

Wood – Liver/Gallbladder

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Wood

- This concept includes all forms of vegetation from trees to flowers, but the tree is the archetypal representation.
- People begin life with an internal map or plan as to their capabilities and direction.
- They strive to become their own form of tree and they encounter obstacles and frustrations along the way
- Like trees, people also require certain resources to fulfill their potential and they also require flexibility in order to adapt to changing circumstances.

Wood and Other Elements

- Wood is the mother of Fire
- Water is the mother of Wood
- Wood controls Earth
- Metal controls Wood

Color of Wood - Green

- Green especially resonates with spring
- Green manifests on the face when the Wood organs are chronically out of balance.
- The color is usually lateral to the eyes, under the eyes or around the mouth.
- A green color is an indicator of *qi* stagnation, much of which occurs from the Liver's failure to ensure the smooth flow of *qi*

The Sound of Wood - Shouting

- Shouting is a sound naturally resonating with anger.
- Anger makes the *qi* rise and the upward movement of the *qi* gives the voice forcefulness.
- The person who shouts wants to be heard and is often asking for changes to be made.
- Practitioners may feel that they are being talked at rather than being talked to.
- A 'lack of shout' can occur when the *qi* fails to rise sufficiently.

Odor of Wood - Rancid

- Rancid is applied to fat that is no fresh
- Rancid is also like the smell of new mown grass, but not so pleasant
- The effect on the inside of the nose is somewhat prickling and makes people wrinkle their nose.

The Season of Wood - Spring

- Another cycle of growth begins
- Wood people are very aware of the qi of spring. They resonate with and usually benefit from the increase of Wood qi in nature.
- The Wood qi gives us a vision of our potential, to initiate growth and change and the determination to achieve that development.

The Power of Wood is BIRTH

- The notion of birth resonates with spring, growth, and development.
- Wood *qi* is required to give birth to new projects, ideas and events.
- If Wood *qi* is stagnant, the patient has lost the force to initiate change and innovation.

The Climate of Wood – Wind

- Wood people find a strong wind uncomfortable and often become irritable and restless.
- It can also manifest as tightening of the neck muscles and headaches.
- On the other hand Wood people can find the wind exhilarating.

Sense/Orifice of Wood

- The sense for Wood is sight, the orifice are the eyes, and the secretion is tears.
- Eye problems are traced back to the liver.
- The diminished vision can be myopia, floaters, difficult night vision or vision that declines as the day progresses.
- There can be a ‘mental’ lack of vision.

Tears

- A person can have tears of grief, sadness or joy.
- Tears can also be the overflow from held-in frustration.
- When a patient has frequent bouts of tears the practitioner might consider whether the reason is unexpressed anger.

Ligaments and Tendons

- Blood nourishes both the ligaments and tendons and when they are functioning well patients have a lack of clumsiness.
- If the Wood element is out of balance, the ligaments tend to be too rigid or too flaccid and as a result movements are less precise and the joints may become sore and less stable.
- When the liver is functioning well, this means that when the body needs to move, the liver can release Blood to move and nourish the ligaments, tendons and joints.

Residue of Wood - Nails

- Nails that are ridged, dry, soft, or brittle suggest that the Wood element is unbalanced
- The state of the nails is dependant on the Liver's ability to store Blood.

Taste of Wood - Sour

- Sour taste is astringent in nature.
- A strong like or dislike for sour indicates an imbalance in Wood.

The Emotion of Wood - ANGER

- Regarded as a negative emotion due to its sometimes painful and destructive consequences.
- It is a crucial emotion – an emotion required to initiate change.
- Without anger there would be little or no growth, either personally or culturally.
- For Wood people, anger lies at the heart of their suffering.
- Feelings of frustration, resentment, bitterness and rage are chronic and produce disharmonious movements of *qi*.

Frustration

- Is a key emotion of Wood
- There are 3 basic responses – one is normal and the other 2 are pathological.
- The other two are rage and the other is the extreme turn to apathy or depression.

