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THE KIDNEYS or "WATER ORGANS"

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Isabelle Saint-Guily | 707 • 253 • 8969  
M.S. | LAC

December 04

The Kidneys are often called the "Root of Life", because they store the Essence (Life Force). They are the foundation for all the Yin and Yang energies. They are the WINTER organs.

**The kidneys store Essence and govern birth, growth, reproduction and development:**

- They store Pre-Heaven Essence, the inherited Essence which controls growth, sexual maturation, fertility and development. This determines our basic constitution, strength and vitality. It is also the basis of our sexual life.
- They store Post-Heaven Essence, the refined essence extracted from food.

The Essence of the Kidneys controls the various stages of changes in life. (Birth, puberty, menopause and death.) Aging is due to a physiological decline of Essence during life.

**The kidneys produce marrow, fill up the brain, controls bones:**

If Kidney Essence is strong, it will nourish the brain and memory and concentration, thinking and sight will all be keen. The bones will be strong and the teeth firm. This means that the Kidneys determine both the physical and mental strength of an individual.

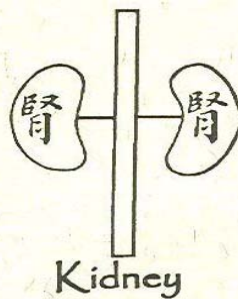
**The Kidneys govern water:**

The Kidneys belong to the Water



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Element and they govern the transformation and transportation of Body Fluids.

**The Kidneys controls the reception of Qi:**

The Lungs sends the clean air Qi down to the

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Kidneys which "hold" the Qi down. If they are not strong enough and cannot "hold" the air Qi down, it "rebels" upward creating breathlessness and asthma.

**The Kidneys open into the ears:** If the Kidneys are weak, hearing can be impaired and one will experience ringing in the ears.

**The Kidneys manifest on the hair:**

The hair depends on the nourishment of the Kidney-Essence to grow. If the kidneys are strong, the hair will grow well and be healthy. If it is weak, the hair will become thin, brittle and dull-looking.

**The Kidneys control the Lower orifices:**

If the kidneys are weak, the urine may leak causing incontinence; the spermatic duct also controlled by the Kidneys, may not hold the sperm in, and the anus being also controlled by the Kidneys, may not function properly and diarrhea will occur.

**The Kidneys house Will Power:**

If the Kidneys are strong, the Will Power will be strong, the Mind will be focused on goals and will pursue them. If the Kidneys are weak, the Mind will be easily discouraged and swayed from its aim.

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*A Note  
 from Isabelle*

Dear Friends,

In accordance with the season of winter, this letter is about the Kidneys, one of the 5 internal organs. If you have just joined and do not know about the 5 elements concept of Chinese Medicine, give me a call, and I will send you an old newsletter about this. As this year comes to an end, I want to thank you all for referring your friends and relatives to me. Have a wonderful time with your loved ones this Holiday season.

In Health and Joy,

Isabelle

