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The Liver or “Wood” Organ.

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M.S. | LAC

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In Traditional Chinese Medicine, the Liver (i.e. the organ and its channel) is the organ of the spring. It is the “wood” organ, its sense partner are the eyes and is associated with the emotions of anger and kindness. It has functions different than in Western medicine:

• **Stores Blood.**

It is the most important organ for storing Blood and it regulates the volume of Blood in the whole body at any one time. This depends on the physical activity. When the body is at rest, the blood returns to the liver where it restores the person’s energy. When active, the blood goes in the muscles and tissues, and nourishes them. If this function is impaired, there will be lack of blood and therefore nourishment when and where it is needed, and the person will tire easily. Also if this function is impaired, the skin and muscles will not be well nourished and will not be able to resist attacks of exterior pathogenic factors.



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(i.e. decreased immune response).

It also regulates menstruation and can be responsible for painful or excessive periods.

The Liver Blood also moisten the eyes and the tendons. Therefore if it is deficient, one might have blurred vision or muscle cramps.

- Ensures the smooth flow of “Qi” (energy) in our bodies.

This is a very important function.

- The smooth flow of Qi influences the emotional state: if it is normal, the emo-

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tional life is happy. If the flow is obstructed there will be emotional frustration, depression, or repressed anger, along with physical symptoms such as bloating etc..

- The smooth flow of Qi assists the stomach and Spleen (in Traditional Chinese Medicine sense) digestive function, and it affects the flow of bile. Nausea, diarrhea, jaundice can be due to a stagnation of Liver-Qi.

- Controls the muscles.

The muscles ability to contract and relax depends on the nourishment and moistening of the Blood from the Liver. If Liver-Blood is deficient, the muscles will not be nourished and one might have spasms, impaired extension/flexion, numbness, cramps, tremors or lack of strength of the limbs.

- Manifests in the nails: If Liver-Blood is deficient, the nails will lack nourishment and

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become dark, indented, dry and cracked.

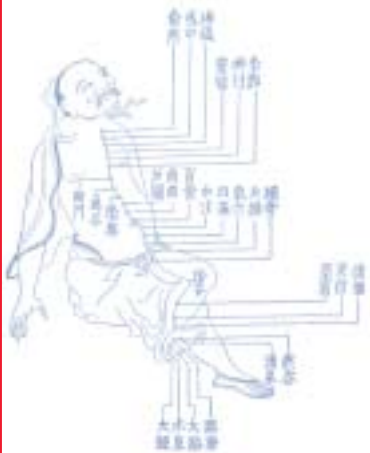
- Opens into the eyes: The eye is the sense organ connected to the Liver. It is moistened and nourished by the Liver-Blood, and therefore able to see. If Liver-Blood is lacking, there might be blurred vision, floaters, myopia, or the eye might feel dry.

- The Liver is a "resolute organ". A healthy Liver function will give a person an indomitable spirit and drive. She will be able to plan her life with wisdom and vision.



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A note from Isabelle



Dear Friends.

In following with the series on the *5 elements internal organs* (see previous newsletters) it is time now to cover the "Liver" since it is the organ of the spring. I hope this interests you as much as it fascinates me. If you have any questions, do not hesitate to call me.

DO NOT forget the power of acupuncture in relieving allergies. Now is the time to get treatments.

Thank you all for referring your friends and family to me.

Enjoy the sunshine and the outdoors,

Isabelle