

CHINESE MEDICINE AND THE HEART OR "FIRE ORGAN"

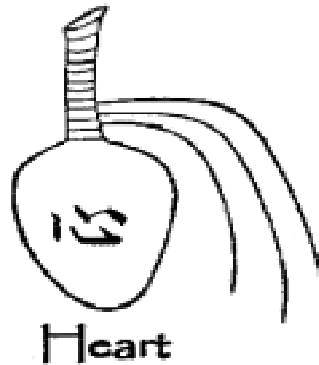
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M.S. | LAC

September 04

"THE HEART IS THE RULER OF THE BODY / MIND / SPIRIT."



• The Heart is the **Yin Fire Organ** of the body : it represents energy that is expanding and radiating. It is associated with the Summer season and is most active from 11 AM to 1 PM.

• "The Heart rules the Blood and Blood vessel" : it transforms Qi and Blood and is in charge of the circulation of the blood. When the Heart is functioning properly, the blood flows smoothly. Its Qi flow upward to the brain and downward to balance the organs.

• "The Heart is the home of the Spirit". When the heart, Blood and Qi are harmonious, the Spirit (Mind) is nourished and the individual responds appropriately to the environment. The Spirit comprises the best energy from all the organs: joy, compassion, courage, fairness, gentleness, kindness. The presence or absence of the qualities determines the personality. Fire Qi is youthful but mature >>

>> energy that is available at any age. It is expansive and vigorous. It is like the energy of the full bloom of Summer. It fuels art, creativity, inspiration, the force of genius...

• "The Heart's brilliance manifests in the face." Fire Qi feeds the face and eyes. It is easy to recall the face of an absent friend who has abundant heart Qi, for his or her face has a radiant, rosy, lustrous complexion and is bright, sparkling

and lively. This energy also powers the will and feeds the hormones and the endocrine system.

• **The positive qualities of emotions** in Fire are joy, happiness, spirituality, lovingness, warmth, patience, respect, politeness, refinement, brightness and concern. **The negative aspects** are cold, cruel, vicious, inconsiderate, thoughtless, tasteless, impatient, dull, humorless and hateful.  
• **The color of the Fire organs is red.**

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INSOMNIA & THE HEART

At night, the Spirit (Mind) returns to its home, the Heart, and during our sleep, is replenished and nourished. If the heart is deficient in Qi, Blood or Yin, it will not be able to hold the Spirit during the night, the Spirit will wander; this is insomnia. If insomnia goes on for years, the Spirit, not being nourished regularly will not function properly and we will have disorders of the mind, mental disorders. Chinese Medicine can help you sleep better by nourishing your Heart.

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Dear Friends,

The kids are about to leave the house and start college. This will be my first time without them. The "empty nest syndrome" is hitting me as it should... The result is that I will be able to open another room for treatment and therefore be more flexible in getting you that perfect appointment time !

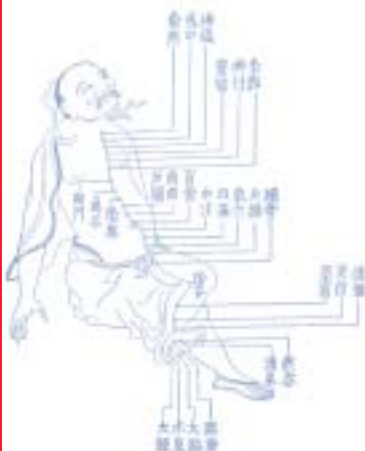
The last letter covered the Chinese Medicine concept of the 5 elements. To-day we will look at the first one, the Fire element, and its associated organ, the Heart. Please keep in mind that the Chinese concept of Heart is not the actual organ as we know it in western Medicine. Feel free to call me with any questions.

In Health and Joy, Isabelle

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## 10 Food Remedies for Reducing High Blood Pressure



1. Drink warm celery juice three times a day or drink lukewarm celery juice on an empty stomach at least once a day.
2. Eat two raw tomatoes on an empty stomach every day for a month.
3. Eat three apples daily.
4. Take garlic oil capsules to clean out the arteries. The capsules have the advantage of not being too stimulating for the digestive system.
5. Steam tofu, cool to room temperature and add vinegar and sesame oil. This can be combined with soupy rice for a nutritious breakfast.
6. During the summer, make watermelon juice or eat watermelon every day.
7. Drink tea made from steeped organic banana peels.
8. Eat a soup made of corn silk and white mushrooms regularly.
9. Make a tea from buckwheat and lotus roots.
10. Avoid smoking, alcohol, spicy foods, coffee, caffeine, all stimulants, fatty or fried foods, salty foods, potatoes and pork.

**The Tao of Nutrition by Dr. Maoshing Ni and Cathy McNease, B.S., M.H.**  
For more information, visit [www.sevenstarcom.com](http://www.sevenstarcom.com) or call (800) 578-9526.