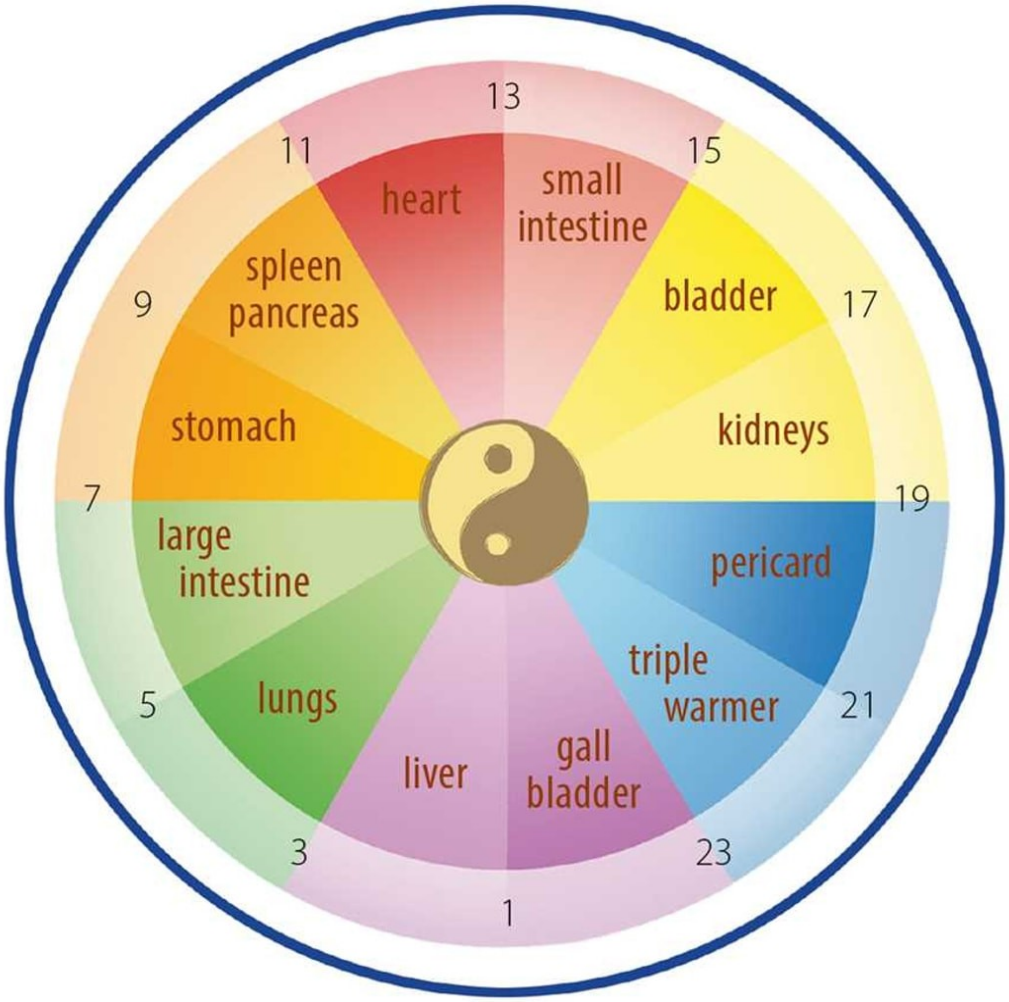
The Body Clock in Traditional Chinese Medicine

Understanding Our Energy Cycles for Health and Healing



Lothar Ursinus

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EARTHDANCER

AN INNER TRADITIONS IMPRINT

This book is dedicated to my two children, Daniel and Katharina.

Contents

Preface

After the first edition of *Die Organuhr* (*The Organ Body Clock)* was published in 2009 in German, many readers wrote to me in agreement with the links outlined in the book between the organs and their associated mental and emotional aspects. Their reports of recognizing themselves in descriptions of a particular phenomenon motivated me to complete this revised and expanded edition of the book.

One of the questions I was asked most frequently concerned the switch to summer time: when the clocks change, do our organs follow suit? And if so, what are the effects? Anyone who has taken a long-haul flight across several time zones and suffered from jetlag will know how important, and challenging, it is to adapt to a new sleep/wake cycle. Your inner clock is unable to sync with local time overnight, and a range of complaints and conditions can be caused by the change in the rhythm of darkness and light.

Humans are creatures of light and adapt to sunlight via the pineal gland (sometimes known as the epiphysis). We witness this phenomenon in the animal kingdom too. The first rays of the sun in the morning cause the birds to stir and launch into song. These constant “updates” to sunlight also exert an influence on the rhythm of our organs, and we adapt to summer time rhythmically. Any initial problems generally resolve after a few days. Farmers allow their cows about a week to become used to the new biorhythm.

I completed my book *Mein Blut Sagt Mir* (My blood tells me) in January 2015, following several years of research. The subject was very close to my heart. I did not write the book for doctors or alternative practitioners as I felt it was important to explain laboratory data and the links between the organs in a way that lay readers could understand. The third edition of this book has now been published, and I have included in this expanded edition many of the findings about our blood discovered during that research.

I hope you enjoy reading this new book.

Introduction

Human beings are part of the universe

Rhythms are visible everywhere in the natural world: night and day, summer and winter, waxing and waning, life and death. In all Nature's processes with a beginning and an end, the end also heralds the start of something new. All things that rise must fall again; breathing out requires breathing in. Polarity and exchange are an expression of vitality. Nothing is lost in the universe; things with a beginning and a definitive end would not be possible in the cosmic order.

We accept cycles such as day and night or the seasons as a matter of course. We experience them repeatedly and arrange and schedule our lives around them. Human beings are not autonomous creatures on this Earth; we are all part of a greater whole, with all its processes and transformations. We are woven into the solar system and are subject to the transformations that result from the cosmos as it rings the changes.

The cyclical nature of events in the universe is also reflected in our bodies. Your skin renews itself every four weeks; a skin cell lives for only 28 days before being sloughed off. This period of time corresponds to the rhythm of the moon, and when the rhythm of skin renewal is interrupted, by psoriasis for example, it is described by traditional medicine as a rhythmic complaint expressed in the skin, so psoriasis should be treated via the endocrine system and not the skin.

The menstrual cycle also corresponds to the moon's rhythm; the lining of the uterus is expelled in order for a new one to be formed. Examine your breathing closely and the link with the universe becomes clear: humans take around 18 breaths per minute, which in 24 hours amounts to a total of 25,920 breaths (18 x 60 x 24). Expressed in years, this figure corresponds to a period that Plato described as the "Great Year,"[*1] and the lifespan of a human who can expect to live 72 years (x 360 days) comes out at the same

figure. A human life is to a certain extent one breath of the cosmos. If we think of ourselves as part of the greater whole, we are aligning ourselves with the cyclical behaviour of the universe, and it becomes easier to grasp that the physiological and organic processes within our bodies are subject to a higher order.

We have been devising specially fine-tuned dietary schedules based on the metabolism for our patients at the Naturopathy Center in Hamburg, Germany, for many years now. For the personalized dietary program I formulated, close analysis of vital processes and the metabolism is used to determine which foods are best suited to a particular individual. Patients who are not extremely ill or overweight frequently reported that we hit upon the foods they like to eat, but this is rarely the opinion of those patients with metabolic complaints or carrying excess weight. The conclusion to be drawn from this is that each individual has a different sensitivity when dealing with his or her own body; those who listen to their inner voice will feel better, as a rule, as they are consciously or unconsciously aligning with cosmic laws, sensing their own selves and finding their own paths.

The organ body clock has its origins in Traditional Chinese Medicine (TCM). This millennia-old method of healing is based on holistic thinking and is underpinned by the rhythmic system of the universe. It considers human beings to be closely interlinked with cosmic principles and the laws that govern the Earth. Chinese medicine sees the energy system of human beings as a network between inner and outer worlds; it draws all its vital power from the two polarities of Heaven and Earth. This vital energy is also known as Qi and refers to both the material and spiritual nourishment that the body obtains to create energy. These ideas are not unfamiliar in the Western world; the view of the 16th-century Swiss physician Paracelsus was that anyone who failed to incorporate the environment and the position of the stars in a diagnosis of disease had no right to call themselves a doctor.

But who sets our inner clock? What keeps time and where is the “master clock”? We all have a natural biological rhythm that aligns itself with sunlight. Researchers have established that we have both this master clock and individual “movements,” clocks that run on the periphery. This sounds both simple and exciting on the face of it, but very few people

nowadays live in sync with the rhythm of the sun, and not to do so can have fatal consequences. The master clock no longer sets the time and rhythm for the clocks and rhythms of the individual organs and regions of the body. If every member of an orchestra were to play whatever music took their fancy, cacophony would result, a word that aptly describes what it would "sound like" in the body when we are no longer in biological harmony.

We experience a loss of synchronization after a flight, for example, irrespective of the direction in which we have crossed the time zone(s). Typical symptoms of jetlag include drowsiness, upset stomach, sluggishness during the day, sleep disruption at night, hormonal disturbance, and more. After a few days in the new time zone, the body's rhythm adapts to the new arrangements with the sun. Experience suggests that the greater the dislocation in relation to the body's usual time, the longer it will take us to adapt, but here too, the inner flexibility of the individual body system plays a role; young people generally adapt more quickly to the new situation than older individuals.

People who work periodic night shifts have to adapt to new rhythms, and such shifts carry considerable health risks. A Harvard University survey of 120,000 nurses over the last 30 years examined diet, exercise, and health. The nurses who always worked night shifts had a 60 percent higher risk of contracting breast or even bowel cancer than those who worked day shifts.

However impossible it may appear (or in fact be), it is advisable to observe and respect cosmic laws and circumstances; these are the universal rhythms of which we are ultimately a part. At least we will be better off physically, mentally, and in our health, and for that reason alone it is worth trying to live in harmony with the rhythms of the sun.

Each organ has a high point of activity during the course of a day, and in contrast also an important rest phase. We all know that our day begins the moment we get up; for some this might be 5am, for others 3pm. Whatever time we get up, however, each and every day begins at 3am for our organ body clocks. If our alarm goes off at 7am, the main activity period of our lungs is already complete, while the colon is still active. Cleansing the body is the key priority in the early hours of the morning, and breakfast then follows from 7am. Starting your day with a glass of warm water provides the perfect support for your body to cleanse itself.

Medicine becomes exciting and interesting when we not only observe and treat symptoms but also view them as pointers to the origins of illness. In such cases, the fundamental principles of Chinese and anthroposophic medicine can be most useful.

Chinese medicine is a method of healing that has existed for over 2,000 years. It is based both on individual organs and energy channels running through the body. Physical energy, or Qi, flows through these channels, or meridians. There are 12 principal meridians, and one organ or organ system is assigned to each of these. In this book, I shall describe each individual organ and its function and effect on the body as a whole. I shall examine the interconnection of the organ systems, the so-called sister organs or organ pairs, which in Chinese medicine are grouped together as “function circles.” The circulation of Qi energy is regulated in a 24-hour rhythm in which each organ is supplied with maximum Qi over a period of 2 hours. The term“body clock” describes this circulation of Qi through the organs. Higher control of this vital energy is managed through the light we perceive via the pineal gland. Anthroposophic medicine is based on the findings of Rudolf Steiner’s teachings, although these results are considered of little significance in conventional medicine.

In my day-to-day work with patients, however, the principles of anthroposophic and Chinese medicine have always revealed the correct treatment path, and I have therefore incorporated these two medical approaches, along with my own experience, into the descriptions of the body clock in the pages that follow.

The symptoms described in each chapter are some of the ways in which the body can express itself; they are not all present at the same time. Organs are closely linked with individual teeth, and a specific connection can be detected between them and each organ system. Clear scientific evidence is not always present, but there is certainly no lack of practical experience. Recurrent organ malfunction may have its origins in an unhealthy tooth or an infected root. The link may occur in the other direction, however, where a tooth that constantly causes problems may have organ trauma of some kind as its underlying cause. This mutual relationship should always be considered as part of a holistic diagnosis.

I have written this book because it is my great wish to make medicine understandable. Illness should not be seen as something bad, but rather as a

signal sent out by the body to impart information and change behavior. I hope that my description of the body clock in the pages that follow can help us make progress toward this goal of understanding.

The organ body clock

How does the organ body clock work? How do our organs know what time it is?

Our biological clock has a fixed rhythm, which is completed over a 24-hour period. Each organ, or organ system (as it is described in Chinese medicine), has a period of maximum and minimum activity during this 24-hour rhythm. The time windows detailed in the organ body clock indicate the period of maximum activity. The least active period, or rest phase, occurs at the farthest point from this time. For example, the kidneys are at the height of their activity between 5pm and 7pm and are at their least active from 5am to 7am.

The colors used to represent this reflect the related organ pairs (function circles) as understood by Chinese medicine. The organs shown in lighter colors are classified as YANG energy (the male side, activity) and those in darker colors, YIN energy (the female side, calm).

Most descriptions of the organ body clock begin with the lungs, as is also the case in this book. But why is this? Two models explain this approach, and on closer observation these are very similar and invariably represent beginnings and endings.

During the lung period, between 3am and 5am, a switchover occurs between our two nervous systems; these are the sympathetic and the parasympathetic systems, and they have effects that are polar opposites. While we are under closer control by the parasympathetic system (calm, relaxation) during the night, we need greater input from the dynamism of the sympathetic system during the day.

Our lungs and breathing represent a direct link with life; the very first breath taken by the lungs brings about a huge redirection of the circulation of the blood, and the organ’s previous supply via the umbilical cord is

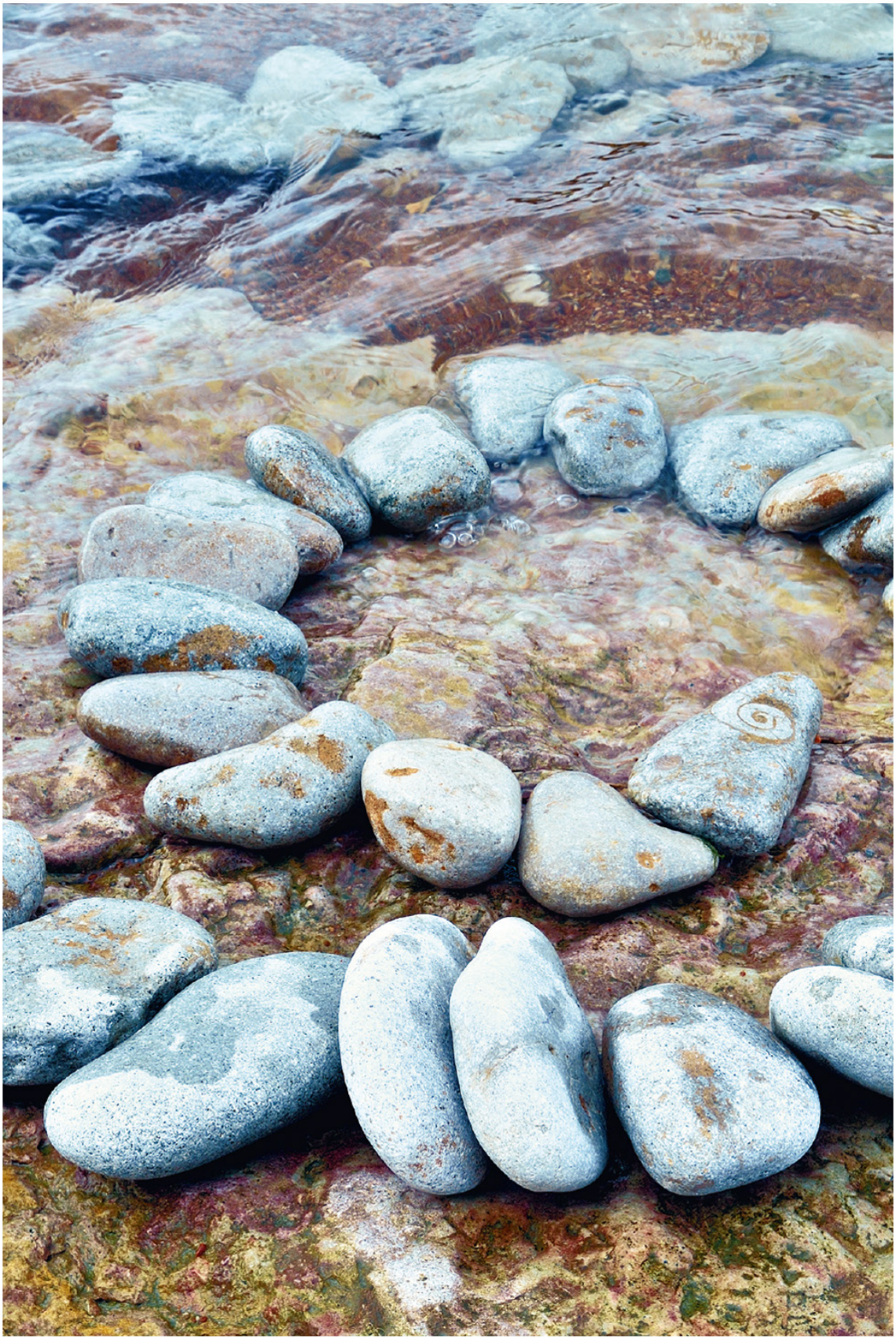
brought to an end. The lungs' circular processing of air commences, and the dividing wall between the left and right chambers of the heart closes up, thereby marking the start of independent life and growth within the body.

