

Metal: Lung/Colon

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Metal Element

- The Metal Element suggests something small in quantity but of great value, buried deep in the earth
- Metal is the minerals and trace minerals in the earth or in our food. 4% of our bodies are made up of trace minerals.
- These are used to regulate and balance our body chemistry.
- They are truly the valuable Metal buried deep within.

Metal

- In nature , Metal revitalizes the earth.
- In autumn, leaves and fruit fall off the trees and fall to the ground. They rot and enter the earth, providing minerals and nutrients that nourish and enrich the earth's capacity to grow new plants.
- Metal also describes the role of impervious rock within the earth. Without rock all the water would soak through to the center of the earth.
- Thus Metal creates Water.

Metal – Relation to other Elements

- 1. Metal is the mother of Water
- 2. Earth is the mother of Metal
- 3. Metal controls Wood
- 4. Fire controls Metal

Color of Metal - White

- In the East, white is worn as an outward manifestation of the grieving process.
- White appears on the face in an unbalanced Metal.
- This color usually appears under and beside the eyes.
- White usually appears 'shiny'

Sound of Metal - Weeping

- The sound is usually associated with loss or grieving and therefore resonates with the emotion grief.
- There is a hint that the person speaking with a weep might easily begin to cry or weep in the ordinary sense (choking).

Odor of Metal - Rotten

- Like rotten meat
- Fills the inside of a person's nose with tiny prickles.
- Clenches the inside of a person's nose.

Emotion of Metal - Grief

- The emotion of grief is associated with the loss of a loved one.
- There is often shock and then an outburst of grief.
- We experience daily occurrences of grief ranging from very small to large.
- With a balanced Metal, there is an appropriate emotional response with the ability to let go.

Grief

- A sense of loss is the most intense emotion that some people have to endure.
- A person's spirit can remain alive or become deadened and diminished by the event.
- Grief can also be experienced as disappointment, yearning or regret.

Grief

- The Metal Element (Lung & Large Intestine) give people the capacity to confront loss, let what they once possessed go, feel the pain and then move on.
- When out of balance, grief is less fluent and people can get stuck, not having truly let go.
- They can be inclined to be withdrawn and morose.
- Others maintain a perfectly bright exterior in an attempt to convince themselves and others that everything is fine.

Season of Metal - Autumn

- Autumn is the time that the yang qi of the summer becomes more yin.
- Many people feel a sense of melancholia, or a sense of sadness, at this time of year.

Power of Metal - Decrease

- Autumn is a time of decrease.
- It is a time of letting go.
- Stillness often accompanies the dropping of leaves and seeds.
- Grief resonates with this phase, as there is death, a letting go and a preparation for new life.

Climate of Metal - Dryness

- Dryness is considered to be an external 'evil', which can invade and cause disease.
- The main symptoms of symptoms are a dry nose, throat and skin, a dry cough and thirst.
- People on extremely dry environments are prone to respiratory illness.

Sense organs / Orifice

- Metal is associated with the nose and the sense it governs is the ability to smell.
- Breathing through the nose both warms and filters the air before it enters the lungs.
- This protects against pathogens entering the lung.
- Mouth-breathing can weaken the lung qi and the person will begin to feel depleted and low in energy.

