*

- (1) The Supreme Ruler
- (2) Opens To The Tongue

- (3) Manifests In The Complexion
- (4) Dislikes Heat
- (5) House The Shen (Spirit)
- (6) Rules Blood And Blood Vessels

b) *Small Intestine (Xiao Chang)*

- (1) Official In Charge Of Separating The Pure From The Impure

4. Liver (Gan) - Gall Bladder (Dan)

a) *Liver (GAN)*

- (1) The Official Who Is In Charge of Planning
- (2) The General (who plans and coordinates)
- (3) The Master Alchemist (who transmutes and detoxifies)
- (4) Sea of Blood
- (5) Free & Easy Wanderer
 - (a) *sprinkles Qi*
 - (b) *maintains easy going internal environment*
- (6) Opens To The Eyes
- (7) Dislikes WIND (Heat / Stagnation)
- (8) Functions
 - (a) *Regulates the harmonious distribution of Qi throughout the body/ even flowing, uniform spreading of Qi)*
 - (b) *Rules the Muscles*
 - (c) *Houses the Hun*
 - (d) *Stores the Blood (Blood)*
 - (e) *Controls the eyes*
 - (f) *Produces feelings of anger, frustration, irritability and depression*
- (9) Disharmony May Manifest As:
 - (a) *Liver Qi Stagnation*
 - (i) invading St.
 - (ii) invading Sp.

- (iii) invading Lu.
- (b) *Liver Blood Stagnation*
 - (i) Painful periods
 - (ii) Clots
 - (iii) Sharp stabbing pain
- (c) *Liver and Gall Bladder invaded by Damp-Heat*
- (d) *Meridian related Sx.*
 - (i) Inguinal pain and Hernias
 - (ii) Pain, discomfort, sensitivity and/or tension or abnormal sensations are commonly experienced and reported in:
 - (a) *flanks*
 - (b) *breasts*
 - (c) *the region of the diaphragm*
 - (d) *throat*
 - (e) *may be elicited upon palpation in:*
 - (i) *the subcostal region*
 - (ii) *the left lower quadrant of the abdomen*
 - (iii) *the vicinity of Lv-14*
- (e) *Emotional problems irritability*
- (f) *Gynecological problems*

b) GALL BLADDER (DAN)

- (1) The Official in Charge of Decision Making
- (2) Dislikes Wind
- (3) Disharmony May Manifest As:
 - (a) *Rash Angry Decisions*
 - (b) *Deficiency(Deficiency) patterns:*
 - (c) *indecisiveness*

5. Kidney (Shen) - Urinary Bladder (Pang Guang)

a) KIDNEY (SHEN)

- (1) The Strong Official from Whom ingenuity derives
 - (a) *If the body were an empire the Kidney would be the Laborer (who works diligently)*
 - (b) *The Root of Qi*
 - (c) *Root of Life*
 - (d) *Root of Preheaven*
- (2) Opens To The Ears
- (3) Dislikes Cold (Dryness)
- (4) Functions
 - (a) *Stores Jing*
 - (b) *Foundation Yin and Yang*
 - (c) *It houses the Will*
 - (d) *Rules the Bones.*
 - (e) *Housed in the Low Back*
 - (f) *“Rules the Knees & Ankles”*
 - (g) *Produces Marrow (brain, spinal cord and CSF).*
 - (h) *Governs birth, growth and reproduction.*
 - (i) reproductive organs and genitalia
 - (ii) assists the Heart function of Housing the Shen.
- (5) Disharmony May Manifest As:
 - (a) *Low back pain*
 - (b) *Impotence and Infertility*
 - (c) *Incontinence*
 - (d) *Urinary frequency*
 - (e) *Loss of hearing*
 - (f) *Edema*

b) URINARY BLADDER (PANG GUANG)

- (1) The Official In Charge of the District
 - (a) *Final Separations of Clear from Turbid*
- (2) Functions
 - (a) *Transforming and excreting fluids by the power of Qi*
 - (b) *Receives the "dirty" part of fluids after Small Intestine and Kidney separate them from the "clean" fluids*

6. Pericardium (Xinbaoluo) - Triple Warmer (San Jiao)

a) Pericardium (Xinbaoluo)

- (1) The Official Who Protects The Heart
- (2) Functions
 - (a) *Protects The Heart*
 - (i) First Line Of Defense
 - (ii) Receives OPI Before It Reaches The Heart
- (3) Disharmony May Manifest As:
 - (a) *Pain, Discomfort Or Abnormal Sensations Are Usually Experienced In The Chest*

b) Triple Warmer (San Jiao)