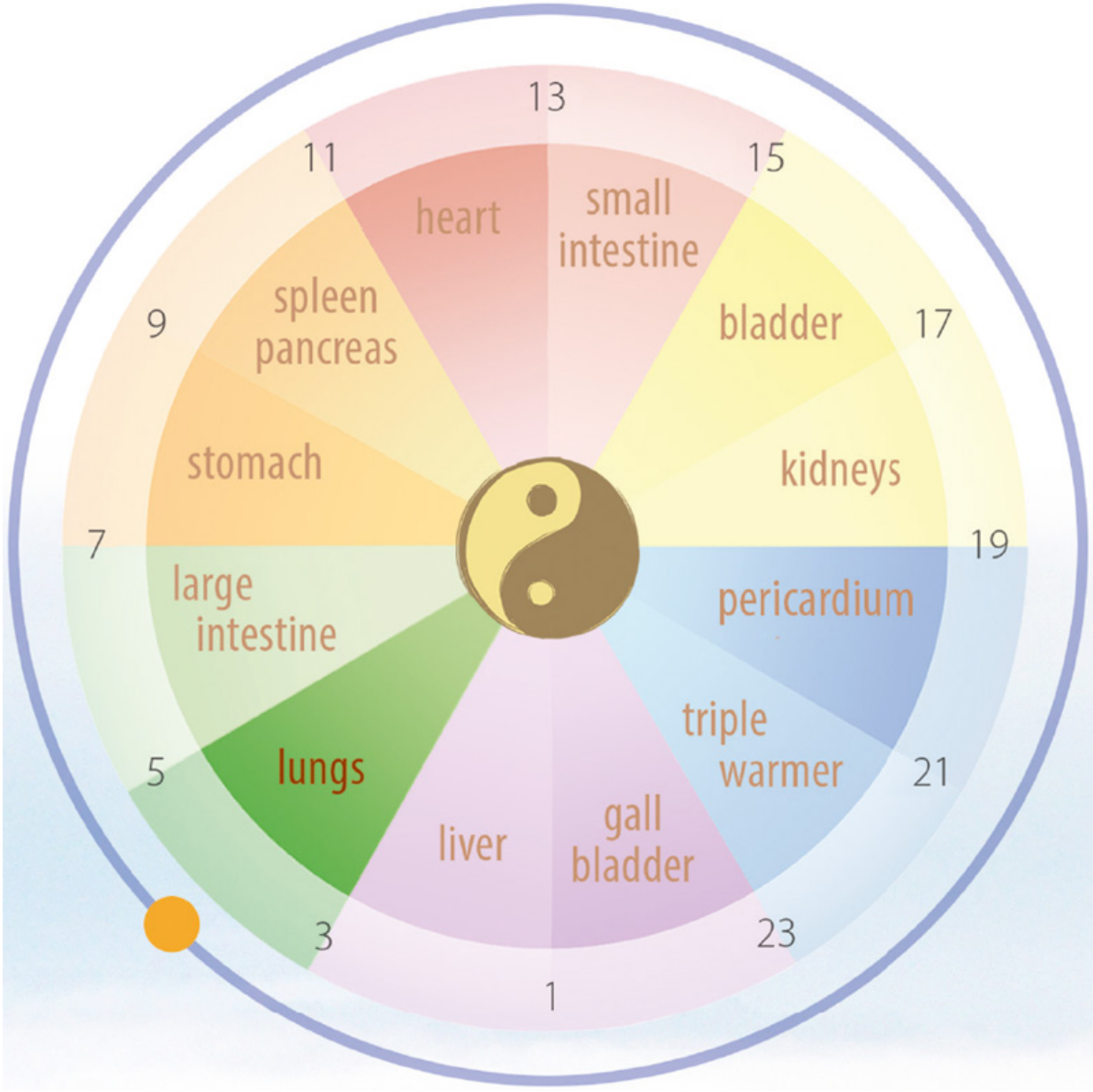
The beginning of the lung period between 3am and 4am is also known as the "night crisis," as old people and the very ill often feel unwell at this time; it is at this time that many people die, taking their last breath.

We demonstrate an extraordinary ability to adapt to the challenges of our surroundings. The constant stress to which we expose our bodies through our lifestyles exerts a particular influence during the time change from summer to winter time, and vice versa. The effects may include sleep disruption, tension, cardiac and circulatory complaints, bad mood, lack of concentration and energy, and tiredness. Look for ways of bringing yourself back into rhythm. Try to anticipate time changes ahead and adapt to them gradually.

Nature is the best pharmacy.

Sebastian Kneipp

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spleen pancreas

Lungs

Detachment and courage; letting go, creativity, and transformation

ORGAN TIME

3am to 5am strongest activity

3pm to 5pm weakest activity

Our lungs provide us with direct and relatively unprotected contact with our surroundings. We forge a new link with our environment with every breath we take.

The lungs develop from the lung bud, a gland-like protrusion that forms in a part of the foregut. This lung bud migrates upward and then hangs down like a tree inside us (with a trunk and a top), forming a hollow space. In TCM, the lung and colon have a polarized relationship and the interaction of both organs is to be found in the symptoms of many diseases. A cough thus corresponds to diarrhea, for example, or an irritable bowel could be described as “asthma of the colon.”

The lungs’ job is to take in oxygen and expel carbon dioxide and here, too, there is a parallel to the colon, which receives and then excretes. The lung takes care of volatile materials while the colon deals with solid matter.

The lungs receive support and control from the kidneys during inhalation, although they can control exhalation themselves. The lungs are the only organ that we can consciously control: by holding our breath, we can prevent in- or exhalation.

Letting go, creativity, and transformation

Breathing is a passive process; even the exchange of gases in the alveoli of the lung is carried out passively via diffusion. You only have to allow breathing to occur, the rest happens by itself. The classic image of asthma is of sufferers holding their breath while at the same time feeling they cannot breathe. We also hold our breath in situations in which we feel fear. We remove ourselves from the flow of life, as it were, when we interrupt our breathing. People who are unable to let go, and this includes breathing, find their creative talents limited.

We are forced to say many goodbyes during the course of our lives. A child that moves on to solid food and becomes a toddler bids farewell to being a baby. Puberty means saying farewell to childhood. A young person moving out of their parents' home is often a difficult parting for the parents but a giant leap into independent life for the child, as they choose their own environment. Saying farewell to a loved one through death is most difficult of all; the grief associated with parting, indeed mourning itself, is a lung emotion; not being able to let go and grieving are one and the same thing.

In such situations, the plant goldenrod *(Solidago)* can be extremely helpful; it is used when a painful experience has occurred in a relationship or partnership, or when leaving relationships.

Farewells are accompanied by change and transformation. The energy of change is to be found in copper, which is a basic material used in therapy, for example for *bronchial asthma*. Copper is the metal associated with the kidneys, showing in turn that the kidneys play a major role in treating asthma.

Emotions

The lung emotions are grief and sorrow, including melancholy and depression. People with lung complaints often have a mournful disposition, which shows itself most clearly in moments of excitement. A tendency to cry is often a sign of hidden lung weakness.

Lungs as an “earth organ”

Anthroposophic medicine describes the lung as an “earth organ.” Growing and flourishing are impossible without earth, and eating heartily with a good appetite is a way of saying “yes” to the Earth itself. In the same way that the liver is connected with thirst, so the lungs regulate our hunger pangs. If a loss of appetite is involved, especially with children, or indeed in cases of puberty anorexia *(Anorexia nervosa)*, the lungs must always be incorporated into the treatment.

Children experiencing problems of the airways frequently come to my practice; their complaints involve either a lymph system that is working too hard or bronchitis that is difficult to shake off. Many pediatricians have described the latter as the anteroom to asthma. People with lung problems are often sent to the seaside or the mountains to recuperate; both areas have strong creative and light-bringing powers in the form of pebbles (as well as sand) and salt. The beneficial air may also play its role in recovery.

It is always interesting to hear mothers report that their children recover more swiftly by the sea or among the mountains; the strong connection between the lungs and the earth makes the convalescence of children easy to understand.

Sensory organ

The lungs’ other jobs include managing our sense of smell and our nasal organs. The sense of smell can often be blocked as a result of a viral infection of the upper airways and reinforcement of the lungs should feature in treatment in such cases.

Lungs and skin

If neurodermatitis (also known as atopic dermatitis) is treated exclusively with creams, i.e. via the skin, the complaint may shift location inward and a clinical picture of asthma can present. Such cases make obvious the connection, very familiar in Chinese medicine, between the lungs and their related region of tissue in the skin. Treatment would then have to be carried

out homeopathically and in reverse, i.e. from the lungs to the skin. The asthma reverts to neurodermatitis before a complete cure can take place.

Teeth

The upper 14 and 15 teeth on the right side and 24 and 25 on the left side (in the dental numbering system, see p. 126) are associated with the lungs and the colon. Teeth 14 and 24 are often removed to make space for other teeth in the jaw, but there has been little study made of the consequences of such orthodontic treatment; it can certainly be considered an intervention in the natural development of the personality and the mind.

Lungs and adrenal glands

The hormonal counterparts to the lungs are the adrenal glands. These small glands help us to deal with the challenges of the day, ensuring our survival. Whatever stressful situation may occur, such as injury, illness, relationship problems, or work challenges, the adrenal glands ensure that our bodies react appropriately. Our energy levels, resilience, and basic vital functions are highly dependent on the function of the adrenal glands.

Countless medical textbooks state that our existence would not be possible without the hormones produced by the adrenal glands, and the same is true by analogy when we look at the subtle effects of the adrenal glands. In chakra lore (teachings about the power centers of our body), the adrenal glands are associated with the root chakra. This chakra is located at the perineum, between the genitals and the anus, and at the coccyx, and the main issues linked to the root chakra are security and stability. It thus represents the foundations and basic needs of our existence. Intact adrenal glands enable us to face up to life without fear, to go with the flow of life, and to be open to experiences that allow us to grow in mind and body.

The adrenal glands are thus linked with our basic instincts and our requirements for surviving and thriving. They are strengthened at the start of life through the safety, security, and trust experienced within the maternal relationship. This later grows and flourishes into self-confidence.

Physical violence, existential fear, shock, traumatic experiences, and injury all disrupt the function of the adrenal glands, and an individual's development is determined by insecurity, fear, and a lack of confidence. This lack of a sense of security often goes hand in hand with low self-esteem, which can manifest outwardly in inflexibility, arrogance, an inability to adapt, and in the presentation of an isolated, lonely, and stubborn personality. It may result in withdrawal from others, a desire not to be noticed, and a consequent inability to develop the true core of one's being.

How you live plays a crucial role in the adrenal glands' ability to recover and a lifestyle with too much stress and excessive demands is a crucial trigger for weakness of these glands. In such cases, it is important to establish the precise cause of the stress. Relaxation exercises, yoga, regular sleep, downtime, laughter, and physical exercise are a few of the ways of reducing stress and are key elements of a healthy lifestyle.

What else happens in the body between 3am and 5am?

An increase in the production of the sleep hormone, melatonin, occurs to ensure we enjoy peaceful, relaxed sleep, and a harmonious changeover to the autonomic nervous system begins in our body.

There is a decline in the influence of the parasympathetic nervous system,[*2] which generates calm and relaxation, and an increase in the influence of the sympathetic nervous system, which supports activity and dynamism. If we are worried, stressed, or fearful, we often have difficulty sleeping properly between the hours of 3am and 5am.

Lung complaints appear principally during this time frame. Blood pressure slowly rises, and those with weak hearts often wake up around this time, sometimes finding it difficult to breathe as a result of a pulmonary edema (a collection of fluid within the lung). Asthma attacks occur with the greatest frequency between 4am and 5am, and statistics show that people make the most mistakes during a night shift. These two hours are also a crisis point for those suffering from stomach ulcers; sudden infant death syndrome (SIDS), a previously unexplained phenomenon, also occurs more frequently during this time (in the first months of life). It is during these two

early hours of the morning that most people die, irrespective of the underlying cause.

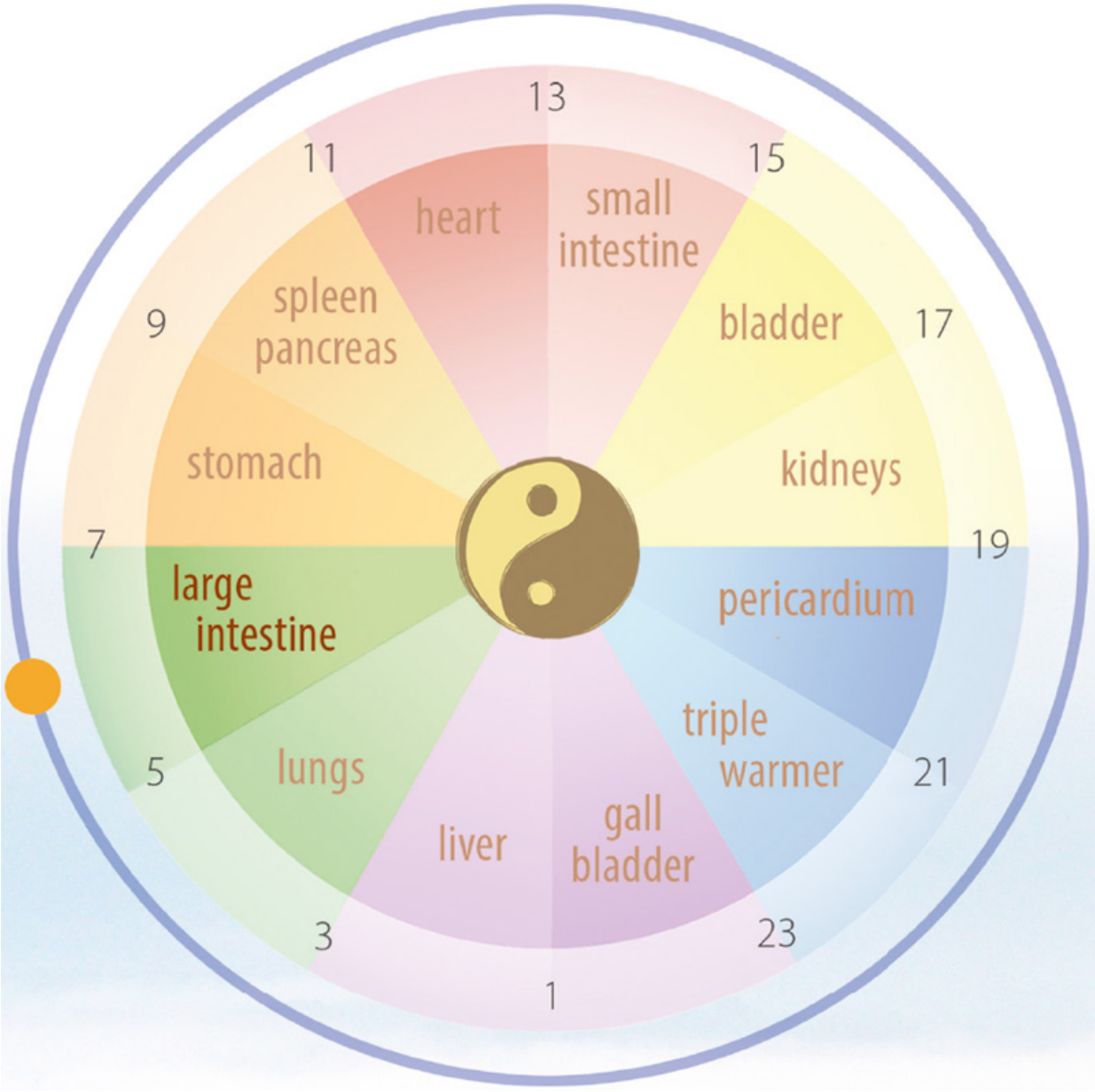
What is good for the lungs?

Plenty of physical exercise, ideally in those geographic areas that are most beneficial for the lungs (by the sea or in the mountains), is the best preventive medicine for healthy lungs. Conscious breathing exercises and yoga would also have a positive effect.

Mother tincture of ground ivy[*3] *(Glechoma hederacea)* helps us to let go and experience renewal. When combined with a patient and calm approach, it can encourage trust in the body's powers to heal itself. Through its capacity for warmth and light, this tincture can bring new vital energy to processes that have become paralyzed. Ground ivy is a great plant for treating asthma and illnesses of the airways and kidneys in particular.

At a physical level, mother tincture of cranesbill *(Geranium robertianum)* has a cleansing and detoxifying effect by activating the lymph; by analogy, on an emotional level it has a liberating and releasing effect.

