

The 2017 Planetary Taoist Healing Almanac

This is an excerpt from my revised 2016 edition of [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#) which will be released in June of 2016.

It is a fact that people who eat foods in season rarely get sick. However sometimes seasonal foods may not be enough. Being in tune with planetary cycles as the season changes, takes our health one step further. Knowledge of the hours and seasons to tap into the healing energies of the planets requires only mental concentration and focused effort. The charts we are about to explore are thousands of years old and originally were used as part of the life of the Tao. Taoism is the absolute principle which underlies the universe. It combines yin and yang and utilizing its energies so as to exist in harmony with the natural order. This simplified almanac conveniently gives the hour, day and season to focus on the correct planet, color and other associated signs which can create immediate dramatic changes in health and protect the 5 vital organs from disease. This chapter will also include charts thousands of years old that shows the connection between how these energies all co-exist. The easiest way to understand how this works is to start with an organ. Let's use the eyes for example. By examining the sensory chart of the 20 organs in the body below we see that the eyes represent **the liver and gallbladder**. **This report will be using ancient Taoist charts thousands of years old. I have shown in this report how they all tie together to create an overall healing modality for the body that is effective and costs extremely little.**



Sensory Chart of the 20 Organs

ELEMENT	INTERNAL STRAGE	HOLLOW ORGAN	SENSORY ORGAN	BODY LAYER	EMOTION	TASTE
WOOD	LIVER	GALL BLADER	EYE	MUSCLE	ANGER	SOUR
FIRE	HEART	SMALL INTESTINE	TOUNGE	BLOOD VESSELS	JOY	BITTER
EARTH	SPLEEN	STOMACH	MOUTH	FLESH	ANXIETY	SWEET
METAL	LUNG	LARGE INTESTINE	NOSE	SKIN	SADNESS	SPICY
WATER	KIDNEY	BLADDER	EAR	BONE	FEAR	SALTY

Now what season and planet do these represent? Let's take a look at the 5 Yin organs according to the season shown on the following page.

The 5 Yin Organs According to Season

Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Season	Spring	Summer	In between	Autumn	Winter
Climate	Wind	Heat	Damp	Dry	Cold
Emotion	Anger	Joy/ Surprise	Worry/ Concern	Sadness/ Grief	Fear
Taste	Sour	Biter	Sweet	Spicy/ Pungent	Salty
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Tissues	Sinews	Blood Vessels	Muscles	Skin	Bone
Sensory Organs	Eyes	Tongue	Mouth	Nose	Ears

The Liver is represented by the season of Spring. So what hour of the day does the liver represent? To find this out we need to examine the chart called the Zi Wu Liu Cycle show below.

The Zi Wu Liu Zhu: Cyclical flow of Qi and Blood through the meridians

	Branch	Channel	ZangFu	Period
子時	Zi shi	Foot Shao Yang channel	Gallbladder	23:00-01:00
丑時	Chou shi	Foot Jue Yin channel	Liver	01:00-03:00
寅時	Yin shi	Hand Tai Yin channel	Lung	03:00-05:00
卯時	Mao shi	Hand Yang Ming channel	Large Intestine	05:00-07:00
辰時	Chen shi	Foot Yang Ming channel	Stomach	07:00-09:00
巳時	Si shi	Foot Tai Yin channel	Spleen	09:00-11:00
午時	Wu shi	Hand Shao Yin channel	Heart	11:00-13:00
未時	Wei shi	Hand Tai Yang channel	Small Intestine	13:00-15:00
申時	Shen shi	Foot Tai Yang channel	Urinary Bladder	15:00-17:00
酉時	You shi	Foot Shao Yin channel	Kidney	17:00-19:00
戌時	Xu shi	Hand Jue Yin channel	Pericardium	19:00-21:00
亥時	Hai shi	Hand Shao Yang channel	Triple Burner	21:00-23:00

According to the Zi Wu Liu Cycle chart, the liver is represented by the hours between 1 a.m and 3 a.m. Medical literature states the liver is most active in rebuilding the body during night. Okay, now we have the hour, season, organs and planet we can devise the following formula.