- (1) San Jiao Literally Three Burning Spaces
 - (a) *Simultaneously Monitors And Regulates The Internal Environment To Maintain Optimal Operating Temperatures.*
 - (b) *The Yang Of The San Jiao Metabolic Process Is Like A "Fire" That Provides Heat With Which To Process Materials And Energy.*
 - (c) *The Yin Of The San Jiao Is "Water" Among Other Functions It Is An Important Means Of Heat Dissipation To Keep The System From Overheating.*
- (2) The Official In Charge Of Irrigation
 - (a) *Classically Described As A System Of Sluices Or Waterways - The Form Of The Water Is Different In Each Warmer.*
 - (i) Lung Adjusts Water
 - (ii) Spleen Transforms Water

(iii) Kidney Rules Water

7. Extraordinary/Curious Vessels/Organs

a) Extraordinary Meridians

(1) Origin

(a) *Created at Conception*

(b) *Developed During Lifetime*

(2) General Functions

(a) *Zonal Meridian Treatment*

(b) *Reservoirs / Repositories of Primal Qi*

(c) *Psychological Transformation*

(3) Names

(a) *Du Mai (Governing Vessel)*

(b) *Ren Mai (Conception Vessel)*

(c) *Chong Mai (Penetrating Vessel)*

(d) *Dai Mai (Belt Meridian)*

(e) *Yang Wei Mai*

(f) *Yin Wei Mai*

(g) *Yin Qiao Mai*

(h) *Yang Qiao Mai*

b) Extraordinary / Curious Organs

(1) Fu Shape /Store Essences

(2) Six Curious Organs

(a) *Gall Bladder*

(b) *Brain*

(c) *Marrow*

(d) *Bone*

(e) *Blood Vessels*

(f) *Uterus*

F. Respiratory System and Conditions

1. Upper Respiratory Conditions

a) Sinus

(1) Congestion

(a) Pathology / Basic Patterns

(i) Wind

(ii) Phlegm

(iii) Heat

(iv) Cold

(b) Meridian Techniques

(c) Dietary / Lifestyle / Herbal Recommendations

(2) Headaches

(a) Pathology

(i) Sinus Headaches

(a) Phlegm

(b) Meridian Techniques

(c) Dietary / Lifestyle / Herbal Recommendations

(d) Other Headaches

(i) Qi Yu

(a) Yang Ming

(b) Tai Yang

(c) Xiao Yang

(d) Liver

(3) Infections

(a) Pathology / Basic Patterns

(i) Wind / Heat / Phlegm

(ii) Wind / Cold / Phlegm

(b) Meridian Techniques

(c) *Dietary / Lifestyle / Herbal Recommendations*

(4) Ear Involvement

(a) *Pathology /Basic Patterns*

(i) Heat

(ii) Cold

(b) *Meridian Techniques*

(c) *Dietary / Lifestyle / Herbal Recommendations*

b) *Common Cold/ Viruses*

(1) Wind Cold

(a) *Pathology*

(i) Sneezing / Runny/Stuffy Nose

(a) *White Mucous*

(ii) Chills

(iii) Headache

(iv) Body Ache

(b) *Meridian Techniques*

(c) *Dietary / Lifestyle / Herbal Recommendations*

(2) Wind Heat

(a) *Tai Yang / Shao Yang / Yang Ming*

(b) *Pathology*

(i) Fever

(ii) Sore throat

(iii) Laryngitis

(iv) Yellow/Green Mucous

(c) *Basic Patterns*

(d) *Meridian Techniques*

(e) *Dietary / Lifestyle / Herbal Recommendations*

2. Lower Respiratory Conditions

a) Chest Cold / Heat

- (1) Pathology
- (2) Basic Patterns
- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

b) Chest Cold / Cold

- (1) Pathology
- (2) Basic Patterns
- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

c) Bronchitis (deeper level)

- (1) Pathology / Basic Patterns
 - (a) Lung Qi Deficiency*
 - (b) Lung Yin Deficiency*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

3. Allergies

a) EENT (sinus, ears, eyes, post nasal)

- (1) Pathology
 - (a) Wind Damp*
- (2) Basic Patterns
- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

b) Seasonal

- (1) Pathology
 - (a) Wind Damp*
- (2) Basic Patterns

- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

c) *Environmental*

- (1) Pathology
- (2) Basic Patterns
- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

d) *Dietary*

- (1) Pathology / Basic Patterns
 - (a) *Spleen and or Kidney Qi /Yang Deficiency*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