Foods with a sharp or spicy flavor are suitable for the lungs. Such foods include game dishes, oats, radishes, some hard cheeses, and peppermint tea, for example, where these are suitable for the body's own metabolism.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gall bladder
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Colon

Acceptance and letting go

ORGAN TIME

5am to 7am strongest activity

5pm to 7pm weakest activity

In terms of the colon, most people's first thought is of excretion and excrement. Long before laboratory analysis and computer tomography were involved, doctors took an interest in their patients' excreta because they could "read" the body's internal metabolism in it. Patients today invariably answer "normal" when asked about the nature of their stools. This is probably because we are generally familiar with the nature of our own stools (firm, soft or crumbly) and the regularity of our bowel movements, which can vary from several times a day to once a week. As a general rule, if a person passes stools that are too soft or liquid, it is an indication that the colon's ability to shape its output is too weak; by contrast, if the digestive powers of the small intestine are lacking, small, dry stools can result.

The 4' 6" (1.5m)-long colon adjoins the small intestine as the last section of the digestive tract and wraps around with the small intestine at its center. The colon is home to microflora (gut bacteria) that play a key role in bodily function.

Acceptance

The role of the small intestine is to take in food, but the role of the colon is not merely to excrete waste: it also plays a central role in the immune system as it is responsible for the reabsorption of water and various minerals from

the contents of the gut. The process of acceptance and ingestion in the colon is carried out calmly and without fuss; chaos and stress are not conducive to this process.

Acceptance always represents the female principle, relating essentially to the left side of the body. If a patient has a complaint on the left side of the body, we can assume that the principle of acceptance has been disrupted.

Letting go

The small intestine passes to the colon via the ileocecal valve the mass of material it cannot process itself; the valve prevents reflux into the small intestine. Once the mass reaches the colon, it is transported right through it. The colon extracts increasing amounts of fluid from the pulpy mass en route, returning it to the blood.

With the food ingested and the work of the digestive organs complete, a stool is formed at the end of the colon; the excretion process is extremely important for our bodies.

We are giving something up or parting from something in the process of excretion. If the first phase of passing stools is disrupted in childhood and a child is not taught how important and good for the body it is to pass a stool, they may develop a habit of retaining them as a result, often paving the way for constipation in adulthood. People hold back their stools because they have never been taught or have never discovered that letting go is important.

For some 20 years, we have been treating patients in our Naturopathy Center with colonic irrigation (also known as colonic hydrotherapy). It is interesting and fascinating to see the effects of this treatment on patients; dissolving fecaliths or loosening impacted stools in the gut or bowel segment often also releases the emotions, even causing people to burst into tears. Patients feel lighter and better, both physically (because of the colonic irrigation) and mentally.

Emotions

Sorrow and melancholy are associated with the colon, as with the lung.

Sensory organ

After colonic irrigation, one patient reported that his blocked nose had also cleared up, something he had otherwise only achieved before with medicine used to reduce the swelling of his mucous membranes. I explained the connection between the nose and the colon and knew that we were on the correct treatment path.

The nose and sinuses are closely linked with the colon; the most common cause of recurrent sinus infections is therefore a disturbance in bowel function.

Colon, lungs, and skin

The airways, colon, and skin react to disruptions in the inner/outer relationship of the body. Neurodermatitis is a visible condition, the appearance of which some people find off-putting, and patients can suffer from feelings of rejection and isolation as a result. The corresponding disturbance in the lung is asthma, and in the colon, inflammation (irritable bowel). Although these conditions are not visible on the outside of the body, they can still be traced back to the same dynamic.

Conditions that are visible on the skin point to a complaint inside the body. Those affecting the lungs and skin should be accompanied by intensive diagnostic work with the colon. Skin conditions that develop in the fall and last the winter, as is often the case with neurodermatitis, point to a problem with the functional circle of the lungs and colon; if this is disturbed, illness tends to present itself at this time of year.

Teeth

As previously mentioned, teeth 14 and 15 on the upper right side and teeth 24 and 25 on the upper left side are associated with the lungs and the colon.

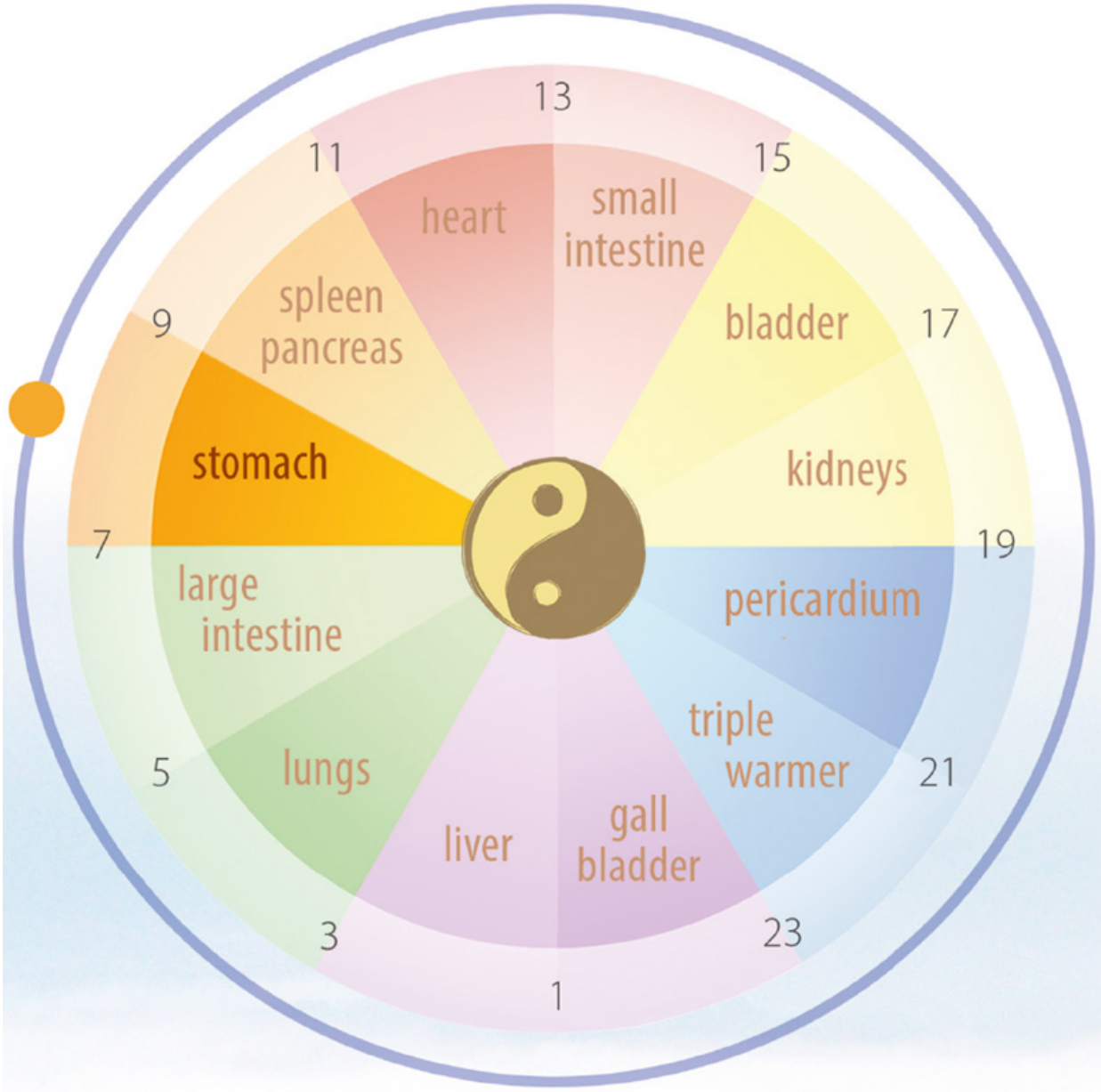
What is good for the colon?

Help your colon by starting every day with a glass of warm water; ensure you get sufficient exercise and eat the food best suited to your metabolism.

A selection of herbs ensures the best detox effects and boosts regeneration of the liver, gallbladder, and kidneys.

SUMMARY: LUNGS—COLON		
Organs	**lungs**	**colon**
Strongest activity	3am to 5am	5am to 7am
Rest period	3pm to 5pm	5pm to 7pm
Element	metal	
Bodily function	interaction, permeability	
Mental function	creativity, interaction	
Quality	distance and courage creativity and letting go	acceptance transformation
Emotions, feelings	melancholy, grief	
Endocrine system	adrenal glands	
Sensory organs	nose (smell)	
Body tissue	skin, body hair	
Bodily fluid	lymph	
Expression of power	body hair	
Taste	hot, spicy	
Odor caused by disease	rotten, moldy, fishy	
Color	white	
Climate	dry	
Associated planet	Mercury	Uranus
Associated metal	quicksilver *(hydrargyrum)*	
Season	fall	
Teeth	upper jaw 14/15 and 24/25 lower jaw 36/37 and 46/47	
Basic function	intuition, receptiveness	
Actualized	inwardness	
Not actualized	melancholy, heartache	

Symptoms	coughing, sneezing; hoarseness; flu-like infections; impaired motor skills; tension in shoulder and neck; excess weight; anorexia nervosa; loss of appetite	constipation/ diarrhea; dental caries; deafness; nosebleeds; shoulder pain; aching arms; frequent urination; lumbar spine complaints; low blood pressure
Schuessler salts	No. 11: Silicea	No. 4: Kalium chloratum
Plants	ground ivy *(Glechoma hederacea)*, cranesbill *(Geranium robertianum)*	sage *(Salvia officinalis)*, nasturtium *(Tropaeolum majus)*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Stomach

Living life to the full

ORGAN TIME

7am to 9am strongest activity
7pm to 9pm weakest activity

The mouth is the body's first entry point for food as it starts to make its way to the stomach. It is the role of the stomach "gatekeeper" to check if the ingested matter should be further processed in the body—the stomach does not precisely "recognize" the substance it receives, as its mucous membrane can only sense inexact stimuli such as "cold," "bitter," or "sour." The stomach allows everything to enter, while leaving it to the adjacent small intestine to decide what should happen next.

The stomach prepares food for digestion in the gut by kneading, sterilizing, and reducing it in mass. The gastric juices (or stomach acid) involved are a clear, transparent liquid that is slightly saline and fairly sour. These powerful natural juices can kill bacteria and dissolve even the toughest bone. They can even break down raw meat without attacking the tissue of the stomach because the body's own cells are protected by the stomach lining. Just the thought, smell, or taste of food is enough to stimulate the cells of the stomach lining to secrete gastric juices.

All the digestive organs, starting with the stomach, are at their most active in the morning and early afternoon. It follows therefore that their corresponding periods of minimum activity occur in the evening and at night, hence any digestion taking place at these times is much more sparing. Enjoying a beer or a glass of wine late in the evening, perhaps with a few slices of bread and some sausage or cheese, may be pleasurable, but it

represents a challenge for the metabolism since by now the digestive organs are already in their rest phase. The old adage of “breakfast like a king, lunch like a prince, and supper like a pauper” contains very wise advice. Unfortunately, modern dining habits tend to involve the exact reverse: people may have no breakfast in the morning, quickly bolt down a snack at lunchtime between appointments, and then eat their fill at their leisure in the evenings. Eating raw food and fruit in particular in the late evening can cause fermentation processes to occur in the body during the night, leading to the formation of fusel alcohols, which can cause severe liver damage in the long run. Eating too late is also a common cause of chronic illness.

Participants in our individual blood type diet program are encouraged to eat three meals a day. Never skip breakfast. Since the body burns carbohydrates more quickly in the morning than in the evening, you can happily load up on carbs, and without restriction on portion size. At lunchtime and in the evenings, however, you are advised to eat the protein-rich foods and vegetable varieties that are suitable for your metabolism.

Recent research has led to the discovery of the “hunger hormone” ghrelin.[*4] This small peptide hormone is mostly secreted in the stomach and upper intestinal tract and has a powerful appetite-stimulating effect in the brain. Researchers see the digestive hormone as a product of genetics and believe it evolved to encourage animals to store fat in order to increase their chances of survival during times of famine. It has yet to be conclusively established whether an empty stomach is the trigger for increased ghrelin or if it is the brain that causes levels to rise when it thinks food is needed.

The stomach, spleen, and pancreas are all located in the trunk of the body, where the autonomic nerve plexus (also known as the solar plexus) is also at work. Stress, anger, and tension often have a direct effect on the stomach via the solar plexus, hence the expression “It has gone to my stomach.”

Vitality and greed, healing and aggression

The character of the stomach meridian varies, depending on your perspective. The terms “vitality” and “greed” relate to what we ingest.

If we eat too much, we feel full and heavy. We feel “full up,” tired, and drowsy. That first dip into the candy jar or the first nut from the packet can prove to be a mistake as it is often hard to stop at just one or two.

However, it is not just food intake that can be too much for the stomach. Everyday life can overload it too—it is well known that stress can lead to stomach complaints and ulcers in the small intestine. There is no need to go “one better” than the next person, you do not have to be smarter or more beautiful. Yet a little tension counterbalanced by relaxation can also be of benefit to our stomachs.

The terms “healing” and “aggression” used here refer to the juices generated in the stomach—the production of stomach acid. Aggression can be put to good use in terms of energy and vitality in life, but when used in self-defense, its strength and dynamic power dissipate and stomach energy is weakened.

Emotions

The emotion most associated with the stomach/spleen and pancreas organs is melancholy; it is present in particular in patients who tend to cling to the past. Brooding and allowing your thoughts to go around in circles leads to dissatisfaction and depression. It can also result in a feeling of sluggishness and lack of energy, a weakened metabolism, and possible weight gain and constipation.

The pathway of the stomach meridian means that the stomach is also associated with the thyroid gland, so the symptoms of thyroid complaints may be related to the stomach. There is a further connection with the endocrine system via the stomach/spleen and pancreas function to the pineal gland, which according to the findings of anthroposophic medicine is also responsible for the formation of blood cells.

Sensory organ

Food is introduced into the body via the mouth and stomach, hence the stomach is associated with taste as part of a sensory system.

Teeth

Teeth numbers 16 and 17 and 26 and 27 in the upper jaw, along with 34 and 35, as well as 44 and 45 in the lower jaw, are associated with the stomach. Tooth 17 is also related to the pineal gland, while 34 and 35, as well as 44 and 45, are related to the breasts in females.

The oral cavity in particular is the site of a number of factors that can have a disruptive effect on the stomach. Rotten or dead teeth, parodontosis, and amalgam fillings can all influence the relevant organ system.

Relationship with other organs

The stomach has a close physiological relationship with the other organs that form the digestive system.

The body tries to get rid of disease by expelling it via the skin or the mucous membranes.

Recurrent sinus infection is one such example; the use of nasal sprays keeps inflammation at bay but pushes the complaint back into the stomach. Possible subsequent symptoms may include stomach ulcers.

What else happens in the body between 7am and 9am?

The digestive process is firing on all cylinders, the production of hormones is stepped up, and the body is relatively less sensitive to pain.

Is heartburn a stomach problem?

A burning or stabbing sensation behind the sternum is often diagnosed as heartburn, a complaint as common as allergies, hay fever, and neurodermatitis. The prevailing wisdom is that excess stomach acid causes heartburn. It is often claimed that this is due to the muscle at the lower end

of the esophagus no longer closing properly, allowing stomach acid back up into the esophagus. But is this really the case?