Spring = 1a.m. to 3 a.m. = Jupiter = Liver = Eyes

Because we now know that the major organ associated with the eyes is the liver, we need to cleanse/protect and heal the liver in order for the healing of the eyes to follow. Okay, so now that we have the above information, what foods or herbs can we take to improve the liver? By re-examining the sensory chart of the 20 organs again, we see that sour foods improve the liver. Sour foods are also renowned to help tone the body's muscles and tissues. Let's forward to the next chart to see the types of foods.

Sensory Chart of the 20 Organs

ELEMENT	INTERNAL STRAGE	HOLLOW ORGAN	SENSORY ORGAN	BODY LAYER	EMOTION	TASTE
WOOD	LIVER	GALL BLADER	EYE	MUSCLE	ANGER	SOUR
FIRE	HEART	SMALL INTESTINE	TOUNGE	BLOOD VESSELS	JOY	BITTER
EARTH	SPLEEN	STOMACH	MOUTH	FLESH	ANXIETY	SWEET
METAL	LUNG	LARGE INTESTINE	NOSE	SKIN	SADNESS	SPICY
WATER	KIDNEY	BLADDER	EAR	BONE	FEAR	SALTY

The best method to find this out is to use is the **Ayurveda Doshas** chart. Ayurvedic medicine has been in use for thousands of years. We can see that herbs that bring health to the liver are Hawthorn Berry and similar sour foods. The liver is responsible for removing cholesterol from the body. A study published in August of 2003 titled: *Hawthorn extracts inhibit LDL oxidation* conducted by C. Quettier-Deleu and colleagues concluded that Hawthorne berry significantly reduces the levels of cholesterol in the blood.

Tastes, Energetics and Examples

Sweet	Cold	Wet	Heavy	Herbs: cardamom, fennel. Foods: milk, rice, honey, wheat
Sour	Hot	Wet	Light	Herbs: hawthorn berry. Foods: yogurt, sour cream, lemon, vinegar, gooseberries
Salty	Hot	Wet	Heavy	Herbs: kelp. Foods: sea vegetables, some fish, anything salted
Pungent	Hot	Dry	Light	Herbs: cayenne pepper. Foods: garlic, ginger, cayenne, horseradish
Bitter	Cold	Dry	Light	Herbs: <u>neem</u> , goldenseal. Foods: eggplant, kale, collards greens, <u>bittermelon</u>
Astringent	Cold	Dry	Heavy	Herbs: rosemary, aloe. Foods: pomegranate, unripe banana, cranberries, beans

Next to verify we have the correct results, we do an Internet search term for: **healthy liver, healthy eyes**. This pulls up numerous articles, self research, healing testimonials and other proof that we have a correct match. In summary, taking Hawthorne berry between the hours of 1 a.m. and 3 a.m. each night for a number of days in a row will restore our eyes to healthy levels.

So, now that we know the foods to improve our eyes, how do we use the energies from the planet Jupiter as shown in the ancient texts?

To do this we need to look at an Ancient Text known as the **Resonant Planet Colors and the 5 Thrusting Channels**, shown on the following page.



Resonant Planet Colors and the 5 Thrusting Channels

<i>Planet</i>	<i>Light Color</i>	<i>Organ</i>	<i>Direction</i>	<i>Element</i>	<i>Spirit</i>	<i>Thrusting Channel Position</i>
Jupiter	Green	Liver	East	Wood	Hun	Left
Mars	Red	Heart	South	Fire	Shen	Front
Saturn	Golden-Yellow	Spleen /Stomach	Center	Earth	Yi	Center
Venus	White	Lung	West	Metal	Po	Right
Mercury	Dark blue/Indigo	Kidneys	North	Water	Zhi	Back

Using the above chart we see that Jupiter is represented by the color Green. We also know that the time the energy flows through the liver is between 1 a.m. and 3 a.m. Speaking from personal experience, I don't know about you, but I wouldn't want to get up at 3 a.m. and do a healing channeling of energy. So what time of day does Jupiter represent? To do this we need to look at an ancient chart know as **QI Flow According to Seasons and Hour of Day shown below.**

