



LiverCare @ Spring
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1. Selfcare Principles

- Treatment - 30%.
- Selfcare - 70%.
- Prevention > Treatment.
- Be united with the Nature as one, following the Nature.
- Always remember, you are the best healer for yourself.

If you rely everything on me, you have to be my patient for a life time, one doctor said.



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2. Liver in TCM

2.1 5 seasons –5 Organs

Spring – Generate – Liver.

Summer – Grow– Heart.

Long Summer – Grow–Spleen.

Fall – Harvest – Lung.

Winter – Store – Kidney.

✂ Please take care of each organ at its related season.

✂ Liver is the main organ that dominate the generation of our body in spring.



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2.Liver in TCM

2.2 7 Emotions – 5 Organs

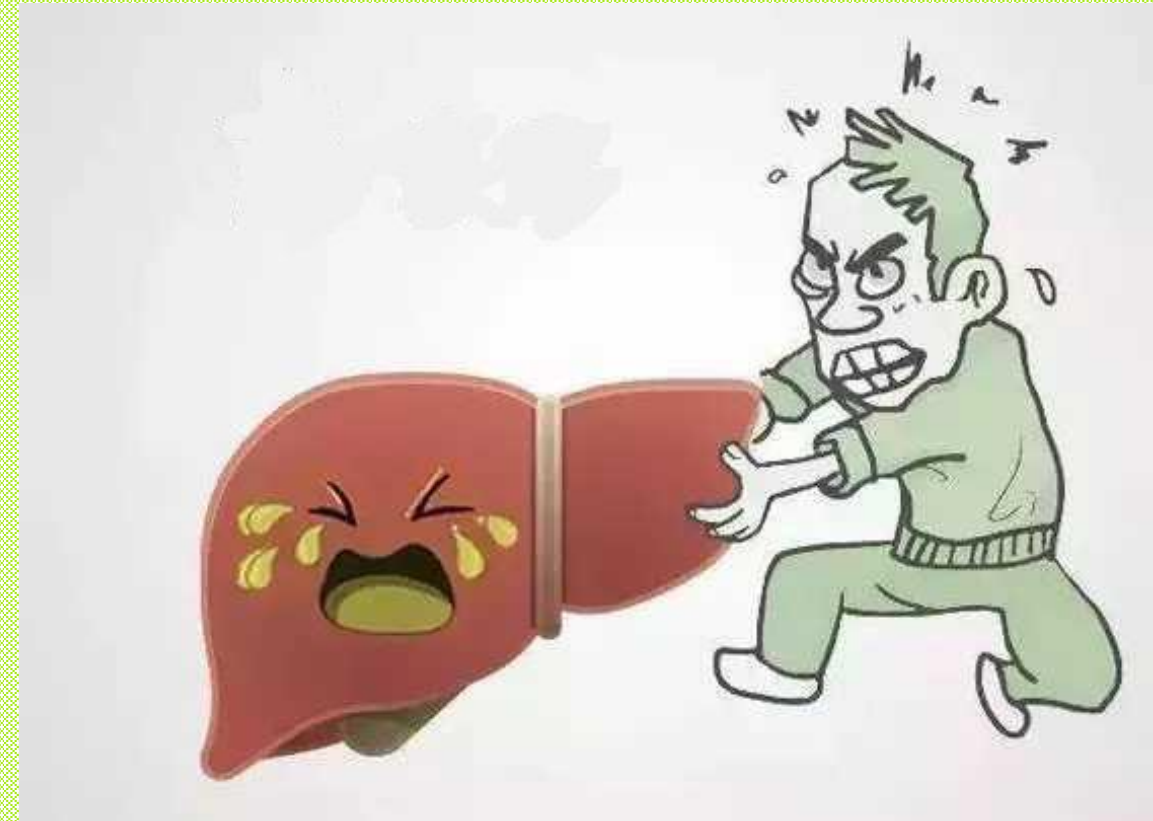
Angery Hurt Liver.

