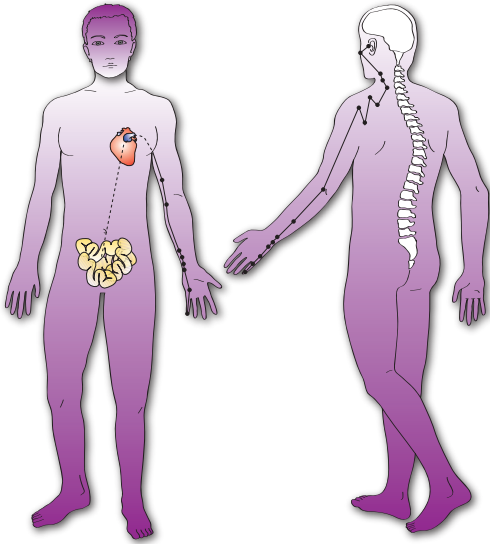


Heart & Small Intestine Organ Sheet

This patient handout is designed to give you tools to help you progress along the path to wellness. Use this information in-between appointments in order to maximize your healing process. This sheet includes a variety of tips that support the health and vitality of the heart & small intestine meridian system.



Section #1: Functions While many of the organ functions overlap and are similar, there are significant differences between how Eastern and Western medicine view them. This section gives you an overview of the different functions of each organ according to each of these medical philosophies.

Functions according to Western Medicine

Heart

- Removes metabolic waste
- Pumps blood throughout the body
- Facilitates the movement of oxygen, nutrients and hormones

Small Intestine

- Supports the digestive process with the chemical breakdown of proteins, fats and carbohydrates
- Facilitates absorption of food molecules into the bloodstream
- Aids in the secretion of bile, pancreatic and other digestive fluids

Functions according to Eastern Medicine

Heart

- Controls sweat
- Controls blood vessels and circulation
- Supports and controls mental activities
- Manifests upon the complexion
- Houses the "Shen," which is equivalent to the mind

Small Intestine

- Governs ingested fluids and foods, separating the "clean" from the "impure"
- Sends food to the Large Intestine for reabsorption
- Sends impurities to the Bladder to be released as urine

Section #2: Physical/Emotional Symptoms Each meridian system is unique and presents with various distinct signs and symptoms when it is out of balance. As you read through this list, you may notice one or more signs and symptoms that you are experiencing or have experienced in the past.

Physical Symptoms:

- Anemia
- Angina
- Aversion to heat
- Celiac disease
- Difficulty turning head
- Frozen shoulder
- Hardening of arteries
- Hearing problems
- Heart attacks
- Hemorrhoids
- High blood pressure
- Hot and/or painful joints
- Hot flashes
- Insomnia
- Low blood pressure
- Pain in lower abdomen
- Poor circulation
- Red/ashen facial color
- Stiff neck and/or shoulders
- Tennis elbow
- Thrombosis
- Urinary problems
- Varicose veins
- Weak, irregular pulse
- Weak abdominal tone

Emotional Symptoms:

- Agitation
- Anxiety
- Continuous laughter
- Critical, cynical behavior
- Excessive and/or vivid dreaming
- Forgetfulness
- Lack of joy or humor
- Lack of self-love
- Mania
- Mental confusion
- Poor self-esteem
- Restlessness

Notes

Section #3: Foods to Add/Avoid Certain foods have specific effects within the body. This section is here to guide you to make food choices that support the health of the heart & small intestine.

Add

- All fruit
- Amaranth
- Asparagus
- Basil
- Black beans
- Brussel sprouts
- Buckwheat
- Celery
- Chicory
- Chives
- Cinnamon
- Crab apples
- Cucumbers
- Dandelion
- Dark, leafy greens
- Dates
- Dill
- Endive
- Figs
- Grapes
- Green beans
- Kidney beans
- Lettuce
- Marrow soup
- Mung beans
- Nettle
- Olive oil
- Oysters
- Paprika

- Parsley
- Persimmons
- Quinces
- Raspberries
- Red beets
- Red lentils
- Salmon
- Squash
- Spinach
- Vegetables
- Canned soup
- Canned veggies
- Fried foods
- Hot dogs
- High-fat snacks
- Ice cream
- Lard
- Mayonnaise
- Potato chips
- Salt
- Sugar
- Red meat
- Saturated fat
- Whole milk

Avoid

- Bacon
- Butter
- Candy

Notes

Section #4: Meridian Associations This section lists a specific sound and an emotion associated with this meridian system, as well as the time of day and season when it is most active.

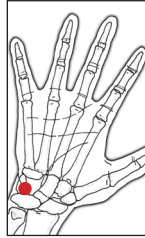
| | | | |
|--------|-------------|---------|--------------|
| Season | Time of Day | Emotion | Healing Tone |
| Summer | 11 am-1 pm | Joy | HAWWW |

Notes

Section #5: Acupressure Points This section provides you with the most effective points for the heart and small intestine. Rubbing acupressure points 30-60 seconds can stimulate and promote health and well-being.

Heart 7

Location: With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.



Function: Promotes a calm mind, alleviates anxiety, stimulates memory, and corrects insomnia. Also useful in alleviating hysteria, sadness, fear and fright, heart palpitations, and shortness of breath.

Rub 1 2 3 4 times a day week month for 15 30 60 seconds

Pericardium 6

Location: On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease.

