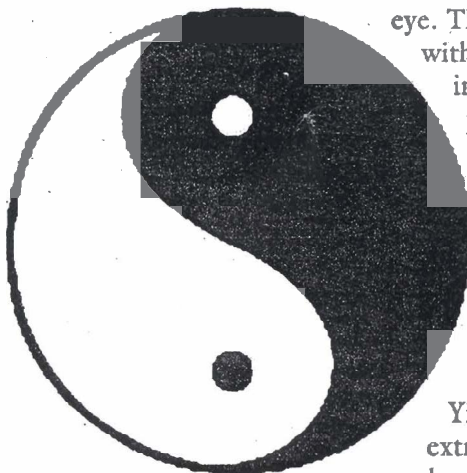


# Yin and Yang: Their relationship to good health - the Chinese way

The Chinese Yin (-) and Yang (+) logo -- the black-and-white, fish-like symbol embraced in a circle -- is familiar to most people. But its deeper meaning embraces nature, the universe, and explains the basic premise of the Chinese way to good health.



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HEALTHY LIVING - THE CHINESE WAY

In each fish-like symbol there is a dot like a fish eye. This means there are Yin within Yang, Yang within Yin. Nothing is completely Yin or completely Yang. Yin and Yang complement each other just like fish in the water. Yang (+) is the active male element, and Yin (-) is the inactive female element. Yin and Yang are two extreme forces that control and complement nature.

They also represent balance in the universe. For example, in nature we see Yin and Yang in the sun and moon, spring and autumn, hot and cold, dry and wet, fire and water, men and women, and up and down.

### Universal bodies

Since the human body is part of the world of nature, it is subject to the same principles that govern the universe. The healing art of Traditional Chinese Medicine is based on balancing the Yin and Yang element contained in one's body.

In the human body, internal organs are divided into two groups. The anterior (front of the body) and medial (inside of the limbs) is Yin. The posterior (the back) and lateral (outside of the limb) is Yang.

More specifically, Yang organs are solid tissue organs such as the liver, heart,

spleen, lung, kidney and triple warmers (body torso). Yin organs are as hollow organs such as the gall bladder, small intestine, stomach, large intestine, bladder and pericardium (crown of the heart).

Each organ links to an invisible meridian that brings blood and energy flowing within its pathway to nourish the passing area. A meridian is a small, invisible channel or pathway that runs beneath the skin and is linked to an organ. An organ's nourishment is delivered through its meridian.

All organ meridians run vertically beneath the skin.

### Go with the flow

Some meridians flow from the breast to the hands, such as the heart and pericardium lung. Some run from the hands to the head, such as the large intestine, small intestine, and triple warmer. And some run from head to feet, such as the bladder, gall bladder, and stomach. Lastly, some run from feet to abdomen and breast, such as the kidney, spleen, and liver.

Then -- without overwhelming the reader at this point, I hope -- there are the eight energy meridians; five that run on

organ meridians and three that run on the body torso.

Along the meridians there are pressure points. They are the energy pools within that area. Just imaged that your body is covered by a net of blood and energy. If you have been to an acupuncturist's office, you have most likely seen a chart or doll of the meridians and pressure points.

When you experience discomfort in a certain area of the body, that means the energy in the area is blocked. The acupuncturist inserts a needle to the pressure points to release the blockage, and you feel better after the treatment.

For those afraid of needles, acupressure massage is an alternative to release the restriction. It brings the same, efficient result. A good acupressure masseur will understand the ailments as well as an acupuncturist, as his or her knowledge is based on TCM. And all know the value of balanced Yin and Yang, within the body and throughout the universe.

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