QI Flow According to Seasons and Hour of Day

Element	Yin Organ	Yang Organ	Time	Season	Direction	Planet
Wood	Liver	Gall Bladder	Early Dawn	Spring	East	Jupiter
Fire	Heart	Small Intestine	Noon	Summer	South	Mars
Earth	Spleen	Stomach	Mid-Afternoon	Late Summer	Center	Saturn
Metal	Lungs	Colon	Dusk	Fall	West	Venus
Water	Kidneys	Bladder	Night	Winter	North	Mercury

The QI Flow According to Seasons and Hour of Day chart shows early dawn during spring in the east. This would indicate that during the early morning hours we want to be facing east and performing a visualization exercise of green light flowing down from the planet Jupiter. Simply put, a good simple exercise is to inhale green light from Jupiter to the liver. Then visualize poisons being released and drained away as you exhale. I have also found good results by visualizing the planet Jupiter, then a beautiful green light flowing down from it into my liver, nourishing, protecting and healing it. Speaking from personal experience, I have also had good results doing the exercise when Jupiter is rising in the east and when it is directly overhead, especially if it aligns with the sun as it is overhead. You can find planet rise and set times by visiting the address below:

<http://aa.usno.navy.mil/data/docs/mrst.php>

If we want to know the best day of the week, we can examine the Seven Double Letters Chart (*Hebrew Alphabet*) shown below. So Thursday early in the morning facing east inhaling green light from Jupiter to the liver. Then visualizing poisons being released and drained away as you exhale.

The Seven Double Letters



Double Letter	Universe	Day of Creation*	Human Body
B (ב)	Mercury (KVKB, כוכב)	Fourth Day (Wednesday) (IVM RBIOI, יום רביעי)	Mouth (PH, פה)
G (ג)	Moon (LBNH, לבנה)	Second Day (Monday) (IVM ShNI, יום שני)	Left Eye (OIN ShMAL, עין שמאל)
D (ד)	Venus (NVGH, נוגה)	Sixth Day (Friday) (IVM ShShI, יום שישי)	Left Nostril (NChIR ShMAL, נחיר שמאל)
K (כ)	Jupiter (TzDQ, צדק)	Fifth Day (Thursday) (IVM ChMIShI, יום חמישי)	Right Ear (AZN IMIN, אזן ימין)
P (פ)	Mars (MADIM, מאדים)	Third Day (Tuesday) (IVM ShLIShI, יום שלישי)	Right Nostril (NChIR IMIN, נחיר ימין)
R (ר)	Sun (ChMH, חמה)	First Day (Sunday) (IVM RAShVN, יום ראשון)	Right Eye (OIN IMIN, עין ימין)
Th (ת)	Saturn (ShBThI, שבתאי)	Seventh Day Day of Rest (Saturday) (IVM ShBTh, יום שבת)	Left Ear (AZN ShMAL, אזן שמאל)

So what Virtue does Jupiter represent?

Element	1. Planet	2. Direction	3. Season	4. Color	5. Virtue
Wood	Jupiter	East	Spring	Green (Blue)	Benevolence
Fire	Mars	South	Summer	Red	Propriety
Earth	Saturn	Center	Last 18 Days of Year	Yellow	Faith
Metal	Venus	West	Autumn	White	Righteous- ness
Water	Mercury	North	Winter	Black (Blue)	Wisdom

Jupiter represents Benevolence. So performing acts of kindness can generate a healing emotion that assists in maintaining a healthy liver. So what other facts can we gather from this information? By examining another ancient chart titled: Ssu Hsiang (shown on the following page), we see that during full moons and during summer the health of the eyes are at their peak and strongest.