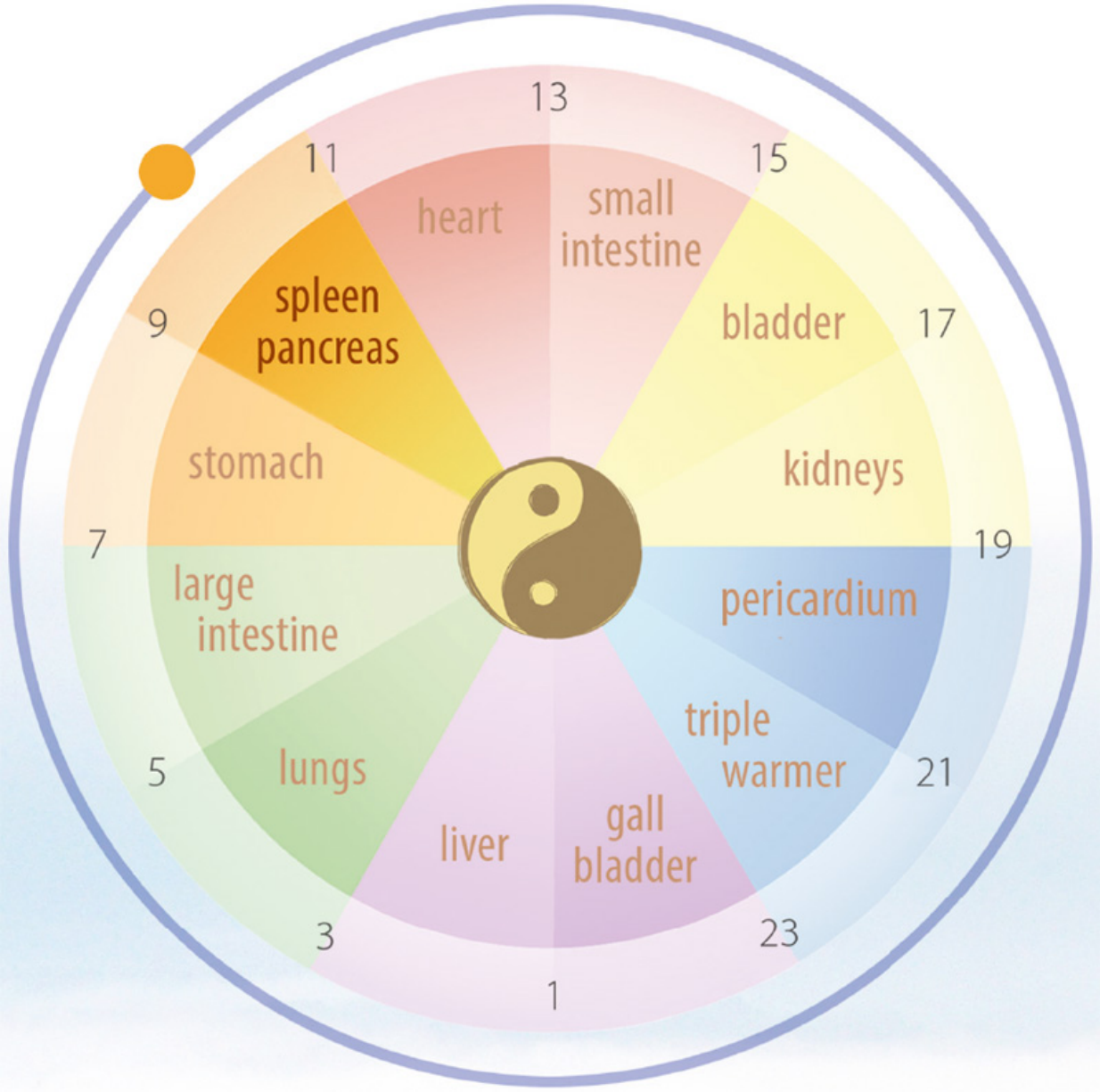
Whatever food is taken in through the mouth—fruit, vegetables, or meat—it is moved down through the digestive system and ultimately to the rectum by peristalsis (involuntary wave-like contractions of the digestive system muscles). The food is broken down to a pH value between 1.0 and 1.2 (extremely acidic) by the stomach's gastric juices. The food is then passed from the stomach into the small intestine, where the semifluid mass of nutrients is mixed with juices from the gallbladder and pancreas. The stomach opens quite frequently, even staying open for longer periods of time, but providing peristalsis continues to move the partly digested food forward in regular waves toward the rectum, this does not present a problem. Irritation of the mucous membrane (followed by stomach muscle cramps) occurs only when the gallbladder acids flow back into the stomach through reverse peristalsis. This phenomenon is often associated with rising air from the upper digestive tract and results in the unpleasant burning sensation in the esophagus we call heartburn.

Conventional medication such as acid blockers (proton pump inhibitors) and antacids (substances designed to neutralize stomach acids) bring short-term relief but in the long run are a burden on the gut, liver, and metabolism.

What is good for the stomach?

Being patient and calm, eating at regular times, and not eating too late are all very important for the stomach. And of course, make sure only to eat food that is good for the body and is readily digestible. Too much coffee, white bread, and candy are just as bad for the stomach as are stress, anger, and bottled-up feelings.

Bitter herbs such as gentian, centaury, and wormwood are tried-andtrusted remedies for the stomach. In cases of heartburn, I often prescribe *iberogast,* a combination of different bitter substances. Mother tincture of masterwort *(Ceres Imperatoria)* is helpful for promoting self-awareness and for people who feel vulnerable through a lack of self-confidence. On a physical level, masterwort strengthens the stomach.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triple warmer
gall bladder
liver
lungs
large intestine
stomach
spleen pancreas

Spleen and pancreas

Thinking and relationships

ORGAN TIME

9am to 11am strongest activity
9pm to 11pm weakest activity

The spleen and pancreas are considered to be a single unit. They represent the body's core powerfully and are closely linked with the development of an individual's personality. This can only be effective when a clear line can be drawn between the self and the outside world. On a physical level, the immune system helps us to distinguish between "me" and "not me." The spleen protects what is inside us and forms a powerful barrier against invading foreign bodies, making it one of the most important organs in the immune system. The spleen's primary function is to monitor the quality of every red blood cell (corpuscle); any red blood cells that are over 120 days old or have become unstable are broken down in the spleen. New blood is formed as a result of this purification process and the hemoglobin that is released is sent to the liver, where it is used to create bilirubin. The formerly sweet red blood is then transformed in the liver into a viscous, bitter, greenish liquid that is passed to the gallbladder in a unique metamorphosis that demonstrates the close link between the spleen and biliary system.

If an individual is unable to establish a clear boundary between themselves and the influences of the outside world, they can be overwhelmed by sensations and be susceptible to a sense of mental defenselessness. Conversely, some people can also close themselves off completely from (or cut themselves out of) the outside world. They become obstinate or even autistic. They have no emotional contact with others and lead a life of their own within themselves. Numerous studies have shown

that use of the hormone secretin, which stimulates the pancreas, may help many autistic people.

The metal lead is able to exert a powerful influence on separation processes of this kind, as is demonstrated by the wearing of a lead apron during X-ray procedures. In anthroposophic medicine, all physical conditions involving “hardening” (such as arteriosclerosis or osteoporosis) are linked with separations that have been taken to extremes, the so-called lead process. This need not have anything to do with lead poisoning, it is just an expression referring to a process within the body that corresponds to the nature of the metal. In my experience, autoimmune illnesses such as Hashimoto’s thyroiditis and multiple sclerosis should be included here, along with circulatory disorders, dry skin, and infertility. High potencies of the homeopathic preparation Plumbum Metallicum *(Plumbum metallicum praep.)* are used to treat excessive separation, and low potencies are used to treat instances of a deficiency in separation.

I often see further confirmation of the link between blood production disorders and exposure to lead in the studies of heavy metals carried out in our natural therapy center.

Along with its other roles, the spleen is also the mediator or link between the seasons. It is the organ of change and plays an important role when you enter the second half of life. Once the halfway point has been passed, and family, career, and children are all on track, the time comes to look back and reorientate yourself. Your spleen will be your companion on the journey into the second half of your life. It is during this period that the menopause generally takes place, the change from earthly to spiritual motherhood. This change affects both women and men. If health problems occur during this key period in an individual’s life, the spleen must feature in the treatment plan. I like to work with mother tincture of cranesbill *(Geranium robertianum)*, whose purifying effects promote new beginnings.

While the stomach’s role is to take in ingested food, the spleen and pancreas take care of breaking foodstuffs down into digestible molecules for absorption in the small intestine and colon. The stomach, spleen, and pancreas are also responsible for the period of time between when life first begins in the womb and the breastfeeding of the newborn child; the maternal principle—the principle of Mother Earth—is located in the spleen in particular.

Quality: thinking

The spleen and pancreas can pick up impressions and thoughts and recast and incorporate them into something that is all our own. In terms of the body, this means, for example, creating the tiniest elements of proteins from a piece of meat and building the body's own cells from them. In terms of the mind, it means developing your own opinion or conviction from input received from elsewhere. Given our dietary habits and society's emphasis on the cerebral, the spleen and pancreas are an extremely overworked organ system. Our diet is generally too cold, heavy, fatty, and carbohydrate-based. Overall, we eat too much, too quickly, too late in the day, and with insufficient control, placing an excessive burden on the spleen and pancreas in the same way that constant intellectual effort does.

Quality: relationships

The spleen and pancreas are controlled (along with the stomach) via the neural node at the solar plexus mentioned earlier. This area is also known as the third chakra and is the seat of our personality.

Every relationship, whether personal or professional, has an emotional element. We consciously (and indeed, unconsciously) maintain emotional contact with others via the solar plexus, so that an ability to embark upon a relationship can be traced back to the activity of stomach, spleen, and pancreas.

Emotions

If you start to overthink things and allow your thought processes to become unhealthy, your mind can become stuck in an endless spiral about a particular issue. Nothing concrete is achieved and you can become less active. Your thoughts go around in endless loops and your concerns become an unsolvable burden. Worrying excessively can make you ill on a physical level; anxiety consumes the energy of your spleen and pancreas and impacts on your diet. Over time, this can result in individuals being underweight *(anorexia)* or overweight *(adipositas)*.

As discussed, we externalize our feelings via the solar plexus, and laboratory analysis allows us to determine whether we are dealing with backed-up emotions or poor organ function. In the case of suppressed feelings, it can mean an inability to bring inner love and emotions into the outside world, having never learnt how to do so or having never had an appropriate partner. In the case of inadequate organ function, however, no emotions are generated for release into the outside world.

Hormonal and glandular systems

The spleen, pancreas, and stomach have a close connection with the pineal gland, the “boss” of the hematopoietic (blood-forming) system. If a person has too many or too few solid elements in their blood, its cause may lie here. In instances where the proportion of blood platelets (thrombocytes) is too low, modern medicine often overlooks a check on spleen and pancreas function. If the blood-formation process breaks down, in leukemia, for example, the spleen, the attendant lead process, and possible disruption of the lead process should also be considered.

Sensory organs

The condition of your lips is connected with the strength of your spleen and pancreas. Dry lips are always a sign of weakness in these two organs. Spending your whole time moistening your lips is clearly not the best solution, and it would make more sense to check your spleen and pancreas, activating them if necessary.

Teeth

A link to teeth 16 and 17 and to teeth 26 and 27 (in the dental numbering system, here) has been found in the upper jaw, and in teeth 34 and 35, along with 44 and 45, in the lower jaw. Tooth 34 indicates how we express our desires in our immediate surroundings.

Links to other organs

The spleen and pancreas have a physiological connection to the small intestine and colon, the digestive organs that are next in line. As discussed, the spleen is also considered the source of bile and as a result maintains extremely close contact with the liver. The pancreas is part of a chain of glands made up of the parotid gland, pancreas, and gonads (ovaries or testes). The links in this chain mean that both mumps and vaccination against mumps always present a risk to organ link; mumps can lead to diabetes or sterility.

Diabetes mellitus

Diabetes mellitus presents as Type 1 or Type 2 diabetes. In Type 1 the pancreas stops producing insulin, and conventional medicine categorizes this as an autoimmune illness. Type 2 diabetes, also known as “old-age diabetes” or “metabolic syndrome,” is the result of a lifestyle that is not “right for our species.” Long periods of stress or excessive stress, too many quick-release carbohydrates, and too little exercise are key factors in this very common disease.

Old-age diabetes develops slowly and has no identifiable symptoms at the outset. The first signs of a metabolism that has developed problems (also known as insulin resistance) are easily identified in laboratory tests that detect high triglycerides (blood lipids) and low HDL cholesterol. As a rule, we also identify elevated levels of uric acid; this is the end result of the transformation of proteins into glucose (sugar). Doctors calls this process “gluconeogenesis.” If the metabolic problems worsen, the long-term average blood glucose level (HbA1c) will also rise. The initial insulin resistance then develops into a diabetic metabolic state before progressing into Type 2 diabetes. This process is also known as “metabolic syndrome.”

The trigger factors for metabolic syndrome play a key role in its treatment; diet, exercise, and relaxation are the main pillars of any therapy. Individual dietary therapy with a blood type diet program I developed 13 years ago is the most important component in the treatment of diabetes. Decisions about additional treatment with herbal or homeopathic remedies

are made based on the results of comprehensive physical and metabolic analysis drawn from at least 64 lab test results.

What else happens in the body between 9am and 11am?

The body is extremely resilient during this period, which is why it is a good time to carry out surgical procedures or X-rays. Wound healing also takes place at a faster rate. The short-term memory is at its most receptive and overall mental learning abilities are at their highest.

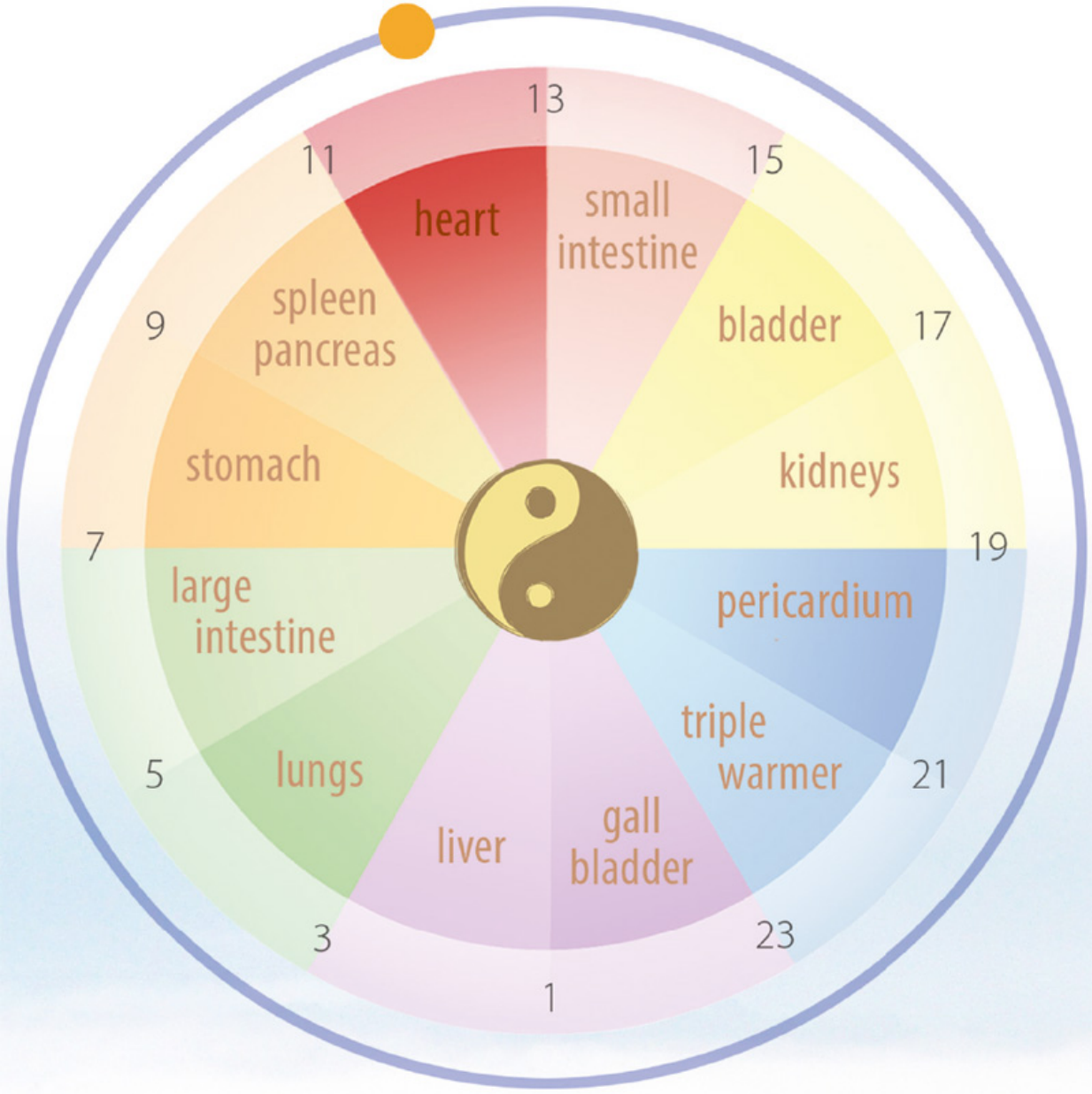
What is good for the spleen and pancreas?

Activities and situations that benefit the solar plexus include visiting friends, a kind word, a flattering gesture, together with confirmation, praise, and recognition. Anything that helps us identify our path to our inner purpose is good for the spleen and pancreas.

Mother tincture of chicory *(Cichorium intybus)* is a remedy often prescribed in my practice; it releases us from overthinking yesterday and tomorrow, and positions us clearly in the moment, in the here and now. Chicory helps us to make decisions and find clarity and focus on what is essential. It assists us along our path to our inner purpose, our inner self.

