

Biofeedback Continuing Education

Earth: Stomach/Spleen

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Earth

- The Earth Element is often compared to a mother.
- The Earth like a mother provides us with support and security.
- Over time we learn how to care for others and to care for ourselves.
- An unbalanced earth child will be less able to receive nourishment and care from the mother.

Earth – Relationship to other Elements

- Earth is the mother of Metal
- Fire is the Mother of Earth
- Wood controls Earth
- Earth controls Water
- The Earth in the Center

The Color of Earth – Yellow

- When a person's Earth Element is unbalanced it will manifest as a yellow or earthy color on the face.
- Yellow indicating that Earth is out of balance will be seen besides or under the eyes.

The Sound of Earth - Singing

- The singing voice tone naturally occurs when we sing a lullaby with a child in our arms.
- When this voice tone consistency occurs out of context, it indicates an earth imbalance

The Odor of Earth - Fragrant

- An imbalanced Earth Element emits an odor that can best be described as cloying and sickly sweet with a tendency to linger in the nostrils and the room.

Emotions of Earth

- The emotions of Earth can be described as over-thinking or obsessive thought, pre-occupation, rumination or cogitation.
- The Earth Element emotion can best be summarized as Worry and Sympathy.

Sympathy

- There should be a relative balance between giving it and receiving it.
- We need to maintain a balance between being independent and allowing ourselves to be cared for when appropriate.
- We also need to maintain a balance between caring for ourselves and being sensitive to the needs of others.

Varieties and Extremes of Sympathy

- 1. Excessively wanting sympathy and support
- 2. Rejecting any help, support or sympathy from others.
- 3. Excessively feeling and giving sympathy.
- 4. Being touched by other's distress.
- These all indicate an imbalanced Earth.

Season of Earth – Late Summer

- Earth is located in the centre of the other Elements.
- It comes after the peak of high summer and before the leaves drop in autumn.
- At this time there is sense of time standing still.
- It is a time when yin and yang are finely balanced.

The Power of Earth - Harvest

- Are our patients reaping a harvest?
- Are they gaining the benefits from eating good quality food.
- Have they psychologically benefited from what they have experienced.
- Does their study go into their mind and bear fruit.
- Are they satisfied with what they received or are they hungry for more.

Climate of Earth- Dampness or Humidity

- When people have ‘damp’ on the inside they have a higher amount of fluid buildup than normal (Bloated abdomen, edema).
- With deficient Earth Element usually dislike damp or humid weather (joint pain, aching muscles, headaches or lethargy)
- Certain foods are classified as damp forming – dairy, all greasy food and alcohol.

The Sense Organ/Orifice for Earth

- The sense organ of Earth is that of taste and the orifice is the mouth.
- Taste guides what we eat. Unfortunately, people today are guided by factors other than taste.
- With a weak Earth, people lose their taste, have a sticky taste in their mouth or have digestive difficulties.
- Color of lips should be bright, red, and moist. (not dry dull and pale color).
- Saliva should not be excessive or deficient

Muscle and Flesh

- The quality and function of the muscles and flesh depend on the qi of the Earth.
- Poor muscle tissue, lumps and swelling under the skin indicate poor transformation and a weakness of Earth.
- The skin should have a smooth consistency.

Residue of Earth - Fat

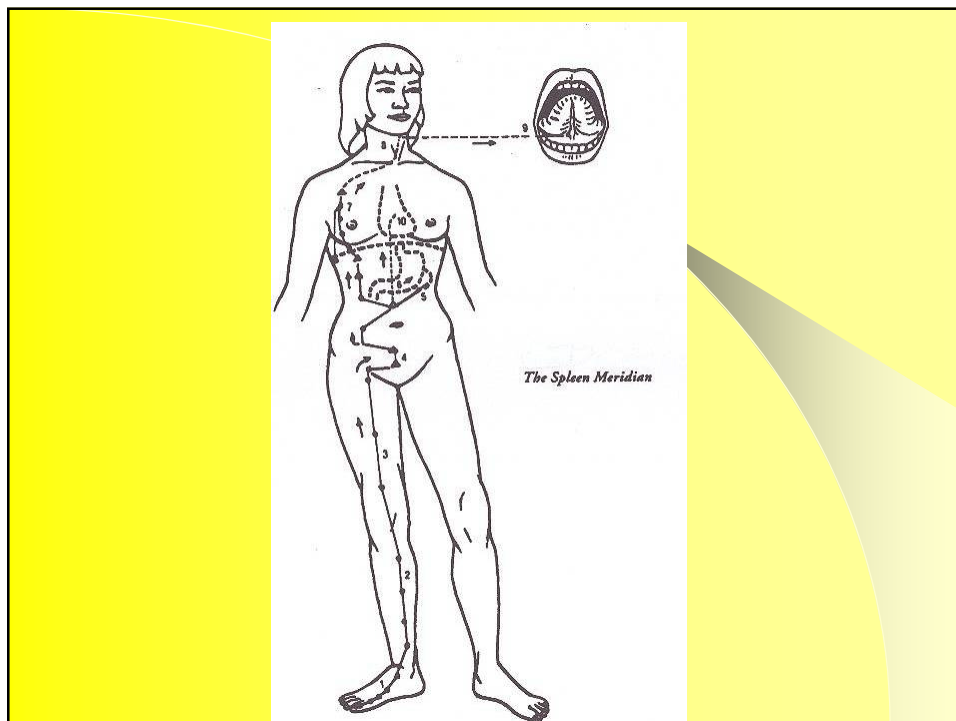
- Excess fat, which sometimes occurs in lumps under the skin (lipoma) is said to be Phlegm or a thicker form of Damp.
- So any excess fat on the body suggests a weakness of the Earth.