Normal Response to Frustration

- There are two normal responses
- 1- produce a “plan” B
- 2- to reassess what was wanted
- Flexibility is the key quality required

Rage

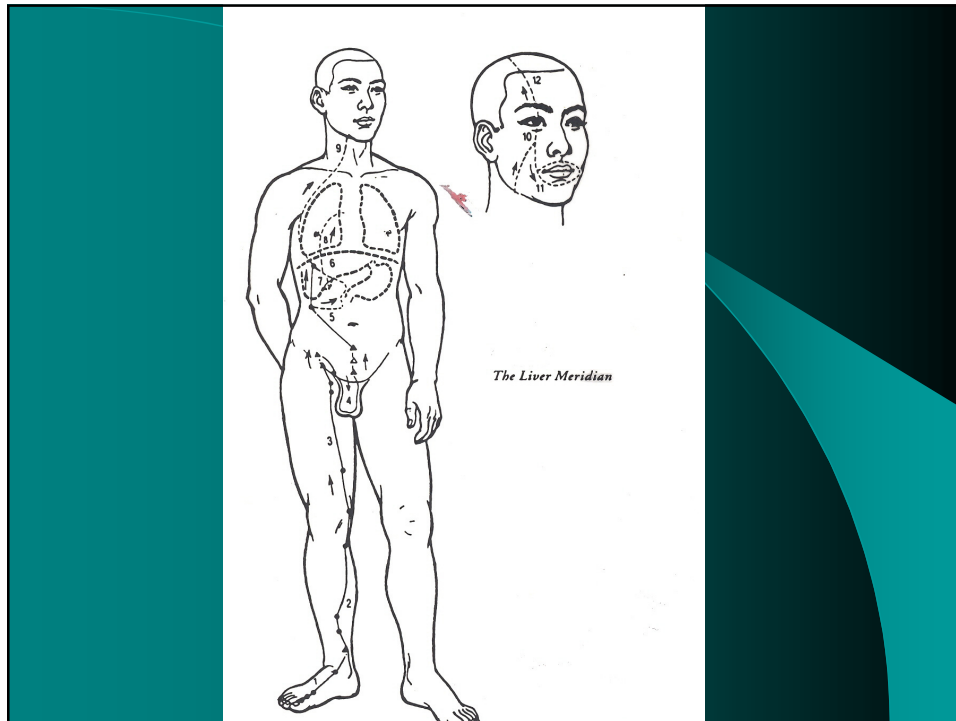
- People consumed with rage are no longer effectively striving to get what they want.
- In Sun Tsu's , *The Art Of War*, he recommended that one should cause the enemy's general to be angry, thus scattering his mind.

Resignation and Apathy

- The person exhibits little or no resourcefulness in overcoming obstacles.
- When chronic, the *qi* of the liver starts to stagnate.
- This can manifest as muscle tension.
- Other descriptions include – indifferent, apathetic, ‘laid back’, or blasé.

Wood –The Organs

- The two organs of Wood are the Liver, the yin organ, and the Gall Bladder, the yang organ.
- Although their functions are different, the two organs exist close together and have some overlapping functions.



Liver and Bile Duct

The liver and Bile duct constitute a functional unit. The hepatic cells perform very important metabolic functions, while the bile ducts system provides for elimination of metabolic wastes.

Integrated into the primary pathologic pattern so that the functioning of the:

Pancreas
 Bile ducts
 Small and Large intestine
 Para nasal sinuses
 Eyes
 Kidney

When liver cannot manage to detoxify fully, the task can shift to the mucous membranes of the head, including the eyes. Other compensating excretory organs are the large and small intestines, as well as the skin.

Liver – Gallbladder Meridian: Manifestations of Potential Imbalances

Liver or Gallbladder problems
 hepatitis
 jaundice
 allergies
 migraines
 headaches (either one-sided or a sensation of a right band around the head)
 tendon and ligament issues
 lack of coordination
 MS
 fibromyalgia
 migrating pains
 dry or brittle nails
 nail biting
 Epstein-Barr or chronic fatigue syndrome
 eye problems
 anger and irritability
 judgmental
 rigid
 impatience
 frustration
 needing a sense of direction
 decision making difficulties, wishy washy
 easily intimidated, non-assertive, shy, weak
 procrastination
 addictive behavior
 a creative person
 artists, singers, dancers, writers
 likes or dislikes spring
 green
 sour taste
 night person or may wake up or have trouble sleeping 11PM-3 AM

Emotional Themes and the Liver

In Balance

Action oriented
 Excels in planning and organization
 Guards the body from outside insults and inside toxicities
 Plans every activity for survival
 The architect who sees the big picture and makes plans and blueprints
 The person who has direction, knows where he's going and knows his place in life
 Sense of serenity, hopeful, wanting to grow
 Able to break unwanted habits
 Possesses foresight, hindsight and insight
 Capacity for perspective
 Stands tall against the wind