SUMMARY: STOMACH—SPLEEN AND PANCREAS		
Organs	**stomach**	**spleen and pancreas**
Strongest activity	7am to 9am	9am to 11am
Rest period	7pm to 9pm	9pm to 11pm
Element	earth	
Bodily function	contact, breaking-down processes	
Mental function	recognition, synthesis	
Quality	vitality and desire healing and aggression	thinking relationships
Emotions, feelings	melancholy, worries, brooding, rumination	
Endocrine system	pineal gland, thyroid	
Sensory organs	mouth (taste)	
Body tissue	connective tissue, musculature, ligaments; fat; breasts, womb; sinuses; front of knee	
Bodily fluid	saliva, mucus	
Expression of power	lips	
Taste	sweet	
Odor caused by disease	unpleasantly sweet	
Color	yellow	
Associated planet	Saturn	Neptune
Associated metal	lead *(plumbum)*	
Season	late summer	
Teeth	upper jaw 16/17 and 26/27 lower jaw 34/35 and 44/45	
Basic function	reasoning, awareness	
Actualized	reflection	

Not actualized	focus, evaluation, worry	
Symptoms	lack of appetite for food; grumbling; heavy legs; dry skin; always being in a hurry; nausea, vomiting; constipation; thyroid conditions; lymph area of the larynx; slight cold	hematopoiesis; few/many blood platelets; flatulence; pappy stools; hyperacidity of the stomach; dry mouth/ overproduction of saliva; hip joints/ knee joints; desire for sweet things; inflammation of the pancreas; inflammation of the parotid gland; moodiness; slight feeling of resignation; eczema; anorexia
Schuessler salts	No. 12: Calcium sulfuricum	No. 10: Natrium sulfuricum
Plants	centaury *(Centaurium)*, great yellow gentian *(Gentiana)*, wormwood *(Absinthium)*, masterwort *(Peucedanum)*	chicory *(Cichorium intybus)*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kidneys
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triple warmer
gall bladder
liver
lungs
large intestine
stomach
spleen pancreas

Heart

Joy and pleasure, and unconditional love

ORGAN TIME

11am to 1pm strongest activity
11pm to 1am weakest activity

The heart is our sun organ, the center of all movements. Over the centuries and across different cultures, it has held symbolic power as the seat of the soul and the emotions. In Chinese medicine the heart is viewed as the seat of the connection between body and mind, unlike in Western medicine where it is reduced solely to its physical performance; every day it pumps nearly 1,800 gallons (8,000 litres) of blood through the body as it contracts and relaxes around 70 times a minute or more. A few years ago neuroscientists discovered that the human heart has its own nervous system, one that is more complex than that of the brain. The heart is also the strongest transmitter of electromagnetic waves. These have an energetic effect on our immediate environment whether we are aware of it or not. Through the heart, we can sense the feelings, moods, and attitudes of other people and the heart both sends and receives impulses from its surroundings, as Markus Peters describes in his talk “The Heart as source of health & spirituality.” The power of the heart is so strong that it is possible to measure its electric field at a distance of several feet. Measurements made by the HeartMath Institute, California, have shown that the heart’s electric field is up to 100 times greater than that of the brain, and its magnetic field up to 5,000 times greater. In this context, it was also discovered that it has its own decision-making apparatus, independent of messages from the brain. The researchers in California believe that this heart “intelligence” connects the intellect with the emotions, so that those who are able to make use of this will be better able to deal with their feelings and live healthier lives.

The heartbeat changes immediately when we focus on our heart; positive emotions such as love, appreciation, or compassion improve the heart rate, and the activity of the sympathetic nervous system, which accelerates the heart rate and stimulates the release of stress hormones, is reduced. By contrast, the activity of the parasympathetic nervous system strengthens; this slows the heart rate and the entire body relaxes. Hormonal levels remain in balance and we feel well, energized, and healthy.

Just as positive emotions can have a corresponding positive effect on the body, helping our well-being, so negative emotions can make us ill, allowing production of the stress hormone cortisol to rise to harmful levels in the blood. The result is damage to brain cells, a reduction in bone density, and an increased tendency to store fat; the heart rate can also become irregular. Just as the rising and setting of the sun determines the natural rhythms of the Earth, it is the heart that coordinates and integrates the physical rhythms of our bodies. Cardiac arrhythmia is not always primarily a disease of the heart but can be an expression of an imbalance in the rhythm of body, mind, and spirit.

More than just a pump?

The heart is not just a “sensory organ,” it also combines the various kinds of venous blood. Blood from the liver, warm and rich in nutrients, mixes in the heart with nutrient-poor, cool venous blood from the head. In this context, Rudolf Steiner once said that as it circulates, blood absorbs various impressions and information that it has acquired on its route around the body, which are then removed in the lungs in a process of renewal and refreshing—just as writing is wiped from a blackboard so that it can be filled with new information.

Conventional medicine describes the heart as a muscle or a mechanical pump. With the hectic and irregular nature of our lives today and many people suffering from high blood pressure and heart attack, it is important to be aware of the quality of the heart. In Chinese medicine, there is a close correlation between the heart and the heat of summer. People with heart conditions often suffer in the summer heat, with the heart overheating. Laying a cold compress on the chest or the pulse points of the forearms can help soothe the heart. When one patient who had reported the occasional

sudden episode of cardiac arrhythmia laid a cold compress on the chest, the disrupted rhythm settled again. The compress removed the excess heat from the heart.

The heart is the principal organ in the circulatory system and is continuously active. On average, it beats around 100,000 times a day; if we assume a lifespan of 75 years, this amounts to almost 3 billion heartbeats in a lifetime. The heart must do its duty, day in, day out, without tiring and without a break.

When a child forms in its mother's womb, the heart is the first organ to develop, in around the fourth week of pregnancy. It consists of four chambers and is the central point of the circulatory system, linking lower metabolic activity with upper nerve-sense activity. An imbalance in these two areas can lead to cardiac arrhythmia.

In medical research, the heart is now no longer viewed as the "motor" of the circulatory system, but merely as part of the rhythmic "hematic/ blood" system. Its vessels have their own kinetic energy and the flow of the blood is not dependent on the action of the heart. The blood, the vessels, and the heart form a rhythmic unit. In Chinese medicine pulse diagnosis, it is well known that varying pulse rates reflect the activity of the body's internal organs.

There has been more written about the heart in fairy-tales, myths, and legends than practically any other organ and many of our common phrases and sayings are linked to the heart: when you are "half-hearted" you are not really committed to what you are doing, as only one half of your heart is energized. Your heart can be "in your mouth" or it can "leap for joy"; you can "lose" your heart or even be "hard-hearted." We "take things to heart" and even have "a soft spot" in our hearts.

Unconditional love

The heart is also the organ of duality, of opposites. We find both venous and arterial blood next to each other as they enter and leave the heart; this symbolizes that opposites such as black and white or up and down can coexist next to each other. In a partnership between two people, it is

important to accept that opposites exist to allow both partners to develop and grow just as they are. True love is duality in the symbolism of the heart.

Emotions

The pursuit of pleasure and joy is increasing relentlessly nowadays. However, chasing after the ultimate “kick” weakens your vital energy and can result in a superficial attitude to life. Feelings of inner emptiness make people particularly susceptible to all kinds of addiction.

Speaking with undue haste and acting with too much vehemence are characteristic of disruption to the heart’s energy. People lose their sense of purpose and goals because they lack the strength and stamina to pursue them. But without vision or an aim in life, people see little point in bothering with anything. It creates a vicious circle, but one that can be broken with the energy of the heart.

If people can experience pleasure and joy in a balanced way, they will be able to be alone and to transform their ideas into reality in their own way. Such a person will be happy and open to other people.

Sensory organ

In Chinese medicine, there is a correlation between the organs of the body and the senses. Hence the heart is directly connected to the tongue and to speech. If a person talks too much or too fast, they lose energy intended for the heart, and we all familiar with the expression “your heart is in your mouth.”

Teeth

In terms of energy, the wisdom teeth 18, 28, 38, and 48 (in the dental numbering system, here), are “heart teeth,” although they are also part of the small intestine meridian and for this reason are examined in the next chapter.

What else happens in the body between 11am and 1pm?

Our ability to concentrate decreases, more acid is produced in the stomach, and if the acid-base ratio of the body is in balance, there should be more bases in the urine.

The heart is at greatest risk of infarction during this period; physical exertion, stress, and indeed surgical procedures should be avoided as much as possible at this time.

What is good for the heart?

The tastes associated with the heart are bitter or spicy, while the fluid is sweat. In tropical countries spicy food is recommended for the heart and circulatory system, to ensure we remain better centered and don't lose energy via perspiration.

Exercise is the best medicine for the heart and circulatory system. Walking and hiking can have a balancing effect, but avoid jogging or competitive sports. Too fast a heart rate can lead to overheating of the heart, ultimately resulting in death from cardiac arrest, which is common when competitive sport is taken to excess. Modern medicine now recommends that heart attack sufferers get back on their feet relatively quickly after an attack as the heart has to rediscover its own rhythm.

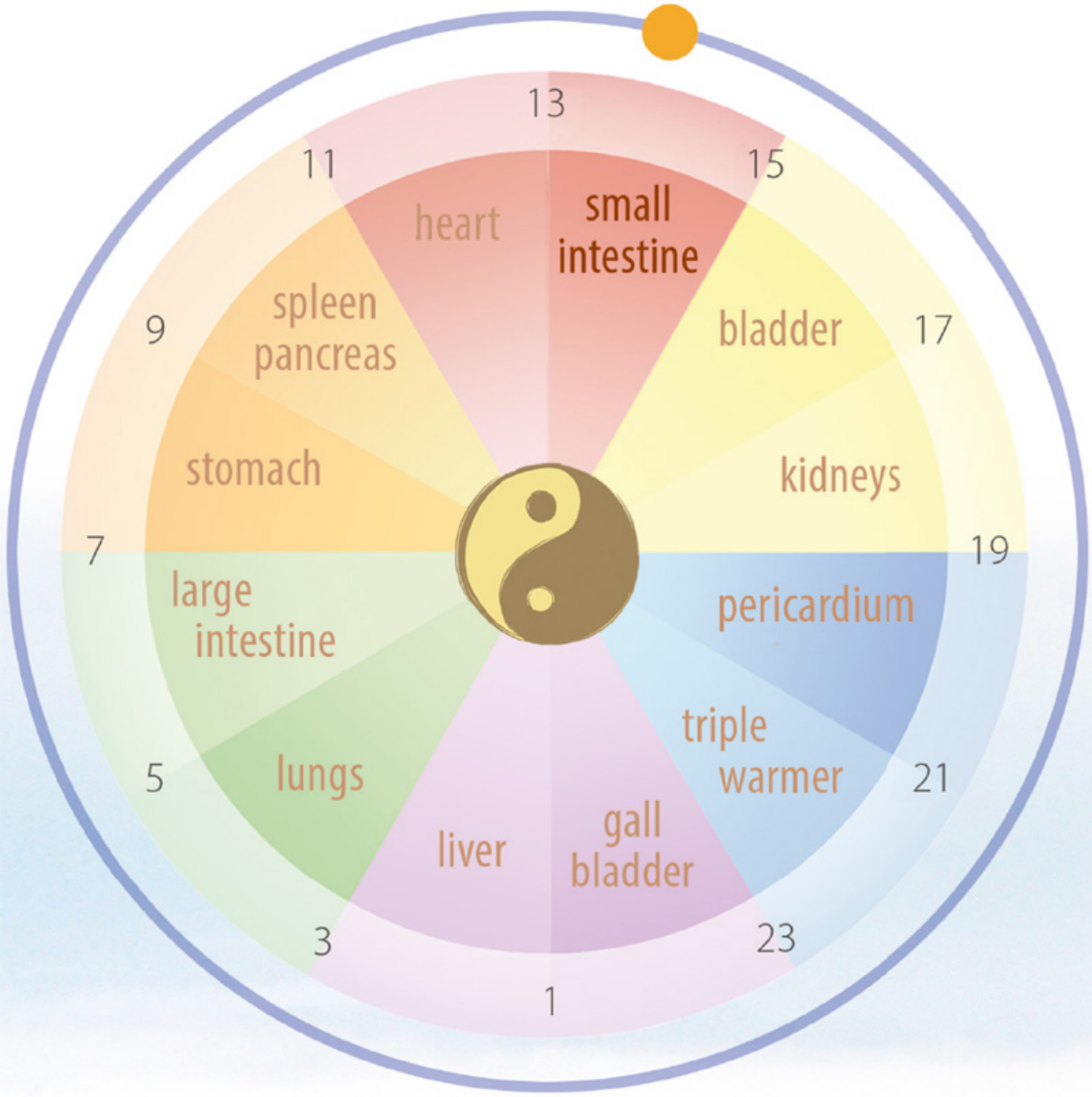
In Chinese medicine the color red is associated with the heart meridian; it is a color we find in naturopathy too, in the berries of the hawthorn. This is a great plant for the heart. The essence of hawthorn (*Crataegus*), as described by the chemist and medicinal plant researcher Dr Roger Kalbermatten and his wife, Hildegard, is revealed in the interplay of pent-up strength and impulsive release.[*5] A heartbeat-like rhythm manifests itself in the field of tension between repressed force and impulsive discharge. Mistletoe is a particularly helpful plant for when pressure and tension build up in the body; it creates a feeling of inner stillness and weightlessness.

In Chinese medicine the heart is associated with the element of fire. If the circulatory system lacks "fire," the dynamic principle, rosemary *(Rosmarinus),* can put fire back into the bloodstream, warming the blood and

providing energy. Rosemary can restore your joie de vivre. The heart combines the physical and the spiritual like no other organ. We should aspire to use its power correctly for our own health, for our recovery, and for the healthy future of our world. The most important starting point for cardiac treatment lies within ourselves. Love is the best medicine for the heart, both for our own and that of the world.

Many plants and active ingredients in naturopathy can provide support for the heart. Given the hectic and fast-paced world in which we live these days, I would like to concentrate on one plant that is connected with the heart and the adrenal glands (the organs of stress): *Strophanthus*. When administered directly into the blood intravenously, the glycoside Strophanthin counters the effects of a weak heart. Taken orally as a chewable capsule, Strophanthus is used to prevent heart attacks and in the acute treatment of myocardial infarction and *angina pectoris*. A tincture made from the plant's seeds will also provide effective support for the operation of the heart, particularly in the case of so-called functional conditions affecting the heart's muscles or the coronary arteries. Some heart complaints have no organic cause but are brought about by excessive physical or mental burdens.

Gold *(Aurum metallicum praep.)* is of great significance in anthroposophic medicine; gold processes have a harmonizing effect in humans and bring rhythm, providing support for the entire cardiac and circulatory system.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small intestine
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pericardium
triple warmer
gall bladder
liver
lungs
large intestine
stomach
spleen pancreas

Small intestine

Seeing equality in diversity

ORGAN TIME

1pm to 3pm strongest activity
1am to 3am weakest activity

Once food has left the stomach, it goes directly to the small intestine, or to be more precise, into the duodenum, the first part of the small intestine. Duodenum means “of twelve each” in Latin and derives from the belief that it was twelve finger widths long. Juices from the pancreas and the gallbladder flow into the duodenum, where food that has been predigested by the stomach is processed in conjunction with enzymes produced by the small intestine. This diminutive section of the small intestine should not be underestimated, as the pancreas and liver evolve from the duodenum when the embryo is taking shape in the womb.

The food pulp (“chyme”) travels quickly through the duodenum to arrive in the small intestine, where gut bacteria, our “helpful cohabitants,” engage with and process the incoming food. We acquire this host of microbial gut flora only after birth and it plays a key role in digestion.

The enzyme activity of the small intestine is at its peak in the period between 1pm and 3pm. The chyme is then broken down into fats, proteins, and sugar with the aid of these enzymes to be absorbed as nutrients by the body. Here, the small intestine relies on a good blood supply and is thus dependent on the heart. The body is able to process calories differently at different times of the day—carbohydrates are burned more quickly in the morning than in the evening. The three meals a day recommended by our blood type diet program are based on the rhythmic timekeepers within the

cells of the liver, kidneys, and pancreas. The major organs of the body have to adapt the processing of nutrients and water to their own rhythms.

Perceiving equality in diversity

As the small intestine has the important task of absorbing nutrients, it constantly has to decide whether the broken-down food should be sent for further processing or whether it should be excreted. If there is any element of doubt, the result can be that substances are absorbed that do not belong in the body. There is an army of white blood corpuscles at work in the small intestine to render toxic substances and bacteria harmless; there are more white blood cells in the small intestine than in the entire blood system.

It is the job of the small intestine to recognize the diverse nature of the broken-down food and make a decision. Deciding yes or no is not merely a question of physical survival; in life, we often encounter situations where we have to pick one thing or another, with no ifs, buts, or maybes. Clarity leads to physical and mental strength, but if you want to have your cake and eat it, you are likely to end up with no cake at all.

In my practice I often come across patients who are unable to say “no.” This shows up in laboratory tests as high levels of cholinesterase (an enzyme produced during liver metabolism). Such people are “workhorses” who absorb and accept everything and then try to process it later, placing an excessive burden on the small intestine and the liver.

A mother tincture of milk thistle *(Carduus marianus)* helps people to be more in the moment, to establish more effective work/life boundaries, and as a result to decline to take on so much. The strongest demarcation line when dealing with other people is a clear “no,” which at the same time is an unambiguous “yes” to yourself!

The small intestine is the organ of precise analysis and of hard-won knowledge. We can increase our knowledge only when we remain open to adapting our value systems and opinions thanks to the new experiences we have over the course of our lives.

This capacity for adaptation and transformation can be found in the dandelion plant *(Taraxacum)*; even though this flower is mainly prescribed in naturopathy to help the liver, its essence also has a very strong connection

to the small intestine, from which, as mentioned before, the liver develops at the embryonic stage.

The surface of the gut has to be penetrable since it has to be able to allow food components that have been broken down to molecular size to pass into the bloodstream to nourish the body.

With the twists and turns of its many folds, the human gut has an impressive surface area equivalent to about a quarter of an acre, or 1,000 m2. Bacteria, viruses, and toxins have access to the body via the permeable but unprotected surface of the gut; it has to be penetrable as it has to be able to allow food components that have been broken down to molecular size to pass into the bloodstream to nourish the body. Hence there are mechanisms within the gut that function like a canal lock, only letting in nutritional components of a particular size or with a particular signature. This lock-keeping function between the individual gut cells is known as “tight junctions”; it limits the passage of molecules between the cells and prevents substances that are not fat-soluble and imperfectly broken down nutritional components from finding their way into the body, as well as warding off the attacks of pathogens and toxins on the circulatory system. The unhealthy condition known as leaky gut comes about when gaps in the intestinal wall widen and the mucous membrane of the bowel is too permeable.