Oracular Meanings for "Ssu Hsiang"

				
	Greater Yin	Lesser Yang	Greater Yang	Lesser Yin
Yin Yang Cycle	Yin	Yin to Yang	Yang	Yang to Yin
Quality	Cold	Light	Hot	Dark
Tai-Chi, Two Fishes	Black fish	White eye on black head	White fish	Black eye on white head
Direction	North	East	South	West
Phase of Sun	Winter	Spring	Summer	Fall
Phase of Moon	New Moon	First Quarter	Full Moon	Last Quarter
Heaven	Moon	Fixed Stars (Zodiac)	Sun	Planets
Earth	Emperor	Prince	Ruler (King)	Duke
Head	Ears	Nose	Eyes	Mouth
Oracular Advice	Remain silent and concealed	Prepare for attack	Act with force	Withdraw
Trigrams Generated	Ken and K'un	Sun and K'an	Ch'ien and Tui	Li and Chen

So how do we confirm this?

A study published in February 2014 titled: [Seasonal Variations in the Progression of Myopia in Children Enrolled in the Correction of Myopia Evaluation Trial](#), conducted by Jane Gwiazda and colleagues, found that a seasonal variation of eye problems existed. Myopia of the eyes was shown to occur slower from April to September, compared to winter. Perhaps this seasonal strength effect is from protecting and enhancing the health of the liver during spring. So by examining additional ancient charts, what else can we uncover? An ancient Chinese chart titled: Astrological Hierarchy of Chinese Elements shows that Jupiter is a wood element.

Astrological Hierarchy of Chinese Elements

Celestial Order	Elemental Order
Stars (Zodiac)	Wood
Saturn	Earth
Jupiter	Wood
Mars	Fire
Sun	Fire
Venus	Metal
Mercury	Water
Moon	Water
28 Lunar Mansions	Metal
Earth	Earth

Element	11. Sound	12. Odor	13. Flavor	14. Emotion	15. Number
Wood	Shouting	Rancid	Sour	Anger	1, 2
Fire	Laughing	Scorched	Bitter	Joy	3, 4
Earth	Singing	Fragrant	Sweet	Sympathy	5, 6
Metal	Weeping	Rotten	Pungent	Grief	7, 8
Water	Groaning	Putrid	Salt	Fear	9, 10

From this we can observe the following attributes.

Element	20. Animal	21. Parts of Body	22. Organ of Human Body
Wood	Feathered	Muscles	Liver (Gall Bladder)
Fire	Hairless	Nerves	Heart (Small Intestine)
Earth	Hairy	Skeleton	Spleen (Stomach)
Metal	Armored	Skin	Lung (Large Intestine)
Water	Scaled	Blood	Kidney (Bladder)

Harmony of the Five Chinese Elements

Element	Parent (Source for Element)	Child (Product of Element)	Enemy (Opposition)	Friend (Sympathy)
Wood	Water	Fire	Metal	Earth
Fire	Wood	Earth	Water	Metal
Earth	Fire	Metal	Wood	Water
Metal	Earth	Water	Fire	Wood
Water	Metal	Wood	Earth	Fire

Additional information reveals that the liver rules, besides the gallbladder, the muscles. A study published in January 2010 titled: [Hawthorn \(*Crataegus spp.*\) in the treatment of cardiovascular disease](#), conducted by Mary Tassell and colleagues, concluded that Hawthorne berry hold significant potential for the treatment of cardiovascular disease. A study published in

July 2000 titled: [*Heart diseases affecting the liver and liver diseases affecting the heart*](#), conducted by J.E. Naschitz, concluded that there exists a connection between the heart and liver.

Should I stand or sit when doing the visualization exercise?

The best position is to stand with the arms by each side when doing the visualization exercise.

So in conclusion we can save a vast amount of time, frustration and unnecessary expense by knowing the best time to use our mind to send healing energy to various parts of our body to optimize our health and well being.

Locating Yearly Peaks of Energy. The 60 Year Chinese Zodiac

We will now examine yearly peaks of energy. Each year represents a certain organ that matches a peak for that particular year. The calendar used to determine these peaks is known as the 60 Year Cycle Chinese Zodiac Calendar.