Taste of Earth - Sweet

- Sweet here does not describe the sweetness of sugar or candy.
- It is a more subtle sweet taste of rice, carrots, corn, cabbage, pumpkin.
- This type of sweet taste is said to have a strengthening effect on their qi.
- Eating too many sweets weakens the Earth Element which in turn creates a stronger craving for the sweet taste.

Earth – the Organs

- The Stomach and Spleen are responsible for the storehouse and granaries. The five tastes stem from them.
- The Spleen is described as the official of transformation and transportation.
- Transformation involves the conversion of food and fluid into qi.



Spleen

- The mechanical breakdown of food in the mouth with the addition of saliva, the breakdown of food and fluids in the stomach, the movement of digesting material through the small intestine into the large intestine for excretion through the anus is all under the control of the Spleen.

Spleen

- A breakdown in the transport system can also reflect mentally and spiritually.
- Thinking may be poor with no conversion into action.
- Concentration and memory are affected.
- People may also have obsessive thoughts.

The Direction of Spleen

- The main direction of the Spleen qi is upwards and it raises yang qi to the head.
- If the qi quality is poor, the patient will feel tired with a feeling of physical heaviness and emotionally depressed.
- Diarrhea occurs when the Spleen fails to move qi in an upward direction.
- The Spleen also holds the Blood in the Blood vessels.
- Symptoms arise such as nose bleeds, uterine bleeding, bruising or petechiae.

The Spirit of the Spleen - Yi

- Yi means ‘the process of establishing meaning in the world with words that come from the heart.’
- The Spleen is therefore responsible for ‘applied thinking’, studying, memorizing, focusing, concentrating, and generating ideas.
- Cramming for exams can weaken the Spleen.
- An imbalanced Spleen cause a preoccupation or an obsession.
- This limits one’s creativity, spontaneity and happiness.

Yi - Intension

- This is a person's ability to focus the mind on the desired object.
- If weak, the ability to concentrate on work or a conversation can be affected.
- Spiritually, it limits the person's ability to remain steady in their purpose leading to agitation, insecurity, or lethargy.
- This leads to depression, anxiety, and despair.

Pancreas-Spleen

In acupuncture both are considered a functional unit
Pancreas can create many symptoms. Patients suffer for long periods, inadequately diagnosed until morphological changes occur

Glandular Chain – neurohormonal and A.N.S. connection

Pituitary
Thyroid- parathyroid
Adrenals
Pancreas
Prostate/Ovaries
Testes

Relationship of pancreas- 1) prostate/ ovaries
- 2) heart
- 3) joints

Pancreas → heart killer, cardiac infarctss – patho-chi, affects myocardium and coronary vessels.

Spasm of coronary arteries with infarcts, arrhythmias.

Prostate-pancreas: prostate shows up earlier, pancreas hidden for years

Polyarthritis, need to confirm chronic pancreas irritation.

Pancreas and Intestines – dysbiosis and dysbacteria related to pancreatic disorder. Therefore treatment of intestine only will fail.