Too much Joy Hurt Heart.

Too much Thinking/worry hurt Pancreas.

Too much Grief /crying hurt Lung.

Too much Fear/fright hurt Kidney.



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2.Liver in TCM

2.3 5 colors – 5 Organs

Green color food enters Liver.

Red color food enters Heart.

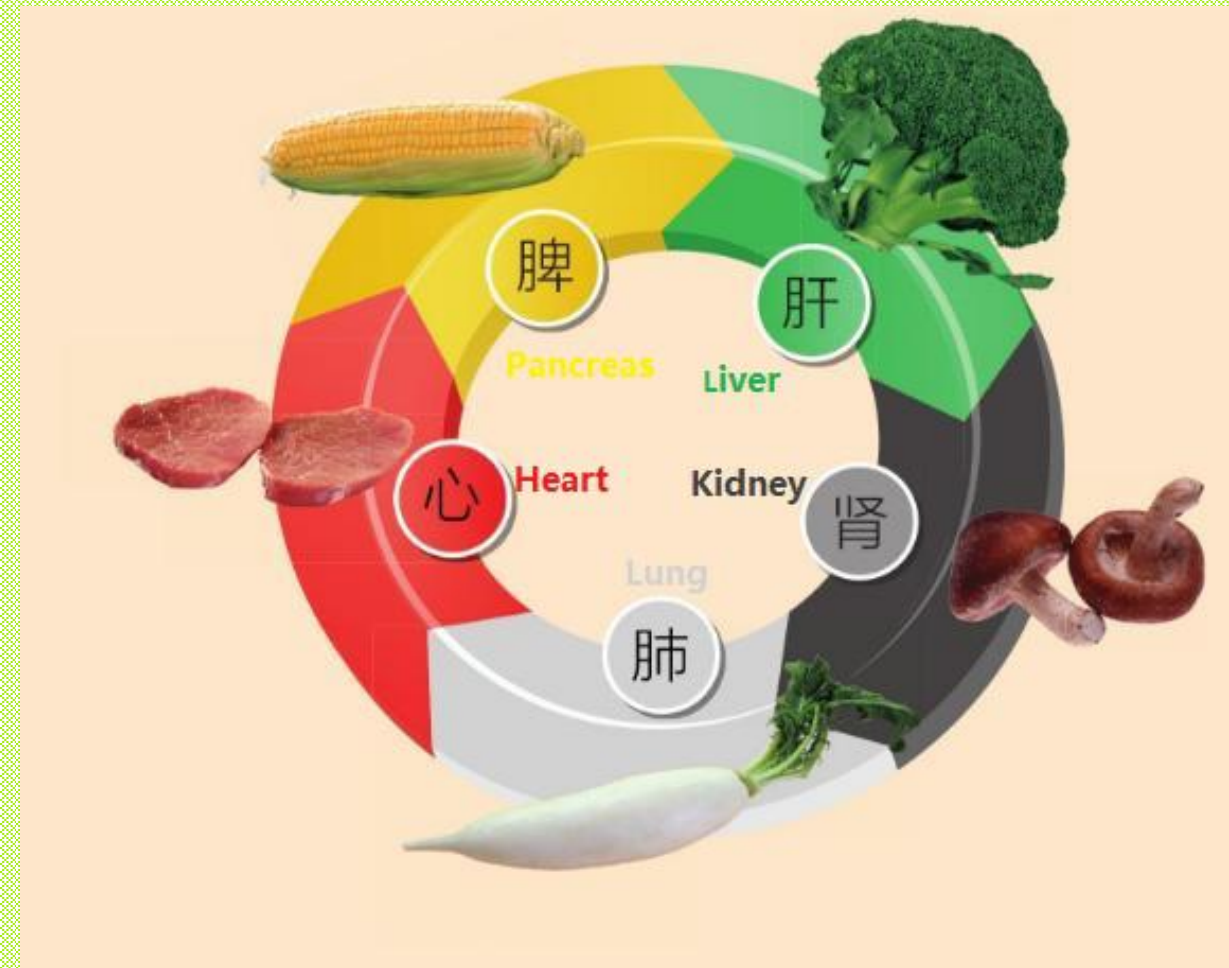
Yellow color food enters Pancreas.