The trigger factors that lead to a leaky gut are the so-called antinutrients. These are natural pesticides within plants that are capable of killing bacteria, insects, or even fungi by inhibiting digestive enzymes that break through the gut wall and release toxic substances. Most of these antinutrients are currently assumed to have no effect on larger animals or people, but an increasing number of studies are linking the daily consumption of these antinutrients with numerous diseases.

An important antinutrient consumed by humans is gluten, which is present in many different grain varieties; it cannot be reduced either by heat from cooking or by enzymes in the body. Gliadin (the gluten present in wheat) places a particular burden on the immune system, stimulating the formation of zonulin, which uses a biochemical reaction to destroy the links between the cells of the gut wall and makes holes in the bowel. Experts assume that because its symptoms are not clear, the actual number of people with gluten intolerance is high, although the disease has actually been diagnosed in only one in eight of those affected. In my experience,

individuals with blood groups 0, A and A0 (a mix of types 0 and A) are often especially susceptible, although it is likely that everyone is affected as the proportion of gliadin in wheat has been genetically increased to improve its baking properties. Wheat is not recommended in our dietary program for this reason.

Lectins are naturally occurring antibodies within plants that have no adverse side effects for the majority of people. However, one group of lectins found in cereals and pulses in particular is able to bind to the cells of the gut wall and increase the permeability of the intestinal barrier. They are relatively heat-stable and are not destroyed during normal cooking. Lectins are able to enter the body with ease and can latch on to almost every kind of cell via the bloodstream. The result can be chronic inflammation, poor wound-healing, or insulin resistance (the first stage of *diabetes mellitus*). Foods with high lectin content include whole grains, wholegrain flour, kidney beans, soybeans, and groundnuts. The adverse effects may vary, depending on the metabolic type.

Saponins, soap-like, foamy substances, similarly increase the permeability of the bowel; these activate the immune system, significantly increasing the number of inflammation markers. They also destroy red blood corpuscles, inhibit digestive enzymes, and thus reduce the intake of nutrients. Foods containing saponins include soy protein and soybeans, as well as chickpeas, potatoes, lentils, and alfalfa shoots.

Leaky gut and increased inflammation markers can also be triggered by AGEs (advanced glycation end products). These are created during the pasteurization, sterilization, and irradiation of foodstuffs in which proteins or fats are combined with carbohydrates without the involvement of enzymes. People with insulin resistance are particularly affected, as they already produce large amounts of AGEs because of their raised blood sugar.

The phytic acid in pulses and whole grains inhibits digestive enzymes and thereby reduces the intake of zinc, magnesium, and iron. There is a widespread deficiency in these three minerals among the population.

The casein in cow’s milk can also lead to perforations in the bowel if the digestive enzymes fail to adapt. Along with gliadin in wheat, cow’s milk is seen as the main culprit in terms of foodstuffs that cause allergies and should have no place in human nutrition. This excludes milk and dairy products from sheep or goats.

Fructose in high quantities, such as found in fruit juices, soft drinks, energy drinks, convenience products, and candy, directly destroys the intestinal mucosa and the gut barrier. Naturally occurring fructose in fruit as part of a nutrient complex has no negative affects on the intestinal wall.

In addition to these foods, painkillers, antibiotics, antacids, and stress all have a direct hand in increasing the permeability of the cells of the gut wall. Diet is the first and most important aspect of any treatment, and it has to be matched to the individual's metabolism; to detoxify and cleanse the colon, fiber, enzymes, secondary phytochemicals, vitamin C, zinc, L-glutamine (amino acid) in particular are required, along with lactobacilli and bifidobacteria.

Organ connection: small intestine—shoulder

The small intestine meridian runs directly over the shoulder joint. Calcifications often form between the tendons here, known in medicine as "impingement syndrome." This can result in severe restriction of arm movement due to intense pain, but the appropriate treatment of the small intestine can avoid the need for surgical intervention in many cases.

Sensory organs

Medical diagnoses made by studying the tongue are little known in Western medicine. In Chinese medicine, however, it is a normal part of a general examination. In particular, the color and nature of the coating of the tongue are used to provide information about the condition of the small intestine.

Teeth

As has been mentioned already, from an energy perspective, wisdom teeth 18, 28, 38, and 48 relate to the heart (in the dental numbering system, here). Displaced, impacted, or missing wisdom teeth indicate deficiencies in the region of the heart and small intestine. The upper right wisdom tooth (18) corresponds to the strength we develop during our attempts to integrate ourselves into the material and spiritual worlds. The upper left wisdom tooth

(28) supplies clues about deep-seated fears of rejection by the material and spiritual worlds in which people might wish to develop.

Endocrine system

The region around the duodenum is closely connected to the left adrenal gland. When an individual is overburdened on an emotional level (stress, worry, mental trauma) or on a somatic level (by indigestible food), it can lead to the formation of ulcers in the duodenum—sores in the mucous membrane that can cause considerable pain when the small intestine is not filled (i.e. on an empty stomach).

On a hormonal level, there is a further connection with the parathyroid gland, which monitors the metabolism of calcium.

What else happens in the body between 1pm and 3pm?

The body experiences a dip in energy at 1pm when blood is required for digestion. If you play sports during these hours, your digestion will be interrupted, so it is better for the body to rest or take only moderate exercise at this time of day. The received wisdom is that after lunch you should “take a rest or a thousand small steps.” A short midday nap is particularly good for the body; 15 or 20 minutes’ sleep between 1pm and 2:30pm can ease general tiredness, increase productivity, and recharge the body’s batteries. A midday nap is a reaction to our biological need for rest.

The production of bile acid is particularly high between 1pm and 3pm and the body is particularly flexible. Blood pressure tends to be low and there is only weak hormonal activity in the endocrine system.

Medicines have different effects depending on the time of day that they are taken. An anesthetic taken for a dental procedure in the afternoon will last longer than in the morning. Lidocaine administered between 1pm and 3pm eases toothache three times longer than the same dose taken in the early morning.

What is good for the small intestine?

Regular meals that are not too large and are made up of foods that suit the body's metabolism are good for the small intestine. The food's protein content plays a key role, being broken down by stomach acid and the enzyme alkaline phosphatase so that the body can process it. People with blood groups 0 and B generally have a high proportion of this enzyme and are able to process even proteins that are difficult to break down. The situation is different for those in blood groups A and AB, however, who possess only small quantities of basic phosphatase and generally eat less; they also tend to eat white meat. Around 20 percent of people in group A are a combination of A and O, and these have a greater preference for red meat. In our blood type diet program, a total of six blood groups and three types of metabolic conversion types are taken into account for the selection of foods. In addition, after being sorted into groups, there is an additional classification based on 42 laboratory parameters. Each individual is then recommended the foods that will be best absorbed by the small intestine.

Calm and relaxation are especially important; duodenal ulcers are generally caused by too much stress.

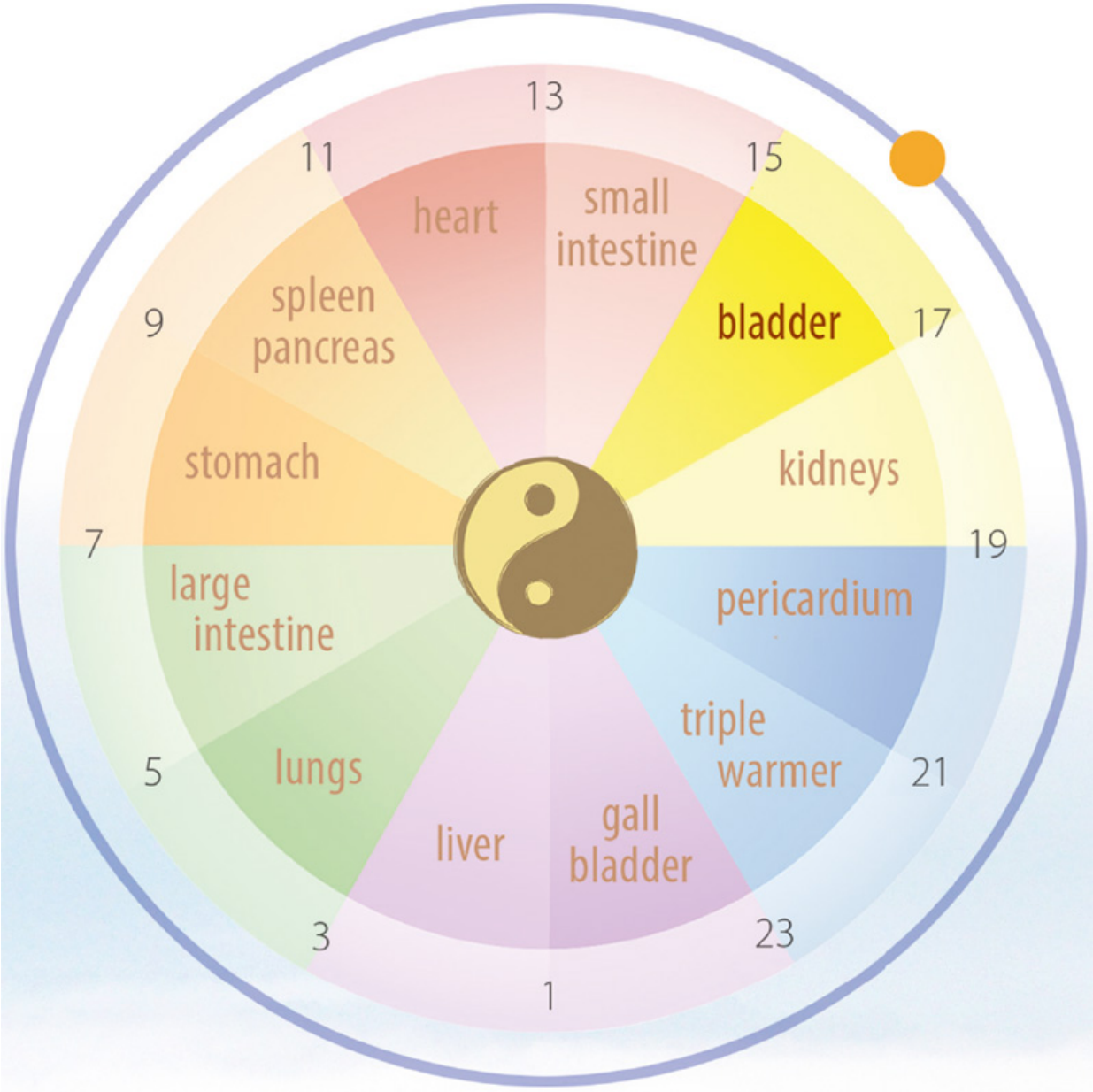
Two important plants, dandelion and chicory, have already been mentioned as providing help and support for the small intestine, but this organ is also compatible with lavender *(Lavandula)*, the great "plant of the soul." Lavender has a clarifying and invigorating effect.

And in these stressful times especially, any boost to the nervous system is particularly welcome. Lavender has a calming effect on the solar plexus in particular, the complex of nerves that controls digestion.

Lemon balm *(Melissa officinalis)* can help autonomic stomach-bowel complaints and "psycho-vegetative" heart conditions. Lemon balm is particularly helpful for people who feel even the slightest inconvenience in life to be disturbing and a hardship; they are characterized by a great need for harmony.

SUMMARY: HEART—SMALL INTESTINE		
Organs	**heart**	**small intestine**
Strongest activity	11am to 1pm	1pm to 3pm
Rest period	11pm to 1am	1am to 3am
Element	fire	
Bodily function	identity, being at one	
Mental function	joy, harmony	
Quality	respect unconditional love	recognizing equality in diversity
Emotions, feelings	joy, laughter, desire	
Endocrine system	parathyroid gland, left adrenal gland	
Sensory organs	tongue (speaking)	
Body tissue	blood vessels, blood; psyche, nervous system; wisdom teeth; shoulder joint; elbow	
Bodily fluid	sweat	
Expression of power	complexion	
Taste	bitter	
Odor caused by disease	burnt	
Color	red	
Associated planet	Sun	Pluto
Associated metal	gold *(aurum)*	
Season	summer (summer heat)	
Teeth	upper jaw 18 and 28 lower jaw 38 and 48	
Basic function	connection	
Actualize	love without wishing to possess	
Not actualized	love that wishes to possess	

Symptoms	lack of concentration; clammy hands; fatigue; shortness of breath; insomnia; depression; stuttering; nervousness, nausea; nervous angina; inability to relax	lack of vital substances; stomach ache; flatulence; diarrhea; enteritis; stiff cervical spine; cold hands and feet; ambition; mouth ulcers; leaky gut
Schuessler salts	No. 3: Ferrum phosphoricum	No. 5: Kalium phosphoricum
Plants	hawthorn *(Crataegus)*, lily of the valley *(Convallaria)*, rosemary *(Rosmarinus)*, St John's Wort *(Hypericum)*, mistletoe *(Viscum album)*	lavender *(Lavandula)*, lemon balm *(Melissa officinalis)*, chicory *(Cichorium intybus)*, dandelion *(Taraxacum)*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triple warmer
gall bladder
liver
lungs
large intestine
stomach
spleen pancreas

Bladder

Personal orientation and the journey within

ORGAN TIME

3pm to 5pm strongest activity

3am to 5am weakest activity

The urinary bladder is the kidneys' sister organ. Urine is transported to these organs via the ureter and is then excreted via the urethra.

The bladder's period of peak activity is between 3pm and 5pm, during which time the excretion of fluid is increased. It is important therefore to drink lots of fluid to allow the body to detoxify sufficiently. Its general performance capability begins to improve and you feel much more energy than at midday, making it a good time for creative activities. The body mobilizes sugars (glycogen) stored to ensure the availability of sufficient resources, while oxygen consumption and CO2 emission increase considerably. Blood pressure rises slightly. The 3pm to 5pm window is also a perfect time for communicating with others.

Pain experienced during passing urine suggests infection. Mother tincture of birch leaves *(Betulae folium)* proves highly effective in naturopathic treatments. Drinking lots of fluids is also important for the healing process.

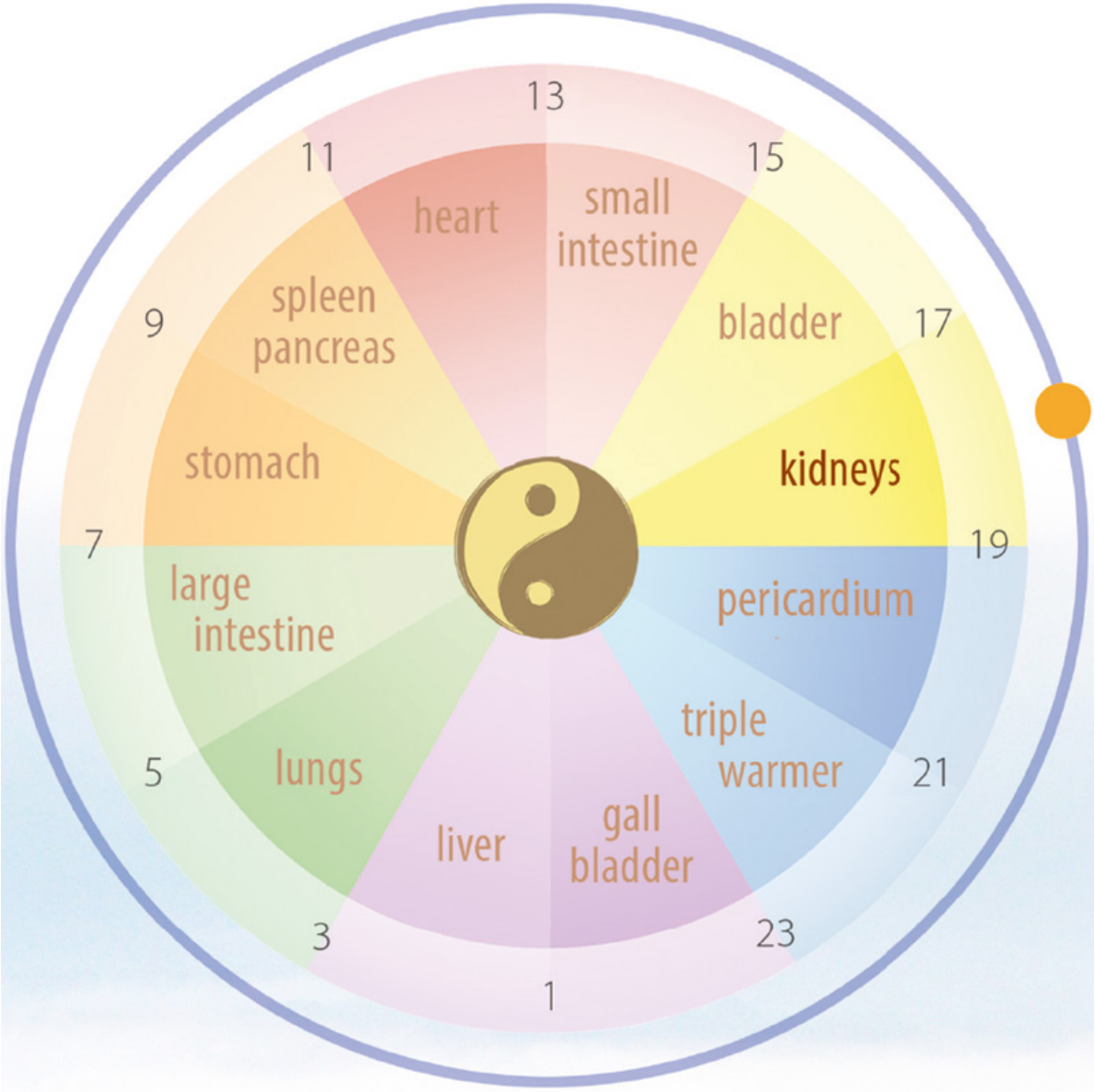
Personal orientation—the journey within

Personal orientation has no fixed goal and no ultimate destination. The focus is your inner self and your life as you live it. Our modern lives are plagued

by pressures of time, stress, anxiety, fear, and hectic activity that distract us and separate us from ourselves. Events in the outside world can “go to our kidneys” or we are “caught short.” The gallbladder has a similar aspect, that of being true to oneself.