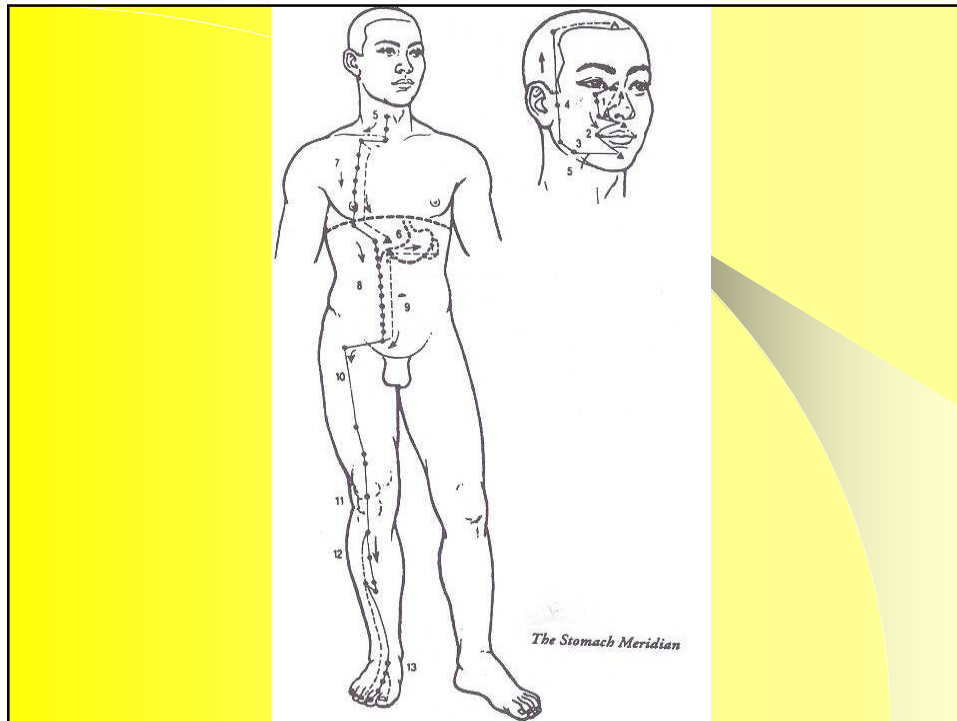
Pancreas can use G.B. or liver meridian as a detour or bypass. Producing symptoms of eyes and mucous membranes of head. Spleen plays important part in immune system.

SPLEEN/PANCREAS

- responsible for the transformation and delivery of energy in a particular direction
- TCM – food enters the stomach and the essence is driven off to the spleen/pancreas where the essence transforms and then rises to the lungs
- Sepates usefull and useless food and then nourishes and energizes the entire body
- Schimmel – calls the pancreas the “heart killer” – ie . need to treat cardiac problems with any meridian that passes over chest (spleen/pancreas, liver G.B.)
- CAUSES OF PANCREAS/SPLEEN DISTURBANCES
 - 1) Emotions – Sympathy – if cannot receive enough or continuously asks for more
 This person is stuck and there is no easy flow in and out of emotions- “I NEED”
 90% o fpeople with pancreatic problems have trouble giving and receiving love
 Too much thinking – excessive thoughts and too many ideas – lose ability to tranform and transport food and fluids into nourishment.
 - 2) Diet - too much raw or cold food or fluids interfere with spleen function
 - too much greasy and sweet food will increase the dampness (mucous) in the spleen
 - overeating – overburdens the entire digestive system
 - 3) Overwork – drains the spleen/pancreas energy resulting in ulcers
 - 4) External pathogens- ie. Salmonella produces a toxic stress to the panceas, liver and bile ducts
 - 5) Pesticides – most common toxin affecting the pancreas
 - Also affects the kidney’s ability to filter and excrete toxins leading to Gastroenteritis, dermatitis, excema, and psoriasis
- Pancreas is always associated with dermatological problems

Stomach

- The action of the Stomach is to rot and ripen.
- The Mouth breaks up the food and drink, adding saliva and warming the mixture.
- The Stomach carries on this process so the food essences, can be separated out and used to create qi.



Stomach

- Correct food and a healthy Stomach Official are required to digest physical, mental, and spiritual nourishment.
- The pathological expression of worry can easily disrupt the transformation process.

The Direction of the Stomach

- The Stomach's direction is downwards.
- Any failure to send food downwards results in belching, hiccups, nausea or vomiting.

Stomach

Stomach ailments are rarely primary. Mostly there has been a prolonged disorder of the pancreas, the liver and bile duct in the past. Gastric symptoms quickly vanish with therapy aimed at pancreas, liver and bile ducts. The most important structures often affected in sub clinical gastric ailments:

1. Temporal region with headache
2. Maxillary sinuses
3. Trigeminal neuralgia (2nd branch)
4. Nipples

The Time of Day

- Stomach – 7-9 a.m.
- Spleen - 9-11 a.m.
- Between 7-9 a.m. is breakfast time
- This is the time when our digestion is at it's best. With a healthy Stomach and hearty food, a person is set for the rest of the day.
- If imbalanced – the person has no appetite.
- Low energy between 7-11 p.m. indicates a weak Earth since this is the low period for Earth organs.
- Eating at this time is very stressful to the Stomach

Patterns of Behavior

- 1. Smothering/ mothering --- not supporting
- 2. Feeling needy ----- repressing needs
- 3. Excessive dependency – overly independent
- 4. Uncentered & dispersed ---stuck & heavy
- 5. Over-dependent on ----- inability to put down
the security of the roots
home