4. COPD: Asthma, Chronic Bronchitis, Emphysema, etc.

- (1) Pathology / Basic Patterns
 - (a) *Lung Qi Deficiency*
 - (b) *Lung Yin Deficiency*
 - (c) *Spleen Qi/Yang Deficiency*
 - (d) *Kidney Qi/Yang Deficiency*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

5. Immune System Weakness

a) *Pathology / Basic Patterns*

- (1) Kidney & Liver Yin Deficiency
- (2) Lung Qi/Yang/Yin Deficiency
- (3) Wei Qi Deficiency

- b) Meridian Techniques*
- c) Dietary / Lifestyle / Herbal Recommendations*

6. Smoking Cessation

- (1) Pathology /Basic Patterns
 - (a) Kid, LR, LU Yin Deficiency*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

G. Gastro-Intestinal System & Conditions

1. Oral Cavity (mouth, tongue, teeth, lips)

a) Ulcers / Burning Pain

- (1) Pathology / Basic Patterns
 - (a) Stomach Heat / Fire*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

b) Tooth pain – dental anesthesia

- (1) Pathology / Basic Patterns
 - (a) Yang Ming Excess*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

c) Post-surgical Pain

- (1) Pathology / Basic Patterns
 - (a) Qi & Blood Yu*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

2. Pharynx and Esophageal

a) Swallowing Problems

- (1) Pathology
- (2) Basic Patterns

- (3) Meridian Techniques
- (4) Dietary / Lifestyle / Herbal Recommendations

b) *Reflux Esophagitis*

- (1) Pathology / Basic Patterns
 - (a) *Rebellious Stomach Qi*
 - (b) *Stomach Heat / Fire*
 - (c) *Stomach Yin Deficiency*
 - (d) *Liver Invading Stomach*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

c) *Hiatal Hernia*

- (1) Pathology / Basic Patterns
 - (a) *Stomach Heat / Fire*
 - (b) *Stomach Yin Deficiency*
 - (c) *Liver Invading Stomach*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

d) *Hiccups, Burping, Vomiting*

- (1) Pathology / Basic Patterns
 - (a) *Rebellious Stomach Qi*
 - (b) *Chong Mai Disharmony*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

3. Stomach

a) *Upset Stomach, Poor/ Weak Digestion*

- (1) Pathology / Basic Patterns
 - (a) *Stomach Yin Deficiency*
 - (b) *Spleen Qi / Yang Deficiency*
- (2) Meridian Techniques

- (3) Dietary / Lifestyle / Herbal Recommendations
- b) *Food Poisoning***
 - (1) Pathology / Basic Patterns
 - (a) *Summer Heat in Stomach and Intestines*
 - (b) *True Cold in Stomach and Intestines*
 - (2) Meridian Techniques
 - (3) Dietary / Lifestyle / Herbal Recommendations
- c) *Gastritis***
 - (1) Pathology / Basic Patterns
 - (a) *Stomach Heat / Fire*
 - (b) *Stomach Yin Deficiency*
 - (c) *Liver Invading Stomach*
 - (2) Meridian Techniques
 - (3) Dietary / Lifestyle / Herbal Recommendations
- d) *Ulcers***
 - (1) Pathology / Basic Patterns
 - (a) *Stomach Heat / Fire*
 - (b) *Stomach Yin Deficiency*
 - (c) *Liver Invading Stomach*
 - (2) Meridian Techniques
 - (3) Dietary / Lifestyle / Herbal Recommendations
- e) *Motion/Morning Sickness***
 - (1) Pathology / Basic Patterns
 - (a) *Chong Mai Disharmony*
 - (b) *Stomach Qi Rebellion*
 - (c) *Liver Invading Stomach*
 - (2) Meridian Techniques
 - (3) Dietary / Lifestyle / Herbal Recommendations

4. Intestinal / Colorectal

a) Poor Digestion

- (1) Pathology Basic Patterns
 - (a) *SP Qi & Yang Deficiency*
 - (b) *KD Qi & Yang Deficiency*
 - (c) *Liver Invading Spleen*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

b) Gas and Distention

- (1) Pathology Basic Patterns
 - (a) *SP Qi & Yang Deficiency*
 - (b) *KD Qi & Yang Deficiency*
 - (c) *Liver Invading Spleen*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

c) IBS, and Chron's Disease

- (1) Pathology Basic Patterns
 - (a) *Liver Invading Spleen*
 - (b) *SP Qi & Yang Deficiency*
 - (c) *KD Qi & Yang Deficiency*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

d) Hemorrhoids, Fissures, Fistulae

- (1) Pathology Basic Patterns
 - (a) *Spleen Qi Collapse*
 - (b) *SP Qi & Yang Deficiency*
 - (c) *Heat in Lower Warmer*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

e) Parasites

- (1) Pathology / Basic Patterns
 - (a) *Damp Heat in Lower Warmer*
 - (b) *Cold Damp in Lower Warmer*
 - (c) *Summer Heat in Large Intestine*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