Tissue of Metal - Skin

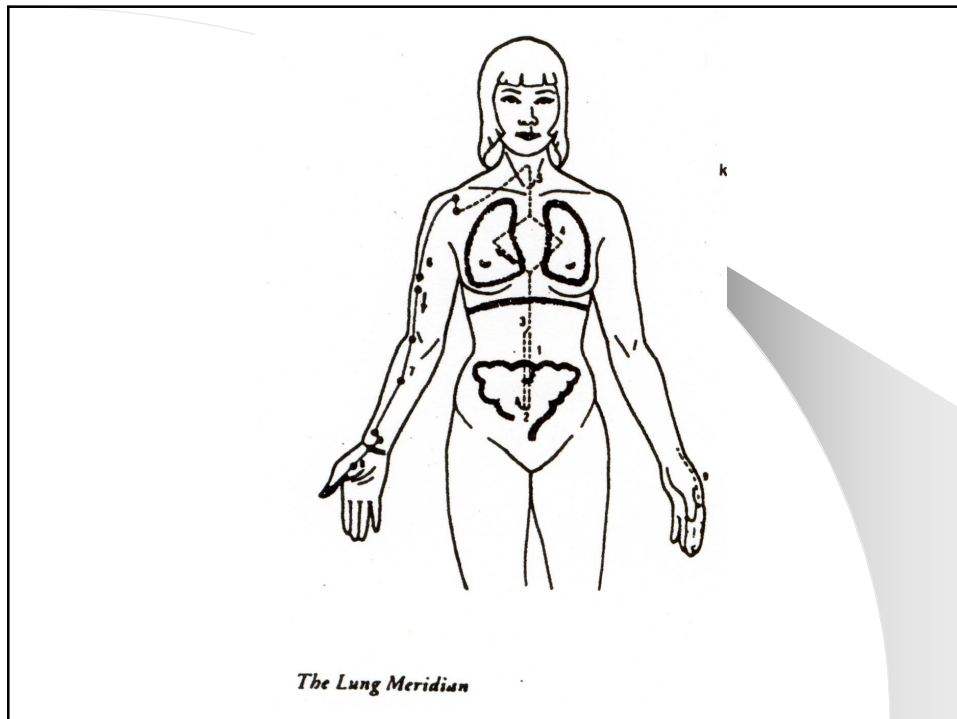
- Suppression of skin disease may drive the disease into the lungs.
- The connection between asthma and eczema is well known
- Weakness of Lung and Large Intestine will produce poor quality of skin resulting in dry skin, and clogged or inelastic skin.
- The state of the body hair may like the skin, indicate a weakness of the qi of the Metal Element.

Taste of Metal - Pungent

- Garlic, cinnamon and ginger are examples of pungent.
- Pungent flavors move the qi. They also frequently produce sweating (releasing pathogens)

Organs Of Metal – Lungs & Large Intestines

- The minister (Lung) converses with the sovereign (Heart), takes instructions and carries them out.
- The Heart controls Blood and the Lung controls the qi, two of the key substances that make up the person.
- The lung is said to be the “receiver of qi from the heavens’
- Breathing brings in air for the creation of qi.



Function of the Lungs in TCM

1. Rules the energy of Chi. Governs respiration; takes in air, separates good and bad and combines with food Chi from the spleen to make the regular Chi.
2. Lungs rule the skin; open and close the pores.
3. Lungs control the Wei Chi — or defense energies.
4. Lungs open the nose. If the lung Chi is strong, the patient will breathe freely and smell well.
5. If the lungs have excess heat, the throat may be sore, the tonsils infected.
6. The lungs control the body hair. (The kidneys control the hair on the head.) Women with excess body hair often have an excess condition in the lungs. This also could be hormonal.
7. Excess worry and grief are controlled by the lungs. People who tend to worry constantly, often have maximally stressed lungs.

Lung

- The healthier the Lung qi, the easier it is to be inspired and feel vital about life.
- When blocked, there is a feeling of oppression and sadness and a lack of inspiration.

Defensive qi

- The Lung has the function of spreading 'Defensive' or 'Protective' qi all over the body.
- It lies under the skin and protects us from climatic conditions such as wind, cold, and damp.
- A weak defensive qi will cause frequent colds and flu and be more likely to have allergic responses.