	ចក្រ	Transliteration	Animal	Year
1	ជូត	Jute	Rat	1984, 1996, 2008
2	គ្រូ	Chlov	Ox	1985, 1997, 2009
3	កាល	Karl	Tiger	1986, 1998, 2010
4	ថោន	Thos	Rabbit	1987, 1999, 2011
5	រោង	Rorng	Dragon	1988, 2000, 2012
6	ម្សាញ់	Masagn	Snake	1989, 2001, 2013
7	មមី	Momee	Horse	1990, 2002, 2014
8	មមៃ	Momay	Goat	1991, 2003, 2015
9	វក	Voke	Monkey	1992, 2004, 2016
10	រកាវ	Roka	Rooster	1993, 2005, 2017
11	ច	Jor	Dog	1994, 2006, 2018
12	កុរ	Kaor	Pig	1995, 2007, 2019

This calendar can also be viewed online by searching google images under the name: **60 year cycle Chinese zodiac calendar**

The 12 earthly branches is a table that shows movements of energy through the organs. It is similar to The Zi Wu Liu Zhu: Cyclical flow of Qi and Blood through the meridians, shown earlier. The 12 earthly branches table is shown on the next page.

The 12 Earthy Branches					
<i>PinYin</i>	<i>Number</i>	<i>Animal</i>	<i>Month</i>	<i>Time Period</i>	<i>Channel/ Organ</i>
Zi	1	Rat	Nov 22 to Dec 21	11 p.m. to 1 a.m.	Gall Bladder
Chou	2	Ox	Dec 22 to Jan 20	1 to 3 a.m.	Liver
Yin	3	Tiger	Jan 21 to Feb 19	3 to 5 a.m.	Lung
Mao	4	Rabbit	Feb 20 to Mar 20	5 to 7 a.m.	Large Intestine
Chen	5	Dragon	Mar 21 to Apr 19	7 to 9 a.m.	Stomach
Si	6	Snake	Apr 20 to May 20	9 to 11 a.m.	Spleen
Wu	7	Horse	May 21 to June 21	11 a.m. to 1 p.m.	Heart
Wei	8	Sheep	June 22 to July 21	1 to 3 p.m.	Small Intestine
Shen	9	Monkey	July 22 to Aug 21	3 to 5 p.m.	Bladder
You	10	Rooster	Aug 22 to Sept 22	5 to 7 p.m.	Kidneys
Xu	11	Dog	Sept 23 to Oct 22	7 to 9 .m.	Pericar-dium
Hai	12	Boar	Oct 23 to Nov 21	9 to 11 p.m.	Triple Burner

The 60 year cycle Chinese zodiac calendar shows that the year 2016 is the year of the Monkey. Next by matching the Monkey with the 12 Earthy Branches table shown above, we get the following:

Shen	9	Monkey	July 22 to Aug 21	3 to 5 p.m.	Bladder
-------------	----------	---------------	--------------------------	--------------------	----------------

We see a peak of energy occurring in the bladder from July 22nd to August 21st between the hours of 3 p.m. and 5 p.m.

Speaking from personal experience, not only have I found these peak times useful for healing, but I have also found them extremely useful for setting into motion long term plans, goals and intentions. These yearly peaks seem to be related to mass changes in human consciousness and progress. For example, during the month of April in 2013 (*the year of the Snake*), I had launched a new eco-green non-toxic essential oil based cleaner that became extremely successful. The timing had appeared to be perfect and the product was an extreme success. So it may be that these energetic peaks that relate to healing may also be related to the best times to pursue long term projects that benefit humanity and the environment.

What is the 60 Year Chinese Zodiac?

The 60 Year Chinese Zodiac roughly corresponds to the orbits of the planet Jupiter. As Jupiter orbits the sun (*Jupiter takes roughly 11.86 years to orbit earth*), it is divided up into 12 sections (*representing 12 animals*), which give rise to the 12 Earthly Branches. The 60 year Chinese zodiac is also based on an imaginary star which changes its direction 30 degrees each year (*i.e. orbiting Earth every 12 years*). This star is called Tai Sui and is reputed to bring misfortune to people when the zodiac years match their year of birth. This is why when viewing the calendar, the previous month shifts slightly forward each year. This energetic cycle is used to predict the flow of cosmic cycles between the internal organs, the succession of political regimes and the cycles of luck in a person's life.