Out of Balance

Stuck in anger; very intense personality
 Soft voice but angry inside; may scream when pushed
 Trouble making plans or when plans change
 No clear goals, no future
 Unable to live in the present
 Deep sense of hopelessness
 Easily blown over, not rooted
 Trouble breaking habits, impatient, easily frustrated
 Over-planning
 Checks and re-checks if stove is off, door is locked, etc.
 Very competitive
 Easily irritated – “don’t bother me”
 Walk around aimlessly, feeling lost
 Makes comparisons between self and others (One’s inside vs. someone else’s outside)
 People who have never really grown up– someone who doesn’t know what they want to be “when they grow up”
 Self-directed anger (which may provoke auto-immune disease)
 Unable to see the forest for the trees
 Relationships “go sour”, sourpuss, sour grapes
 Depression when unable to see a future, holding anger, or feeling a lack of growth

The Symptomatology and Diseases of the Liver Causal Chain

1. sinusitis
2. dental disorders:
 - capillary bleeding,
 - periodontitis,
3. trigeminal neuralgia,
4. thyroid/parathyroid dysfunctions,
5. breast disorders (mastitis, benign and malignant tumors),
6. all bladder and bile duct diseases,
7. gastric dysfunction:
 - hypoacidic,
 - hyperacidic,
8. pancreatic dysfunction,
9. spleen dysfunction,
10. external genitalia in males and females,
11. disorders affecting the thigh and skin; varicose veins affecting long saphenous system,
12. disorders of the small and large intestines,
13. prostatitis,
14. uterine disorders.

Liver – The Planner

- Liver holds the office of general of the armed forces.
- Has to be aware of the ultimate goals, along with the outcomes relevant to any situation.
- It is essential to have higher goals.
- A goal that cannot be negotiated becomes a burden and any frustration with respect to it is a dead end.

Liver

- The archetype of a military commander is not a frail, spineless individual.
- Liver energy is focused and tied into the achievement of important goals.
- Planning is occurring all the time and on all levels of the body, mind and spirit.

The Spirit of the Liver – the Hun

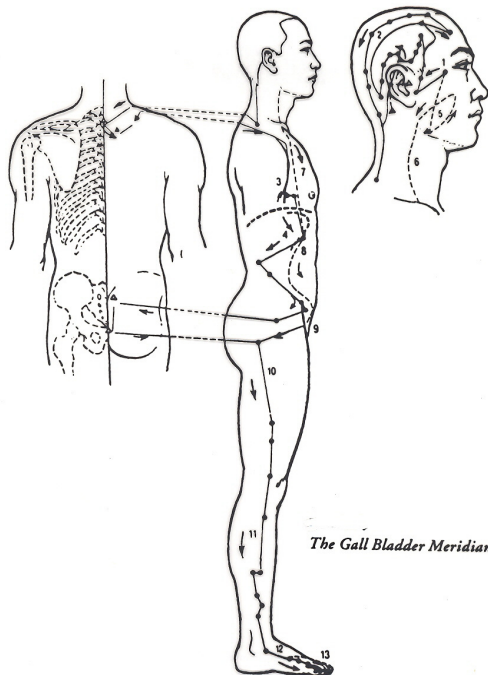
- The Liver houses the Hun which is translated as the “Ethereal Soul”.
- It is thought to enter the body at birth and leave the body at death.
- The mental functions affected by the hun are thinking, sleeping, consciousness and mental focus on the one hand and thinking and strategizing with insight and wisdom on the other.

Hun

- The hun is rooted within the Liver Blood.
- When the Blood is unhealthy, people can have a feeling of floating off when dropping off to sleep.
- They can also sleepwalk and have out of body experiences.
- They can find it difficult to distinguish dreams from reality.
- The hun is easily upset by alcohol and drugs.
- Symptoms can range from absent-mindedness to gross distortion of perceptions.

Hun - Wisdom

- Wisdom suggests that people's experience helps them understand and have the ability to access and make sense of the patterns of events that occur in their lives.
- People with well rooted hun can make good decisions and plans, using their insight and wisdom.
- To assess the patient's hun you need to ask : “To what degree is this person growing and developing towards his or her ultimate purpose or destiny?”