The Spirit of Lung - po

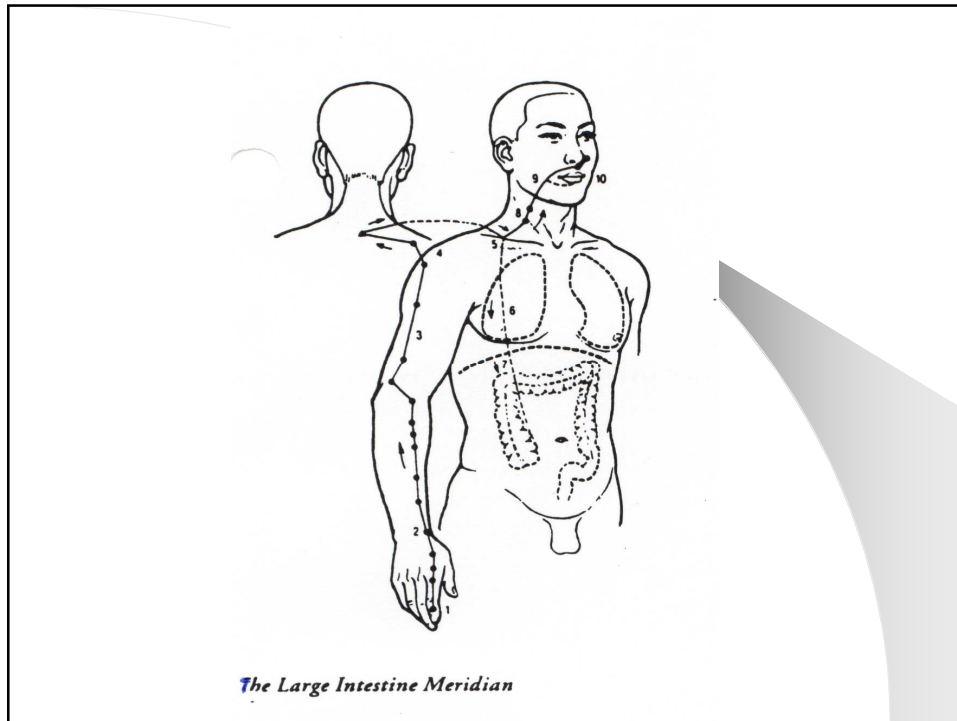
- The Lung houses the po or physical (corporeal) soul. Which is linked to the body and is best described as the organizational principle of the body.
- It gives us the capacity of movement, agility, balance and co-ordination of movement.
- Po provides protection against psychic attacks at the spiritual and emotional level.

Po

- People with weak Lungs are more sensitive to criticism or emotional assault.
- Po gives people the capacity to have clear sensations.
- A strong po means that people's physical senses are keen and this in turn allows them to be physically and spiritually alert and animated.

The Large Intestine

- Receives transformed food and drink from the Small Intestine.
- Absorbs the remaining pure food and nourishment.
- Excretes the dirty wastes.



The Drainer of the Dregs

- The Large Intestines eliminates the physical matter and fluids from the body as feces.
- It also drains the dregs from the mind and spirit.
- People can become physically and mentally constipated and unable to let go and move on in their lives.
- They may also become increasingly negative in their thoughts and feelings.
- Deciding what to discard and let go of is therefore the role of the Large Intestine.

Dysbiosis and Dysbacteria

Symbiosis: is a coexistence of different organisms for the benefit of both. i.e. skin mucous membrane flora. If disturbed = dysbiosis or significant deviation from normal coexistence.

E. coli and acidophilus group

If *E. coli* dominates this indicates an ascent in the direction of the small intestine. If lactic acid-forming acidophilus bifidus group dominate the *E. coli* give up there specific biosynthetic capacity. At the same time the optimal alkaline pH is lost. A hypovitaminosis and a latent acidosis are due to the resorption of acids from the colon.

Causes

- * Antibiotic, antiseptics, abusive laxatives and purgatives
- * Faulty lifestyle, unbalanced nutrition
- * Excessive environmental stress
- * Abuse of medications
- * Host's organisms if unhealthy, unable to maintain the physiologically correct microflora.

Enzyme deficiency

Must be pointed out as a potential cause of dysbacteria. Need optimal pH value in stomach and the intestines to stabilize symbiotic microorganisms. If pH is disrupted, disrupt secretions of digestive enzymes i.e. excessive inflow of acid due to gastric acidosis. (kidney) The alkaline digestive juices of the bile and pancreas within the small intestines can be inadequate to neutralize acid.

In case of dysfermentia, the inadequately digested food, due to the enzyme deficiency, can undergo fermentation as in the case of a carbohydrate excess or petrification as in the case of protein nutrition. This results in hyperbacteria, and overabundant proliferation of bacteria for a compensatory food predigestion. Dysbacteria usually follows.