White color food enters Lung.

Black color food enters Kidney.

Looking at the green color of pictures and trees can be good for your liver too.

What we see, what we eat, what we smell, what we hear and how we live can influence our body.



2.Liver in TCM

2.4

Liver's function

- ①Regulates the volume of circulating blood,
- ②Maintians the free flow of Qi,
- ③Controls the tendons & ligaments,
- ④Manifests in the nails,
- ⑤Opens to the eyes.
- ⑥Etc.

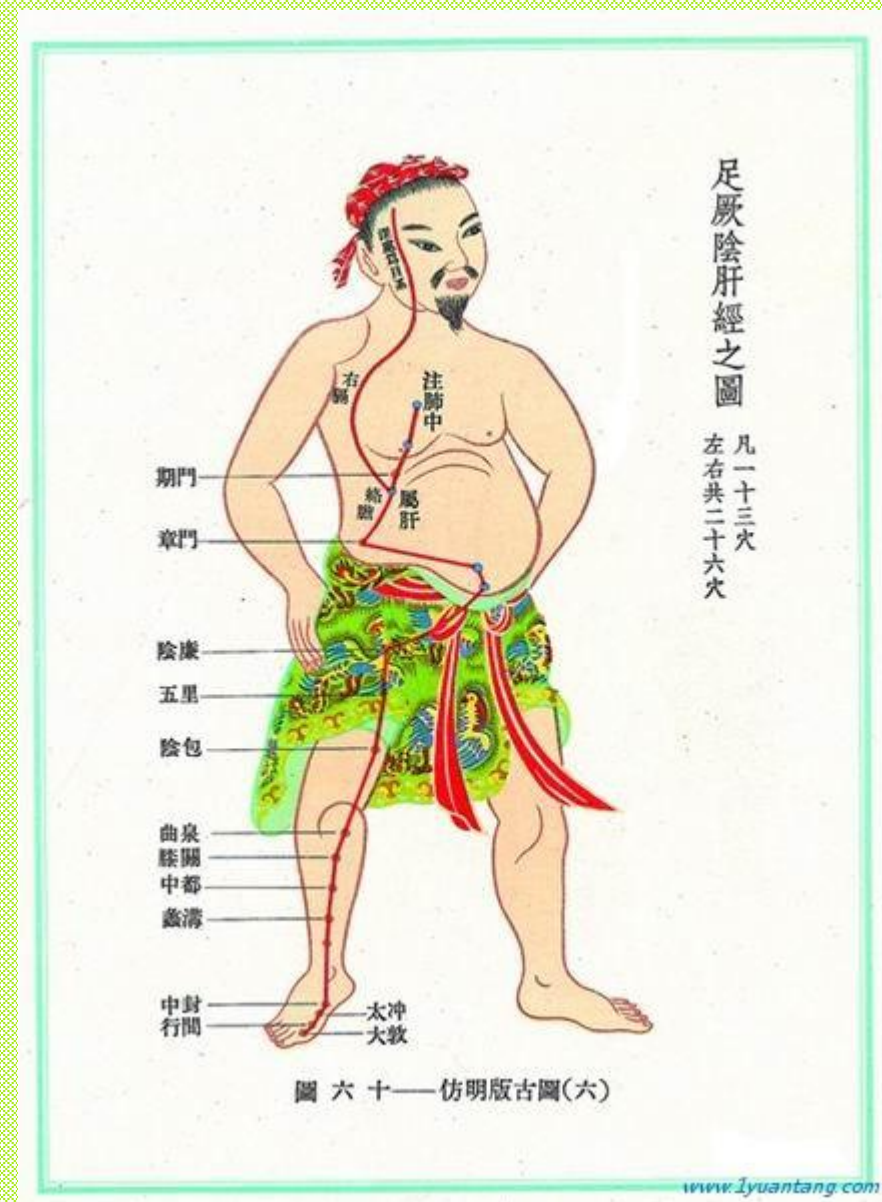
※Any disorders of Qi, blood, tendons, ligaments,nails, eyes and tears(liquid in eyes) are related to liver.