In Chinese medicine the bladder meridian is the longest and most powerful energy pathway in our bodies as it connects every organ, base element, and emotion.

The issues, organ connections, emotions, and feelings relating directly to the bladder are identical to those of the kidneys and so are described in detail in the kidney section.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gall bladder
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large intestine
stomach
spleen pancreas

Kidneys

Fear and anxiety; relationships

ORGAN TIME

5pm to 7pm strongest activity

5am to 7am weakest activity

The kidneys are at the beginning and end of a life cycle. They go through three different stages during the growth of the embryo in the womb, developing in the throat before migrating down to the pelvis via the torso; they then move back up to their final position against the back muscles, just above the abdomen. In medicine these three stages are known as “pronephros,” “mesonephros,” and “metanephros.” People with kidney conditions often have a problem with finding their place in life; they wander around looking for their inner home.

The affinity between the kidney-bladder region and the ear, nose, and throat can be traced back to the anatomical layout of these two areas. The ear is linked to the throat via the eustachian tube, which regulates the air supply to the middle ear. In the lower region of the body, this corresponds to the connection between the kidneys, renal pelvis, and bladder via the ureter. The kidneys are located just outside the abdominal cavity and the ears on the outside of the head; they are quite similar in shape. At first sight this might seem to be little more than a game of anatomical “snap,” but these statements are lent real weight by a relatively little-known fact: if a baby is born without an ear or if an ear is misshapen, it is essential to check the kidney on the same side of the body—it may prove to be absent or malformed too. Their shape is not the result of chance.

Recurrent infections of the middle ear in children are thus also related to the kidneys. A useful treatment for the upper airways is *Silicea comp.*, which

boosts kidney function at the same time.

In texts the kidneys are often represented as “the” excretory organ. The glomeruli (network of nerve endings, spores, or small blood vessels in the kidneys) filter some 37 gallons/170 liters of ultrafiltrate every day. With a daily urinary output of about half a gallon/2 liters, this means that more than 36 gallons/168 liters are reabsorbed into the interstitium (intercellular space) and the blood, representing 99 percent of the ultrafiltrate by volume.

It is the kidneys’ role to determine what substances should remain in the body. By examining their function, we can see that they have an even greater capacity to absorb than to excrete. The kidneys are supported by copper, the metal that makes this process possible. From this perspective, the kidneys are organs of individuality, monitoring substances for usefulness.

The kidneys consume a great deal of oxygen in their function; only the heart and the brain require more. In the event of blood loss or if oxygen in the body becomes depleted, the kidneys produce a substance that stimulates the cells in the bone marrow to form red blood corpuscles.

The kidney meridian begins at the soles of the feet, hence cold feet often lead to bladder complaints or colds. Taken quite literally, “cold” describes something that has cooled down or lost heat, so it is good to use heat and warmth to treat a cold, such as bathing the feet in warm water or sipping ginger tea. Feet that become cold too quickly (and those that are too warm), heavy legs, and nighttime cramp in the calf muscles are all indications of poor kidney function. If your feet feel as if they are on fire in bed at night and you need to stick them out from under the bedcovers, you should definitely have your kidneys checked out.

In Eastern medicine the kidneys are viewed as a “winter organ,” named for a season in which the Earth, Nature, and humans recharge their batteries in readiness for spring. The kidneys should follow suit in order to be able to provide sufficient resources for strengthening the liver, heart, and circulatory system. The kidneys are important for the process of regeneration. People who are slow to recover from disease almost always have weakened kidney energy.

Emotions

The kidneys are a foundation of life and ensure we continue to thrive. The emotion of fear helps ensure our survival too. In direct contrast to feelings of security and safety, those of fear represent a warning that life may be in danger and that a choice between “fight or flight” is needed. However, if fear is overpowering, it can take on a life of its own; if it remains unresolved, it can have physical consequences. Complaints involving the back, sudden hearing loss, becoming hard of hearing, deafness, problems with the genitourinary organs, asthma, allergies, and poor immune responses are clear somatic signs of weak kidneys. If the fear of something (claustrophobia, for example, or arachnophobia) is allowed to grow unchecked, it can easily lead to panic attacks.

Links with other organs

The kidneys have a significant interest in allowing the body to “breathe,” joining forces with the bladder in using the dynamic forces of air to suck water from the body. As a result, in Chinese and anthroposophic medicine the kidneys regulate the body’s airways. Hence the kidney system also extends to the intestines, the lungs, the paranasal sinuses, and the ears.

Symptoms of conditions affecting air in the body include flatulence, asthma, ringing in the ears, tinnitus, acute hearing loss, and sinus infections. This connection is very important in any treatment of the relevant diseases. In his book, *Wege der Heilmittelfindung* (Ways of finding remedies), Heinz-Hartmut Vogel includes a very good description of the link between obstructive bronchitis, asthma, and poor kidney function. The basic treatment for *bronchial asthma* is to boost the power of the kidneys.

In the case of tinnitus, a complaint that may have its roots in the kidneys or gallbladder, a simple test in which the patient closes off the entrance to the ear with a finger may help to determine this. If the noise in the ear gets louder, there is a blockage in the gallbladder, if it gets softer, the tinnitus is directly related to the kidneys. If there is no change it could be due to a problem in the cervical spine, or with the tiny hairs of the ear, or some other cause.

The kidneys are also closely connected to the mechanics of our bone structure, a link that is evident from the spine or backbone. The anatomical function of the spine is connected both with kidney function and our inner

attitude, helping us to “show some backbone” and provide security. New life develops when an egg cell fuses with a sperm. The energy of reproduction and the reproductive organs are part of the kidneys’ functional area. Viewed within this context, it is easy to understand how the kidneys are associated with the element copper; copper is responsible for transformation, change, and renewal. Outside the blood vessels, it ensures the transportation of oxygen within the body. A deficiency or excess of copper in the body indicates an imbalance relating to the sex hormones.

The warming element of copper also helps in cases of cramps, blockages, and cold extremities. In my practice, I use copper ointment to strengthen the kidneys for all types of cold; it is rubbed into the soles of the feet (where the kidney meridian begins) in the evenings.

Sensory organ

As already mentioned, there is a strong similarity between the shape of the kidneys and the shape of the ears. In Chinese medicine the ears are related to kidney function. The ears are at work day and night and while our sense of smell is less acute at night, our ears are always highly receptive and can therefore warn us of danger. Hearing is the first sense to develop in the mother’s womb and the last one to be lost as a person dies.

Teeth

The kidneys and the bladder are linked to the upper and lower incisors. According to Michele Caffin, the upper right central incisor (11) corresponds to the male archetype; it represents the father, the man, authority. The upper left central incisor (21) corresponds to the female archetype, representing the mother, the woman, the female principle (here).

Anything detrimental that “goes to your kidneys/bladder” can cause disease in the incisor teeth as well. However, these relationships are not a one-way street—problems with the teeth, such as material used for a crown that is incompatible with the teeth, incomplete root canal fillings, or dead teeth, can in return lead to disease in the kidneys, bladder, uterus, ovaries, testicles, or prostate gland.

The incisors are also linked to the adrenal glands. This connection is very often overlooked, although it is of great importance as the adrenal glands regulate the immune system at a hormonal level. Infections that are constantly recurring, allergies, neurodermatitis, and rheumatic complaints are consequently all linked to the adrenal glands.

What else happens in the body between 5pm and 7pm?

After having reached its peak, the body's capacity for physical performance is declining slowly. The activity of the nerves controlling the muscles decreases, but the nerve activity responsible for digestion and the metabolism increases. No extreme physical strain should be placed on the body from this time onward. The colon is at rest during the kidneys' most active phase. All the remaining food that is ready for excretion causes an enlargement of the colon, which is now very slack in tone.

What is good for the kidneys?

This is the time of day that people are usually finishing work, feeling physically and mentally tired and looking forward to a relaxing evening. The day can wind down and the best thing for the kidneys is to have some rest from the outside world.

Although the balance of water in the body is regulated by the liver, the kidneys still need sufficient fluid for filtration. Pure water is the best medicine for the kidneys, which need about 3½ pints (1.7l) to do their job properly.

In the plant world, the work of the kidneys is best reflected in the common horsetail plant *(Equisetum arvense).* The plant's structure is minimal and simple. It is rich in structuring minerals, especially silicic acid.

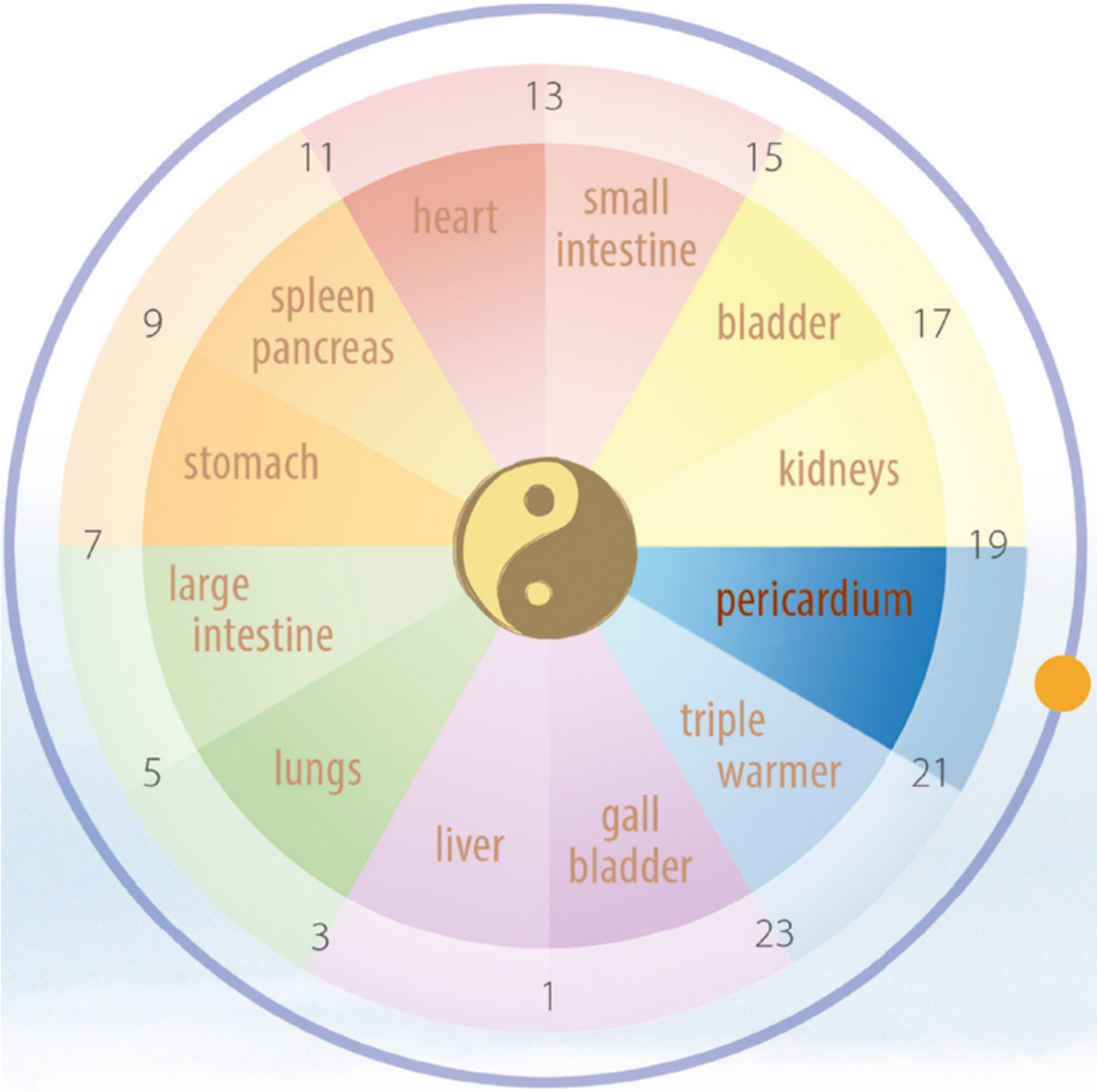
In naturopathy, goldenrod *(Solidago)* is the plant most often used to provide support for kidney activity. Goldenrod can help with interpersonal skills and supports our ability to give love and comfort to others. If the kidneys are weakened by feelings of guilt or frustration, by painful

experiences in relationships, or by a loss of a relationship, goldenrod will help recharge their energy.

A ginger compress on the kidneys is beneficial for those whose feet are always cold or who have a great need for warmth in the pelvic area. The warming ginger stimulates the kidneys and the adrenal glands and provides emotional stamina. Ginger kidney compresses have a particularly soothing effect after emotional trauma. This compress is easy to use, whether you are at home or away, but must be applied by a third party, such as a caregiver or a relative. All you need is ginger powder, a linen cloth, a towel, a hot-water bottle, a second cloth, and some lavender oil. Place 2 tablespoons of ginger powder in a cup (250ml) of warm water and stir until it is mixed well. Fill the bottle with hot water. Soak the linen cloth in the ginger water, wring it out, and lay it across the kidneys. Place the towel on top of the linen cloth and the hot-water bottle on top. Cover the whole compress with the second cloth and leave for 20 to 30 minutes. The compress can then be removed and a little lavender oil rubbed into the skin. You should then rest quietly for a further 20 minutes.

SUMMARY: BLADDER—KIDNEYS		
Organs	**bladder**	**kidneys**
strongest activity	3pm to 5pm	5pm to 7pm
Rest period	3am to 5am	5am to 7am
Element	water	
Bodily function	structure, stability	
Mental function	security, support	
Quality	personal orientation, the journey within	fear/anxiety relationships
Emotions, feelings	fear, terror, willpower	
Endocrine system	adrenal glands, prostate, ovaries, testicles	
Sensory organs	ear (hearing)	
Body tissue	head hair; bones, teeth; knee joints, foot joints, spine; nervous system, brain	
Bodily fluid	urine	
Expression of power	head hair	
Taste	salty	
Odor caused by disease	rotten, moldy	
Color	blue-black	
Associated planet	Moon	Venus
Metal classification	silver *(argentum)*	
Season	winter	
Teeth	upper jaw 11/12 and 21/22 lower jaw 31/32 and 41/42	
Basic function	physical sensation, instinct, drive	
Actualized	straightforwardness, basic trust, gentleness	
Not actualized	fear, terror, paralysis, violence	

Symptoms of disease	head cold; nosebleeds; feeling cold; blocked nose; runny nose; blurred vision; increased eye pressure; propensity for cramps; dogmatism	desire to urinate; bedwetting; loss of libido, impotence; ringing in the ears, tinnitus; dental caries, osteoporosis; menstrual issues; hot soles of the feet; dark rings round the eyes; cysts, myoma; enlarged prostate; night sweats; hair loss; weak knees; mouth odor; lumbar spine feels as if broken
Schuessler salts	No. 7: Magnesium phosphoricum	No. 8: Natrium chloratum
Plants	birch leaves *(Betula folium)*, camomile *(Chamomilla)*, ground ivy *(Glechoma hederacea)*	horsetail *(Equisetum arvense)*, goldenrod *(Solidago)*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heart
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pericardium
triple warmer
gall bladder
liver
lungs
large intestine
stomach
spleen pancreas

Pericardium

Protecting the heart

ORGAN TIME

7pm to 9pm strongest activity
7am to 9am weakest activity

Once the blood has been filtered and cleaned by the kidneys, the circulatory system performs its role in the period from 7pm to 9pm. Blood flow to the heart is now at its strongest. Replete with nutrients from the intestines, the blood transports these nutritional components throughout the body and a brisk process of construction and rebuilding takes place. Vital substances are delivered to each cell, tired cells are strengthened, and organ structures are renewed. All this internal activity involves oxygen, so a little stroll in the evening is a good idea, or at the very least open a window to stock up on oxygen.