Seasons of the Year and Foods to take for Maximum Health and Healing

In this section, I will cover the effects of season on the body showing how to keep the immune system of the body in balance as it changes through the seasons, thus preventing disease. Seasonal changes affect the Yin-Yang balance as the heat of summer turns towards the cooler days of fall and winter. This is some of the best information ever found on seasonal foods and health.

As weather cools, the pattern of ill-health moves from focusing on fluids and blood, to a time of strengthening the Yang.

The Five Climates

The Five climates represent environmental conditions which prevail during each of the four seasons. Each has its own transitional period when the body is most vulnerable to disease and sickness. These exist as the natural weather for that particular season; hot in Summer and cold in winter. If the weather for that season is wrong or unexpectedly harsh for the time of year (*global climate change*) seasonal illness may result.

Spring

Element WOOD

Hibernating Energy bursts forth. This is the time of most rapid change and development.

Spring represents Wind. The Chinese character for Wind, is a violent gust sending forth a small insect carrying illness through the air. It implies violent movement. Spring is when energy and movement are vigorous and ascending. It carries with it the idea of change and new growth.

Flavor is SOUR

Examples of sour food include : grapefruit, trout, tomato and lemon.

Sourness is Yin energy, cooling, contracting and astringent, creates tension (bad), stops leakage and consolidates (good).
Best advice for spring

Best advice for Spring. Spring is the time we are particularly susceptible to colds and viruses. It is when allergies begin. It is key to protect yourself from the effects of Wind by dressing warmly. In particular wear clothing that protects from draughts around the neck or chest. Metal types (*a category given by Chinese medicine*) should choose herbs that strengthen the Qi and Lungs.

People suffering from hay fever should choose herbs from the phlegm category, especially Liver herbs. Take part in brisk activities by not over-exercising. Eating less and simply is key this time of year. Also undergoing a detoxifying fast to clear the fats stored up over winter also helps a lot. Light foods such as young plants are key as well as light raw, sweet and pungent foods. Food should be cooked at a high temperature for as brief a period as possible. As summer approaches, the energy levels from spring have peaked. Now the heat from summer starts causing friction within the body's immune system.

Summer

Summer is a period of growth and fruition. We feel energized by longer days and warmer nights, bringing with it the emotions of the joys of life and Love.

Element FIRE

Summer is Heat. Heat and Fire exist as Yang energies. Heat is warming, activating, drying and energizing. Yang peaks during midsummer. This manifests as brightness, activity, growth creativity and joy. Heat is required for transformation, especially the growth of plants. When heat is excessive it turns to fire, the heat is now out of control and sickness results. Heat rules perspiration and speech. Excessive Heat (Fire Element) can cause heatstroke. This can cause some people to become incoherent and sweaty. In less acute situations, where Heat manifests due to diet or emotions, symptoms are similar but much less extreme, insomnia is one example.

Flavor is BITTER

Examples of bitter foods include: radicchio, rye, rhubarb, coffee. It is a time to eat more colorful food, cook food quickly and use more spices in cooking. Use more water, less salt, eat smaller, lighter meals on hot days and drink luke-warm liquids.

Bitterness is Yin energy. It is cooling and has affinity with Summer. This is a descending movement, dries dampness (good), cause dryness (bad), reduces excess and promotes digestion. It is the time of year digestion is strongest in the stomach.

Best Advice for Summer

Fire people must be careful of overheating, internally or externally. Herbs that calm the mind are key during this time. If mental disturbances are felt, herbs to detoxify must be taken if there are signs of rampant Heat or Fire occurring.

Seasonal transition

Our behavior and attitude must both be in harmony as we transition into each new season. It is this period during seasonal transition that ill-health frequently manifests itself.

Element EARTH

This occurs as the season winds down. During this time attune yourself to the upcoming season. Changes from one season to the next occurs as a gradual process. It is not a sudden event. This is why taking the time to perform detoxification over a period of days, rather than all at once yields the best results. For example detoxing in the morning with watermelon and lots of water each day for a week during the transitioning into summer, works much better than a full on 1 week fast.