2.Liver in TCM

2-5. Liver Meridian

- Liver Meridian starts from hairy region of great toe.
 - Runs up-ward along the dorsum of foot and medial side of legs to the pubic hair region.
 - And then goes up to lower abdomen.
 - Runs up and curves around the stomach to enter the liver, and connect to gall bladder.
 - Passing through diaphragm and branching out to reach coastal and ypercondriac region.
 - Ascends along posterior aspect of throat and nasopharynx and connect to eye system.
- ✂ Any disorders on the route of liver meridian belongs to liver, and can be treated by points of liver meridian.



2.Liver in TCM

2-6

Liver disorders

A.Liver qi stagnation (dysfunction of liver in maintaining the free flow of qi) Can cause,

- ① Distending or bloating sensation or pain,
- ② Mental disorders, like depression, paranoia, even weeping, etc..
- ③ Etc..

B.Liver qi hyperactivity Can lead to irritability, red eyes, anger, insomnia, dream-disturbed sleep, headache, dizziness and vertigo, etc..



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2.Liver in TCM

2-6 Liver Disorders

C.Blood deficiency

- Tendons will be weak – easy to get injury.
- Nails will be soft, thin, withered, even disformed and chipped.
- Spasm of tendons and muscles.
- Numbness of 4 limbs
- Blurred vision,
- Oligomenorrhea or even amenorrhea in female.
- Depression.



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3. Five behaviors that can hurt your liver

- ① Excessive drinking.
- ② Lack of sleep.
- ③ Eating greasy food.
- ④ Often Angry.
- ⑤ Excessive smoking.

※ Do you know that liver is an organ that never cry?



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4.Goal of LiverCare @ Spring

- ① Prevent liver or other diseases.
- ② Control liver diseases from getting worse.
- ③ Get ready for the task of next season. Better germination (Liver function) for better growth (Heart Function) in Summer.

✧ Our mother nature is selfishless. Every season, what they do is not for themselves but get ready for the next season.

✧ In TCM, Liver is the mother of Heart.



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5.What should we do in Spring ?

5-1. Life Shcedule

①Ensure enough sleep

From 11pm to 3am, it's time for liver's detoxification, try to get in deep sleep before 11pm is very important.

②Exercise properly

To relax the stiff muscles and tendons from cold winter. Hiking, slow running,Tai chi are very good physical excises in spring.



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5.What should we do?

5-2.

Diet

- ① Try not to eat too greasy, spicy and rich-fat or high-protein food.
- ② Try to eat green vegetable. In TCM, natural Green-color food enters liver.
- ③ According to modern science, vitamin C can be helpful in detoxification of liver's function. So, try to eat the fruit that is rich in Vitamin C, like orange, pomelo, tangerine, lemon.



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5.What should we do?

5-2. Diet

④ Less sour taste , more sweet taste.

In Spring, liver is slightly hyper than other organs, Sour tasting food can make the liver hyperactive, which might break the balance between internal organs.



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5.What should we do?

5 - 3. Drink Try not to drink.

Try the following tips when you have to drink.

- ① Drink some milk before drink wine.
Because milk can make a protective layer to prevent the absorbtion of alcohol to reduce the burden for liver.
- ② Drink some honey water after you drink.Because the fructose can promote the clearing speed of the alcohol in the blood.
- ③ Bean consumption has Lecithin that can protect liver. you can take it before or after drink.
- ④ Try not to drink with an empty stomach.



5.What should we do?

5-4.Life Attitude

No doubt about that keeping a optimistic & peaceful mental condition can benefit your life.