H. Genito-Urinary System & Conditions

1. Kidney Disease / Failure

a) Pathology / Basic Patterns

- (1) Kidney Yang Deficiency
- (2) Kidney Jing Deficiency

b) Meridian Techniques

c) Dietary / Lifestyle / Herbal Recommendations

2. Low Sex Drive, Impotence, Frigidity

a) Pathology / Basic Patterns

- (1) Shen Involvement
- (2) Kidney Qi / Yang Deficiency
- (3) Blood Deficiency

b) Meridian Techniques

c) Dietary / Lifestyle / Herbal Recommendations

3. Heightened Sex Drive

a) Pathology / Basic Patterns

- (1) Kidney Yin Deficiency
- (2) Liver Qi Stagnation
- (3) Liver Yin Deficiency
- (4) Liver Fire

4. Urinary Tract Infections

a) *Pathology / Basic Patterns*

- (1) Heat in Lower Warmer
- (2) Damp Heat in Lower Warmer
- (3) Cold Damp in Lower Warmer

b) *Meridian Techniques*

c) *Dietary / Lifestyle / Herbal Recommendations*

5. Urinary Retention

a) *Pathology / Basic Patterns*

- (1) Dampness in Lower Warmer

b) *Meridian Techniques*

c) *Dietary / Lifestyle / Herbal Recommendations*

6. Male GU Conditions

a) *Low sperm counts, Abnormal Motility/ Morphology, Sterility*

- (1) Pathology / Basic Patterns
 - (a) *Kidney Qi / Yang Deficiency*
 - (b) *Kidney Yin Deficiency*
 - (c) *Blood Deficiency*
 - (d) *Liver Qi Stagnation*
 - (e) *Liver Blood Stagnation*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

b) *BPH*

- (1) Pathology / Basic Patterns
 - (a) *Dampness in Lower Warmer*
 - (b) *Kidney Qi / Yang Deficiency*
 - (c) *Liver Qi / Blood Stagnation*
- (2) Meridian Techniques

(3) Dietary / Lifestyle / Herbal Recommendations

c) Prostatitis

(1) Pathology /Basic Patterns

(a) *Kidney Yin Deficiency*

(b) *Liver Qi / Blood Stagnation*

(c) *Liver Yin Deficiency*

(d) *Liver Fire*

(2) Meridian Techniques

(3) Dietary / Lifestyle / Herbal Recommendations

7. Female GU Conditions

a) Endometriosis

(1) Pathology / Basic Patterns

(a) *Liver Blood & Qi Stagnation in Lower Warmer*

(2) Meridian Techniques

(3) Dietary / Lifestyle / Herbal Recommendations

b) Ovarian, Uterine Cysts and Tumors

(1) Pathology / Basic Patterns

(a) *Blood Stagnation*

(b) *Phlegm*

(2) Meridian Techniques

(3) Dietary / Lifestyle / Herbal Recommendations

c) Prolapsed Urinary Bladder

(1) Pathology Basic Patterns

(a) *Spleen Qi Collapse*

(b) *SP Qi & Yang Deficiency*

(c) *Liver Invading Spleen*

(2) Meridian Techniques

(3) Dietary / Lifestyle / Herbal Recommendations

d) *Menstrual Pain*

- (1) Pathology / Basic Patterns
 - (a) *Liver Qi Stagnation*
 - (b) *Liver Blood Stagnation*
 - (c) *Chong Mai Disharmony*
 - (d) *Dai Mai Disharmony*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

e) *Infertility, Egg Production / Quality, Ovarian – Fallopian – Uterine – Vaginal Issues*

- (1) Pathology / Basic Patterns
 - (a) *Kidney Qi / Yang Deficiency*
 - (b) *Spleen Qi / Yang Deficiency*
 - (c) *Heart Qi / Yang Deficiency*
 - (d) *Liver Qi Stagnation*
 - (e) *Liver Blood Stagnation*
 - (f) *Chong Mai Disharmony*
 - (g) *Dai Mai Disharmony*
 - (h) *Ren Mai Disharmony*
 - (i) *Du Mai Disharmony*
 - (j) *Shen Involvement*
- (2) Meridian Techniques
- (3) Dietary / Lifestyle / Herbal Recommendations

8. Time permitting; we will discuss additional conditions associated with menstruation and pregnancy.

- a) *These topics are covered in detail in the Women's Health Seminar.*