Change represents the transformative properties of the Element Earth. All return to the earth before they are able to become transformed into something else. The change of seasons is no exception to this rule. Earth spins on its axis which the seasons revolve.

Flavor is SWEET

Sweetness is Yang energy. This can be cooling or warming and has affinity for transition and change. It cycles upwards, outwards, tonifies, produces dampens (bad), builds tissue (good), harmonizes, moistens dryness (good) and creates fat (bad).

Examples of sweet foods include: parsnip, fruit, honey, carrot, pumpkin. Earth Element types should pay particular attention to their digestive systems.

Best advice for Summer: Eating slow regular meals while relaxed are key. Recommended foods: Sweet grains and vegetables prepared plainly, with little seasoning.

Fall

Fall brings with it clarity and simplicity; a time to prepare for hibernation.

Element METAL

Fall is a time of Dryness. It is when energy begins move inwards and downwards, returning completely to the earth.

As leaves dry out, so does our skin. This dryness particularly effects the lungs and large intestine. The effects of this dryness will manifest themselves strongest during the winter period. This is a key time to get more vitamin E. The organs also relate to Metal and are particularly susceptible to injury from dryness this time of year. The Lungs also become susceptible to humidifiers or air-conditioning. Injuries of the lungs this time of year manifest as a cough or constipation. Certain types of asthma become more frequent this time of year.

Flavor is PUNGENT

Pungency is Yang energy. It is warming and has an affinity with Fall. It likes to move upwards, outwards, promoting circulation. It also aids digestion, induces sweating, distributes (good) and scatters (bad). Pungent foods include: cabbage, ginger and onion,

Best advice for Fall: People who are vulnerable to Dryness should take herbs to strengthen the Qi and their Lungs and the strength of their Intestines. It is an especially good time to take the [St. Germain Tincture/Extract](#). Speaking from personal experience taking 6 drops of Fo Ti Tincture and 12 drops of St. Germain tincture works extremely well.

Foods should be prepared to consolidate their energy and to stimulate the sense of smell. Foods should be baked, sautéed and cooked with less water on low heat for longer periods than usual. Gradually introduce salty, sour and bitter foods.

Winter

Winter forces us to spend more time indoors. It encourages reflection and introspection. We also become much less physically active.

Element WATER

Winter represents Cold and water. It's main action is cooling and moistening. The flowing effect of water is for it to sink to the lowest level. At this level, it either nourishes (as in feeding roots), or cause blockages. If circulation is poor or non-existent, blockages will begin to form, manifesting themselves during spring.

Moving water activates its functions. Winter is where energy travels deep within laying dormant until spring. Qi circulation as well as blood are reduced by the effects of Cold. Cold also stiffens muscles and tendons, especially in the knees and knees. Water represents the Bladder and Kidneys which play a role in urination, or water retention.

Flavor is SALTY

Saltiness is Yin energy. It is cooling and has affinity with the season of winter. It enters the kidneys, softens (good), hardens (bad) regulates fluids and detoxifies. Example of salty foods: shellfish, soy sauce, seaweed and celery.

Best advice for Winter: People with Cold in their body, or who are cold sensitive, should take herbs to move the Qi and blood. It is a time to keep warm, meditate, rest and conserve energy. Eat hearty and warming foods. Cook for longer, with less water, at a lower temperature. Steam vegetables. Use more sea salt and include bitter tasting foods in the diet. Eat preserved and fermented foods such as fermented soy bean paste and miso.

So in conclusion you have just finished some of the most powerful information on healing. Because this information has existed for thousands of years, there must be something to it. If you like mysteries, I have also just completed revision of the [Emerald Tablets book](#), which is an ancient text more than 30,000 years old showing the keys to life and death.

Thank you for your interest and have a wonderful day!



The above is a photo taken in the Hawaiian rainforest in 2010

Scott Rauvers

Author and Founder of EZ3DBIZ.COM