In Spring time, it's every important in liver's functioning. Angery hurt your liver definately.

5-5. Keep Warm.

Do not expose your body to the air too early. Liver dominate the Qi ascending, keeping warm can help the Qi arising and keep the pores open for detoxification.



6.LiverCare Tea

6 -1. Ingredients

- Gouji Berry: 10 g
- Ju Hua (Chrysanthemum): 10 g
- Jue Mingzi(Cassia): 5 g
- Shan Zha (Hawthorn): 5 g

Main ingredients: Gouji berry & Juhua. If you only find two of them. It's ok too.

6-2.Decoction Method

- Cold water to rinse the dirt form herbs.
- Put them in a big thermo container.
- Pure boiled hot water in it and cover it ASAP.
- Keep it covered for 15 minutes,then enjoy it.



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6.LiverCare Tea

6-3.Action,

- ①Clear liver and drain liver fire,
- ②Nourish liver and benefit eyes.
- ③Lower blood pressure and blood lipid.

※Liver fire related to: red eyes, irritability, anger distending headache and eye pain, hypertention.

※ People drinking it often can relax the mental condition, improve vision, prevent liver diseases and release the symptoms from liver diseases.



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Gouji Berry



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Ju Hua (Crythansenum)



Jue Mingzi(Cassia)



Shan za (Hawthorn)



6.LiverDetox Point

6-1. LiverDetox Points

LV01 - Clear liver & mind, benefit eyes.

LV02 - Drain liver fire toxin, Treat red eyes, toothache, mouthulcer, ulcer on tongue, anger, irritability, hypertension, and etc that related to liver fire toxin.

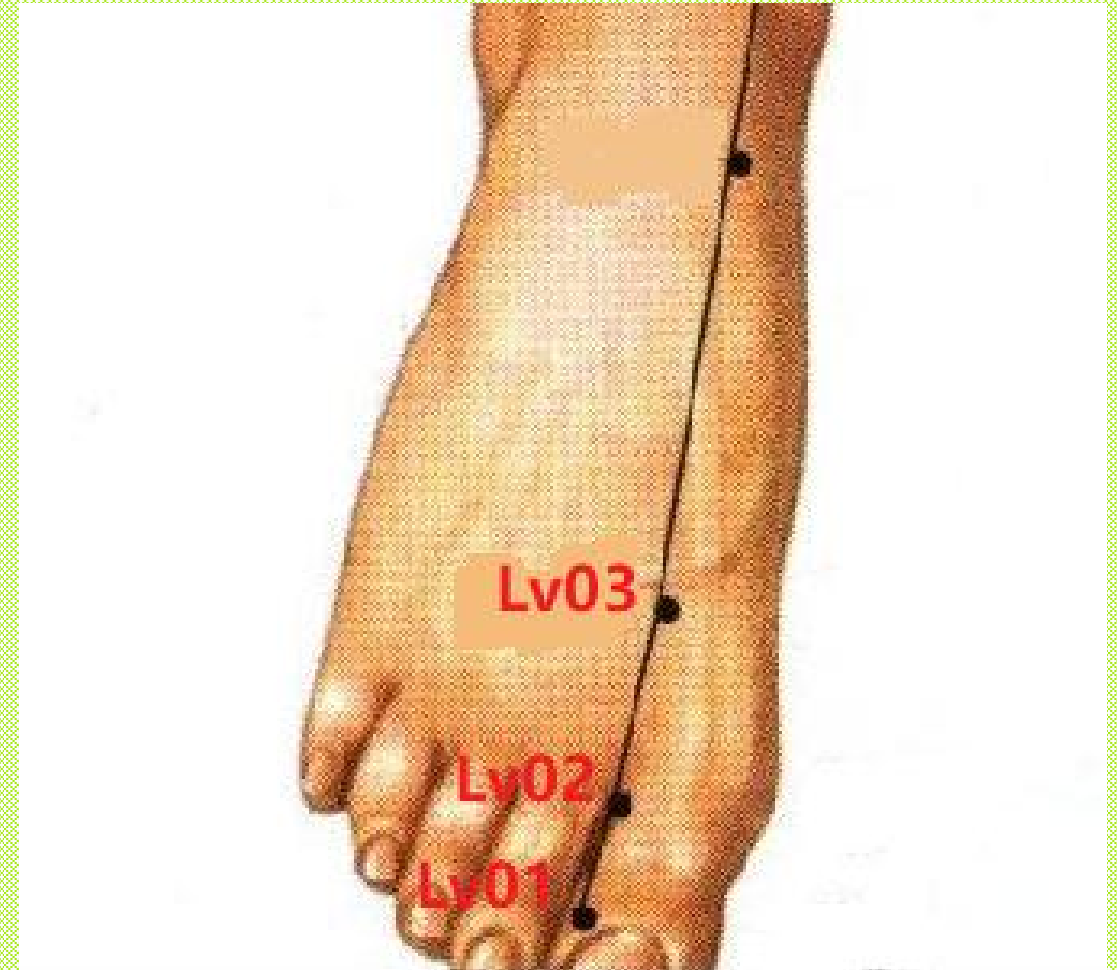
LV03 - Clear toxin in liver.