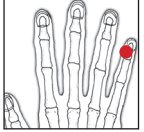


Function: Used to reduce irritability, anxiety and stress. Helps regulate discomfort and pain in the hypochondriac region and chest, relieves irregular or painful menses and PMS. Also good for poor memory, insomnia, stomach ache, nausea, vomiting, wrist pain, and neck aches.

Rub 1 2 3 4 times a day week month for 15 30 60 seconds

Heart 9

Location: On the top of the hand, in the indentation next to the nail, on the radial side of the pinky finger.

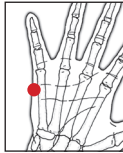


Function: Used for dry mouth, night sweats, insomnia, mania, and mental restlessness. It is also good for chest and rib pain, heart palpitations, cardiac pain, painful and swollen tongue, red and painful eyes, and contraction of hand and elbow. This point has also been used in emergency situations for loss of consciousness and heart attacks.

Rub 1 2 3 4 times a day week month for 15 30 60 seconds

Small Intestine 3

Location: With palm facing up, make a gentle fist. The point is located on the outer edge of your palm, where the skin protrudes out.

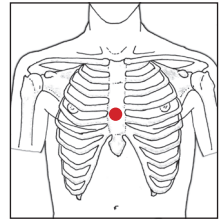


Function: Used for stiff neck and shoulders, acute strain and pain of the lower back, headaches, dizziness, earaches, ringing in ears, red eyes, night sweats, sore throat, mania, and mouth and cheek pain.

Rub 1 2 3 4 times a day week month for 15 30 60 seconds

Conception Vessel 17 • The Heart Alarm Point

Location: At center of sternum (breastbone), between the nipples.



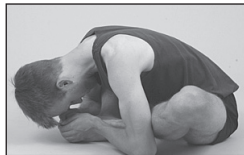
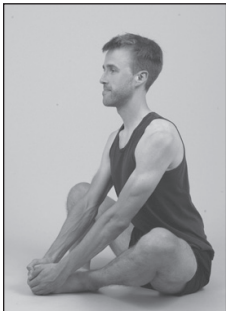
Function: Restores balance to both the Heart and Small Intestine, regulates Qi and blood, strengthens the Lungs, benefits the breasts and promotes lactation. Also good for asthma, chest pain and tightness, indigestion, cough, dyspnea, hiccough, intercostal neuralgia, mastitis, palpitations, respiratory disorders, throat disorders, and wheezing.

Rub 1 2 3 4 times a day week month for 15 30 60 seconds

Criss Cross Crawl: This simple exercise helps to balance emotional and anxious energies, while facilitating clear thinking and improved coordination. It is also useful for mental and physical exhaustion. In a standing pose, raise your right arm up, while at the same time bending and lifting your left leg. Lower them down. Raise your left arm up, while at the same time bending and lifting your right leg. Lower and repeat. This exercise is like an exaggerated marching motion.

Section #6: Meridian Exercises These are specific exercises for the activation of the body's own energy systems. Each pose was specifically chosen because it has the greatest impact upon the healthy functioning of the heart and small intestine.

Forward Butterfly Pose



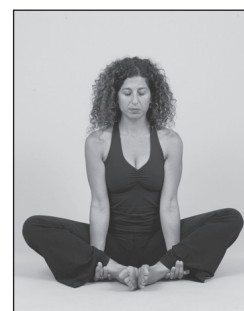
- 1) In a sitting position, place soles of feet together and press them together with your hands.
- 2) Pull your feet back as close to your groin as possible. Wrap your hands over your toes and extend your elbows out, away from your body.
- 3) As you exhale, gently bend forward. Push feet together with your hands and keep thighs as close to the floor as possible. Relax your neck and shoulders.
- 4) With each inhalation, use your breath to expand your rib cage and the upper part of your back, behind your shoulder blades. Keep pressing elbows and thighs to the floor. With each exhalation, allow your body to relax and deepen into the pose.
- 5) Relax, breathe, repeat and return to a sitting position. **Avoid if you have knee pain.**

Back Scratch Pose



- 1) Sit in a comfortable cross-legged position with the right leg over the left. Slide your knees together until they are almost on top of each other, and your feet are close to the opposite hip.
- 2) Raise your right arm straight up, bend the elbow, and reach your hand down behind your back. Bring your left arm behind your back and try to grab your right hand. If you cannot clasp your hands together, place a belt or towel in your right hand and grab it with your left.
- 3) As you inhale, raise your head up, pressing it against your raised arm, and filling your back, shoulders and chest with breath.
- 4) As you exhale, bend forward slightly. Hold this position for a few breaths. Gently rise, release your arms and reverse your leg and arm position. Left knee on top, left elbow pointing upwards. **Do not attempt if you have a shoulder injury.**

Side-to-Side Teeter Totter Pose



- 1) Place the soles of your feet together.
- 2) Pull them back as close to your groin as possible.
- 3) Place hands, palms up, under your ankles and hold them.
- 4) Rest your elbows on top of your inner thighs, keep your back straight, and apply a slight downward pressure with your elbows.
- 5) Press your knees downward, closer to the floor, without straining them.
- 6) Use your weight and elbow to press your right leg down, then release. Do the same for the left side. Use the momentum to rock from side-to-side.