Gallbladder + Intra & Extrahepatic Bile Duct

Most energetic disturbances of the gallbladder meridian originate from a disturbance within the intrahepatic bile ducts

Due to –

- 1) Emotional overstress
- 2) Toxic overloading of bile duct system
- 3) Gall Stones
- 4) Auto-aggressive inflammation
- 5) Tumor
- 6) Postoperative event

Either too little Chi or too much Patho-Chi, last two travel along meridian to attack any exhausted weakness. These energetically disturbed organs or tissues open the gate for bacterial infections and secondary with fungi or viruses.

Manifest as

- 1) detachment or haemorrhage of the retina
- 2) ischaemic cerebral circulation
- 3) otitis media with tinnitus

If patients immune system exhausted or low resistance, need to replenish what is missing.

Symptoms and Diseases Associated with Gall Bladder and Biliary Ducts

1. cerebral blood supply in male patients,
2. parotitis,
3. oral mucous membranes/mouth ulcers,
4. dental disease,
5. tonsillitis,
6. temporomandibular joint symptoms,
7. spasm and stiffness in the cervical spine,
8. pulmonary and bronchial diseases,
9. pain in shoulder, wrist, and hand joints,
10. liver disease,
11. splenic function disease,
12. hip joint disease,
13. tip of coccyx disease,
14. external genitalia in male patients,
15. knee and ankle joints,
16. pancreatic dysfunction,
17. gastric dysfunction,
18. hyper-acidic dysfunction.

GALL BLADDER

- intimately connected to liver, i.e. One affects the other
- unbalanced by frustration, restlessness, anger, and irritability
- Liver- responsible for making plans
- Gall Bladder – responsible for making decisions and proper judgements in life
- G.B. & intrahepatic bile duct are the primary cause of headaches, migraines, ear and eye problems
- Toxins accumulate in the gall fluid – ie. Heavy metals, mercury, chemicals (including pesticides), Salmonella, antibodies, steroids, alcohol.
- DIET – no greasy foods, fatty foods, pork, alcohol, and coffee
- If Gall Bladder energy is good- person has a brave and generous attitude for life
- If Gall Bladder energy is excessive – person is angry and makes rash decisions
- If Gall Bladder energy is weak – person becomes indecisive and timid

Gall Bladder – The Decision Maker

- The Gall Bladder is the official of wise judgment and decision making.
- The officials of the other organs come to the gall bladder so that it can make decisions.
- Many of the functions of the gall Bladder points refer to regulation.
- When people are regulated they tend to take action that prevents them from going to extremes.
- When not in balance there is extreme timidity, lack of self-assertion and lack of balance, regulation, and good decision making.

Emotional Themes and the Gallbladder

In Balance

Decision making and Judgment skills are good
 Good sense of direction
 Concerned with fairness and justice
 Good coordination skills
 Organizational skills
 Able to move forward and see clearly
 Creativity is mobilized - artist, dancer, writer, musician

Out of Balance

Depression due to repressed anger or frustration at lack of growth
 Soft voice but angry inside
 Screams often
 Difficulty with decision making
 Confusion or wishy-washy
 Many unfinished projects
 Easily intimidated, unassertive, shy, weak
 Procrastination
 "Writer's block" and other artistic or expressive obstacles
 Frustration, anger and impatience
 Judgmental and rigid; punishes and judges others
 Sergeant personality type though inconstant
 Hard on the outside, soft inside
 Pushy
 Negative
 No give
 Blind to reality
 Very in tune to fairness - go crazy if things are not fair
 Trouble with hierarchy
 Cannot sit still - physically or emotionally
 Rebellious in childhood; fighting in school
 Can't stand anything out of order
 Splits - l/r, top/bottom - feels pulled apart
 Pays either a great deal of attention to details or none at all
 Difficulty with timing or feels there is not enough time

Time of Day for Liver & Gall Bladder

- Gall Bladder = 11 P.M. – 1 A.M.
- Liver = 1 A.M – 3 A.M.
- If G.B. or Liver under strain patient will awake at these times with a very active mind.
- The condition is worsened by eating a heavy meal late in the evening or by drinking alcohol.
- At the other end of the day the liver is the weakest in the early afternoon.
- People feel especially weak at this time if the liver is weak.

Responses to Issues

1. Assertive and direct ----- Passive and indirect
2. Seeking justice-----apathetic
3. Rigid ----- over-flexible
4. Excessively organized ----- disorganized
5. Frustrated and defiant -----over-obedient and compliant