6-2. Operations

Massage or rubbing by hand.

Press by nails. All ok.

Just stimulate it often.



7. LiverCare vegetable

7.1 Chives (Jiu Cai)



This herb can raise Yang of your body to help the arising function of liver.
Stir fry with eggs ---is a good recipe for frequency urination of elders

7. LiverCare vegetable

7.1 Chives (Jiu Cai)



7. LiverCare vegetable

7.2 Flower of Chives (Jiu Cai Hua)



7.LiverCare vegetable

7.3 Spanich



7.LiverCare Vegetable

7-4.Asparagus



7. LiverCare vegetable

7.5 Celery



Good at lowering High Blood Pressure.

7.LiverCare vegetable

7.6 Lettuce



7. LiverCare vegetable

7.6 Lettuce



7.LiverCare vegetable

7.7 Brussel Sprouts



7.LiverCare vegetable

7.8 Cabbage and Kale



Action:Clear heat, resolve toxicity, disperse the accumulation, reduce the swelling, promote urinaiton ublock water way.

7.LiverCare vegetable

7.9 Broccoli



Action:Clear heat, resolve toxicity, disperse the accumulation, reduce the swelling, promote urinaiton ublock water way.

7.LiverCare vegetable

7.10 Red Bell Pepper



7.LiverCare vegetable

7.11 Carrot



8. Liver Detox Herb Around you

8.1 Dandelion (Pu Gong Ying)



Action: Clear heat, resolve toxicity, disperse the accumulation, reduce the swelling, promote urination, unblock water way. No.1 herb for mastitis.

8.LiverDetox Herb Around you

8.1.Dedelion (Pu Gong Ying)



8. Liver Detox Herb Around you

8.2 Ruccola salad (Ku Cai)



Action: clear heat, resolve toxicity, nourish your body and release the dryness

8.LiverDetox Herb Around you

8.2 Ruccola salad(Ku Cai)



8. Liver Detox Herb Around you

8.2 Ruccola salad(Ku Cai)



8. Liver Detox Herb Around you

8.3. Plantain (Che Qian Cao)



Action: Clear heat resolve toxicity, promote urination, cools the blood.

8.LiverDetox Herb Around you

8.3 Plantain (Che Qian Cao)



8. Liver Detox Herb Around you

8.4 Ma Chi Xian



Actions: anti-virus and inflammation, lower lipid in blood, depress the cancer.

8. Liver Detox Herb Around you

8.5 Qi Qi Cai



Action: Harmonize stomach, promote urination, stop bleeding and brighten the eyes.

8. LiverDetox Herb Around you

8.5 Qi Qi Cai



8. Liver Detox Herb around you

7.5 Qi Qi Cai





Thank you!