Altered pH of intestines results in metamorphosis of bacterium coli perfectum into a dysbacteria producing bacterium coli imperfectum. X-rays can cause similar picture. Also drainage of toxins through lymphatic tissue i.e. tonsil or Peyer's plaques into the intestinal tract during infection, can lead to dysbiosis.

Physiological Microflora

Human microflora plays an important immunological role. Intestinal bacteria can synthesize vitamins. Bacteria bifidum produces vitamin B1. Escherichia coli: B1, B2, B6, nicotinic acid, pantothenic acid, folic acid, vitamin B12, vitamin K and biotin. Intestinal microhaemorrhage caused by a vitamin K shortage due to dysbacteria, facilitates the penetration of toxins into the intestinal walls. Healthy microflora, protect from fungal infection. Primary sign of dysbacteria – to dysbiosis.

Diseases caused by Dysbacteria and Dysbiosis

Intestinal mucosa – 250m²

1. Liver, gallbladder, pancreas disorders and their diseases
2. Gastric secretion disturbances
3. Nerve
4. eczema
5. Allergies (asthma, hayfever, etc.)
6. Anemia
7. Enterogenic, rheumatic complaints
8. Neurological problems like headaches, irritability, fatigue
9. Psychological alterations with depression and hypochondria
10. Hypovitaminosis
11. Fungal infestation
12. General immunodeficiency
13. Can ail on existing disease and delay healing result being focus

Intestinal Immune System

Antigen stress on human skin surface

- skin surface = 2m²
- lung surface (inner) = 80m²
- intestinal surface = up to 300m²

Antigens: toxins, pathological viruses, fungi, animal and plant matter and toxins, foreign proteins, etc.

The main source of the antigens from the environment: food particles, parasites, and products of their decomposition. The colon is exposed to the largest contact with antigens in relation to the intestinal passage, it is an important barrier.

The intestinal immune system is equipped with its own immune system:

1. lymphocytes in the epithelium
2. plasma cells
3. macrophages
4. Peyer's plaques and solitary lymphatic follicles
5. lymph nodes of the mesenterium

DYSBIOSIS

Associated Symptoms and Conditions

Allergies
 Asthma
 Attention Deficit Disorder (ADD)
 Cervical Dysplasia
 Crohn's Disease
 Chronic Ear Infections
 Chronic Enteritis
 Chronic Fatigue Syndrome (CFS)
 Chronic Hepatitis
 Chronic Mononucleosis
 Chronic Pelvic Inflammatory Disease (PID)
 Chronic Sinusitis
 Chronic Urinary Tract Infections
 Colitis
 Diaper Rash
 Dyslexia
 Eczema/Psoriasis
 Emphysema
 Fibromyalgia
 Gas & Bloating
 Gingivitis/Periodontal Disease
 Herpes (Chronic)
 HIV/AIDS
 Human Papilloma Virus (HPV)
 Hyperactivity
 Infertility
 Interstitial Cystitis/Chronic Bladder Infections
 Irritable Bowel Syndrome (IBS)
 Learning Disabilities
 Prostatitis/Benign Prostatic Hypertrophy (BPH)
 Vitiligo

The Time of Day for the Organs

- Lung is 3-5 a.m. and Large Intestine is 5-7 a.m.
- Commonly people with weak Lungs experience impaired breathing between 3-5 a.m.
- It is also the time traditionally that many monks rise to meditate, pray and focus on their breathing. It is the easiest time to receive inspiration from the heavens.
- Between 5-7 a.m. is the time of day one has the healthiest bowel movement in a balanced Metal.

Lungs and Large Intestine

- Both organs take in and both let go of toxins and emotions.
- The Lungs contact heaven. The large Intestines, as the final stage of the digestive process, contacts the Earth.
- People who cannot take on something new because they cannot find a way to let go of what is no longer relevant to them.
- This can take the form of an idea or a relationship as there is no room for something new to be created.

Responses to Issues

- 1. Fragile ----- unyielding
- 2. Cut-off ----- seeking connection
- 3. Resigned or inert – overworking & achieving
- 4. Craving quality & purity -- feeling messy & polluted
- 5. Deeply moved --- nonchalant