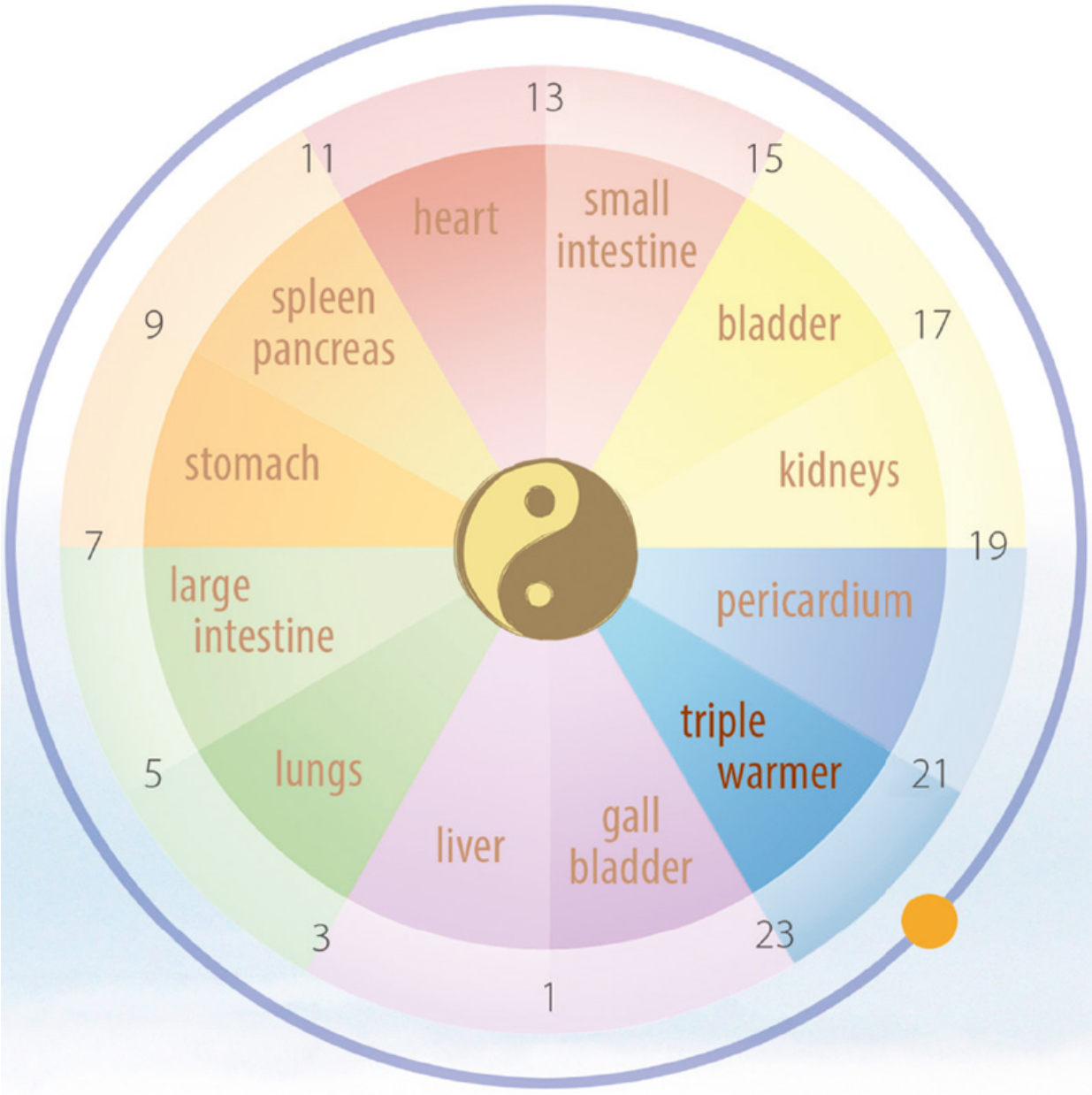
The stomach is in its rest phase during this period and should not be exposed to further strain, and yet it is often at exactly this time that we fill our stomachs. Grazing on food in front of the television is particularly bad for the stomach and therefore for our general health. The almost invariably unhealthy calories are immediately stashed away as emergency stores (the body has no immediate use for them), thereby forming the extra padding around our waist or bottom that we dislike so much. Our metabolism and organs have not yet adapted to what has now become a very widespread approach to eating. Food consumed in the evening lies on the stomach, almost wholly unprocessed. Depending on the type of food, it can rot as it lingers (in the case of fish, red meat, poultry, sausage, or cheese) or ferment (candy, fruit, raw food). Both processes put the metabolism under stress with the various toxins created.

It is not just the stomach that is affected by our gluttony in the evening; every organ system is involved. The pulse and blood pressure drop between 7pm and 9pm, a phase of recovery and relaxation for the major organs during which the body is particularly receptive to antibiotics and antiallergens. Any disruptions that occur during this period can lead to depression.

The pericardium is also known as the pericardium (or circulatory) meridian since it is thought to protect the heart. It works in the same way mentally and emotionally as the heart itself.

Healing is a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates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The triple warmer

Meridian of balance between the inner and outer worlds

ORGAN TIME

9pm to 11pm strongest activity

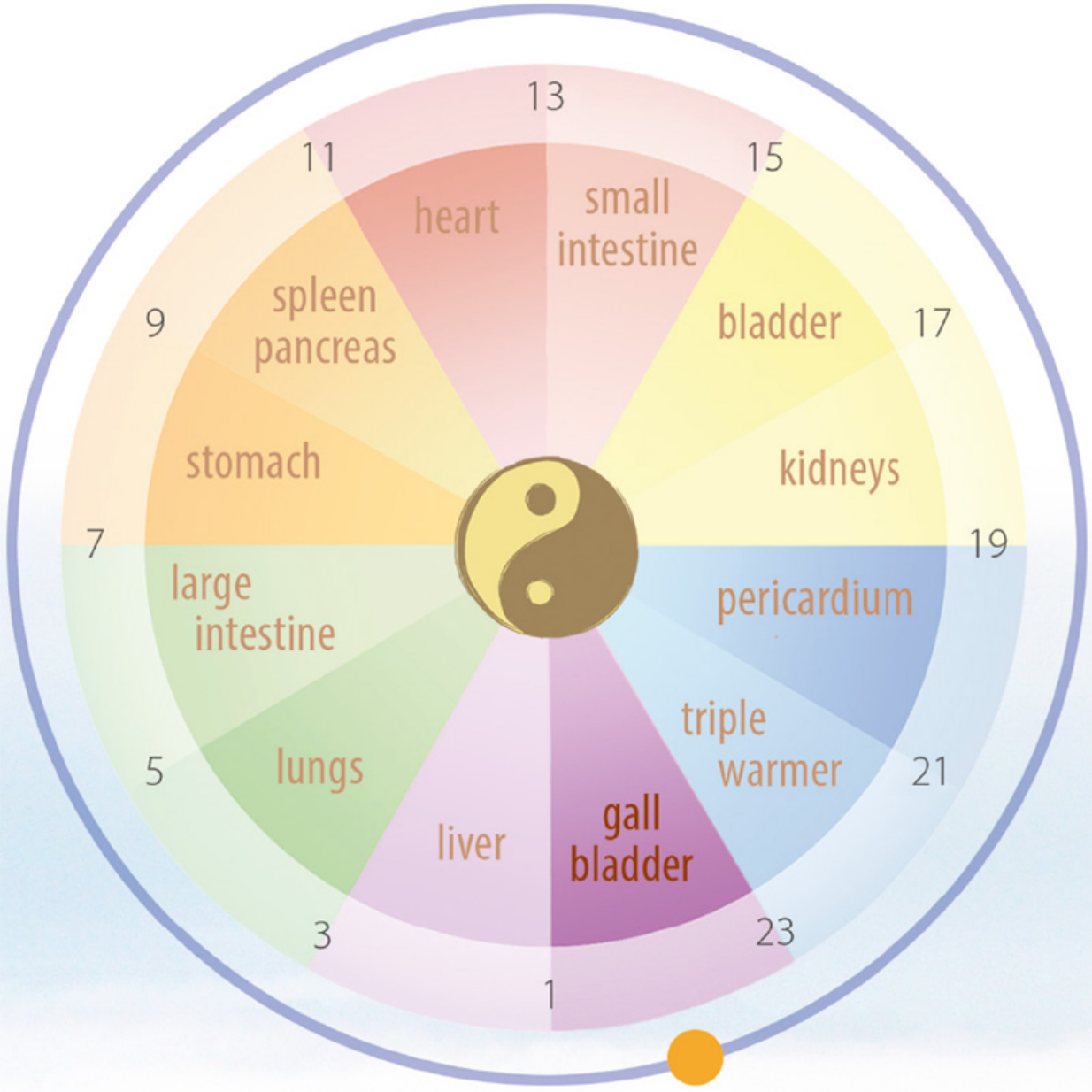
9am to 11am weakest activity

The body is at its most relaxed between 9pm and 11pm, shortly before going to bed. This is the main period of activity for the triple warmer meridian, the only meridian that is not assigned to any specific organ.

It is responsible for regulating warmth in the upper, middle, and lower sections of the body while simultaneously protecting all the other eleven meridians. Its equilibrium is thus of great importance for the proper functioning of the other meridians and their related organs.

This meridian marks the harmony between the inner and outer worlds and can also be interpreted as a positive relationship between “you and me.” Achieving a balance between inner and outer worlds also supports our ability to maintain a relationship and to be sincere with ourselves. Essence of chicory *(Cichorium intybus)* stirs us from our daydreams and connects us with the moment, with the here and now. We become aware of our own existence, our loyalty to our inner life plan, and our loyalty to ourselves.

Between 9pm and 11pm is a rest period for the spleen and pancreas, and ideally you should not eat or drink anything else until morning. The organs need peace and quiet to gather their forces and to regenerate. The immune system is especially active during this period, and the endocrine glands are busy regenerating; it is a period of relaxation and meditation.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Gallbladder

Decision-making, determination, and being true to oneself

ORGAN TIME

11pm to 1am strongest activity

11am to 1pm weakest activity

The liver and gallbladder are viewed as a single functional unit in both Western and Eastern medicine. Bile is a viscous brownish-green fluid produced in the liver and transported via the bile ducts to the gallbladder for storage. The role of bile is to digest fat; it is secreted from the gallbladder into the duodenum at mealtimes. It is also a medium for the excretion of substances to be detoxified via the liver. Decisiveness and determination are associated with the gallbladder.

If the proper functioning of the gallbladder is disrupted, the symptoms of hyperfunction are most evident from 11pm to 1am, while hypofunction is generally most noticeable from 11am to 1pm. A disturbance in function can be revealed in shoulder pain, stools of variable consistency, and tinnitus, among other complaints.

Decisiveness

We reach many crossroads during life where we must choose which path to take. Doubt often follows a decision. Have I made the right choice? Did I really make this decision or was I (mis)guided by outside influences? Such inner doubts are signs of a compromised gallbladder. Chicory *(Cichorium intybus)* is a useful plant for returning us to the here and now, drawing us

away from the memories of the past and dreams about the future and back into the present moment. At such times, people become aware of their surroundings and of being part of a whole. Making decisions comes from a deep, inner awareness, from being true to oneself. On a physical level, chicory stimulates the flow of bile and helps with conditions affecting the spleen and digestion-related headaches in the forehead or the temples.

Determination

The gallbladder's activity during the period from 11pm to 1am is very important. If we are still sitting with a glass of wine or a beer in company, we will have to contend the following morning with the effects of the night before. We are not very alert and present in the moment. People who lack self-interest or are apathetic allow others to make decisions for them, which can lead to feelings of general exhaustion and depression. Parasites, both physical and emotional, can attach themselves. There is a lack of will to get to grips with life, and gallbladder activity slackens. The plants wormwood *(Absinthium)* and celandine *(Chelidonium)* stimulate the production of bile, mitigating a lack of determination, feelings of dejection, paralysis of the will, and irritability, while strengthening compassion, presence in the moment, and alertness.

Emotions

We generally associate anger and rage with bile, and a bad-tempered person is said to be "bilious."

Gallbladder—pancreas—spleen

Within the liver/gallbladder functional unit, the gallbladder implements the decisions made by the liver about excretion processes. There is also a very close link with the spleen and pancreas; the spleen produces bile by breaking down old blood. From a physiological perspective, the pancreas and the gallbladder are the principal organs producing juices to digest food, i.e. they

produce the most digestive enzymes. This ensures the optimal digestion of nutrients.

Holding on—constipation

A reduced flow of bile may reveal itself in constipation or recurrent stomach complaints. If the gallbladder forgets that its strength lies in doing what the liver tells it to do, it tries to work out for itself what should be excreted. The gallbladder's productivity drops as a result, and the flow of bile is too slow.

It's much the same with people who hoard everything and are unable to throw things away. They keep everything, whether material or immaterial, and cannot let anything go. On a physical level, this behavior can be revealed in constipation. Stimulating gallbladder activity, eating the right foods for your metabolism type, and getting the necessary physical exercise will ensure a return to regular bowel movements.

Gall—aggression

Aggression is usually associated with negative, destructive activity, aimed at achieving material gain, social recognition, and power through the infliction of harm. However, aggression in terms of self-preservation can be used to further personal development; it can remove obstacles and help maintain both a sense of security and self-esteem. In a positive sense, aggression creates space for something new.

It is important to develop positive aggression of this kind to support personal development and liberty. If this aspect is missing, physical and mental blockages can start to build up, possibly leading to rheumatism, gout, allergies, and skin conditions. The gallbladder is therefore also linked with allergy issues. However, it is pointless to see harmless substances as the enemy and attack them; in this respect, allergies involve misdirected aggression.

Shoulder—neck—migraines

Complaints affecting the shoulder and neck area can often be traced back to a blockage in the gallbladder. Torticollis, calcification in the musculature of the shoulder, and rotary vertigo are just some of the symptoms that can arise. Migraines on the left side of the head or behind the eyes are also typical indications of a gallbladder complaint.

Sensory organ

In Chinese medicine, the eyes are considered the opening to the liver/ gallbladder function circle, with the left eye in particular being associated with the gallbladder. Increased intraocular pressure and dry or reddened eyes may relate to a disruption in gallbladder energy.

The ears are part of the kidney/bladder function circle in Chinese medicine. As the gallbladder meridian runs directly behind the ear, tinnitus may be caused by a gallbladder complaint or stress on the meridian.

Teeth

The upper canines 13 and 23 (in the dental numbering system, here) are linked to the liver and gallbladder.

Gallbladder—thyroid

The gallbladder is very closely linked to the thyroid. If the gallbladder has a disorder for which it is no longer able to compensate, the task is passed on to the thyroid. This link is made clear when we speak of something as being “galling,” in other words, extremely annoying, and such anger is indeed closely connected to the gallbladder. However, the anger is not expressed, but remains bottled up inside the body.

The thyroid is the mirror of the emotions, which is demonstrated in both its hyperfunction and hypofunction. Disturbances in an individual’s emotional development between the ages of 8 and 14 have a particular influence on the gallbladder and thyroid. From an anthroposophic perspective, this marks the Rubicon phase in which a child develops its own

sense of identity. At this age, a child has all sorts of questions, including those about their origins, whether their parents could have switched them at birth, and what would happen if their mother died. The Rubicon is a crucial phase in which a child needs special recognition from parents and teachers. The stability of the family and the extended community is important during this phase.

Persistent worries, chronic overwork, the loss of family support, and a change in familiar circumstances can lay the foundations for Hashimoto's thyroiditis, an autoimmune disorder with ensuing hypofunction of the thyroid. When a patient's medical history is studied, patients often report how moving to a different town or city has affected them because they had to leave their friends behind, of feeling troubled by a change of school, or of constant arguments between their parents. In Graves' disease, the patient's background often includes a sudden loss of a sense of security, such as the dissolution of a family unit, the death of a parent, or a separation from someone. It may also involve an early reversal of the mother/child relationship in which the mother becomes the child and the child the mother. Such inversions are to be found in cases of alcoholism and depression. Such experiences leave a trace memory in the unconscious part of the psyche. In similar situations among adults, this stress triggers an internal alarm in the nervous system and is revealed in a sense of latent unease.

Complaints affecting the gallbladder (3rd chakra, with its associated topics of self-confidence and self-awareness) and the thyroid (5th chakra, associated with expressing inner feelings and needs via language) can be treated with *Lac maternum C200 (*ultra-diluted breast milk*).* We often associate breast milk with closeness, security, trust, protection, love, well-being, satiation, being looked after, and being cared for; if there is a deficiency in the development of these aspects, *Lac maternum* can help to restore a connection to warmth, protection, sense of security, and basic trust on a mental and emotional level.

From the plant kingdom, chicory *(Cichorium intybus)* is useful for helping us to rediscover confidence in ourselves and in our own thoughts, feelings, and mission in life on a spiritual level. In my practice, I very often prescribe this mother tincture to people with thyroid complaints and to those who are yet to find their mission in life or who are not living it out. Chicory is also a key remedy for all gallbladder complaints.

The element of iron links gallbladder and thyroid together; both organs are involved in the metabolism of iron and therefore a deficiency of iron in the blood can indicate a disorder affecting these organs. It is important to investigate gallbladder function in all thyroid gland disorders. I recommend measuring the iron/copper levels in the blood; where these are low, it means that the bile ducts in the liver are blocked.

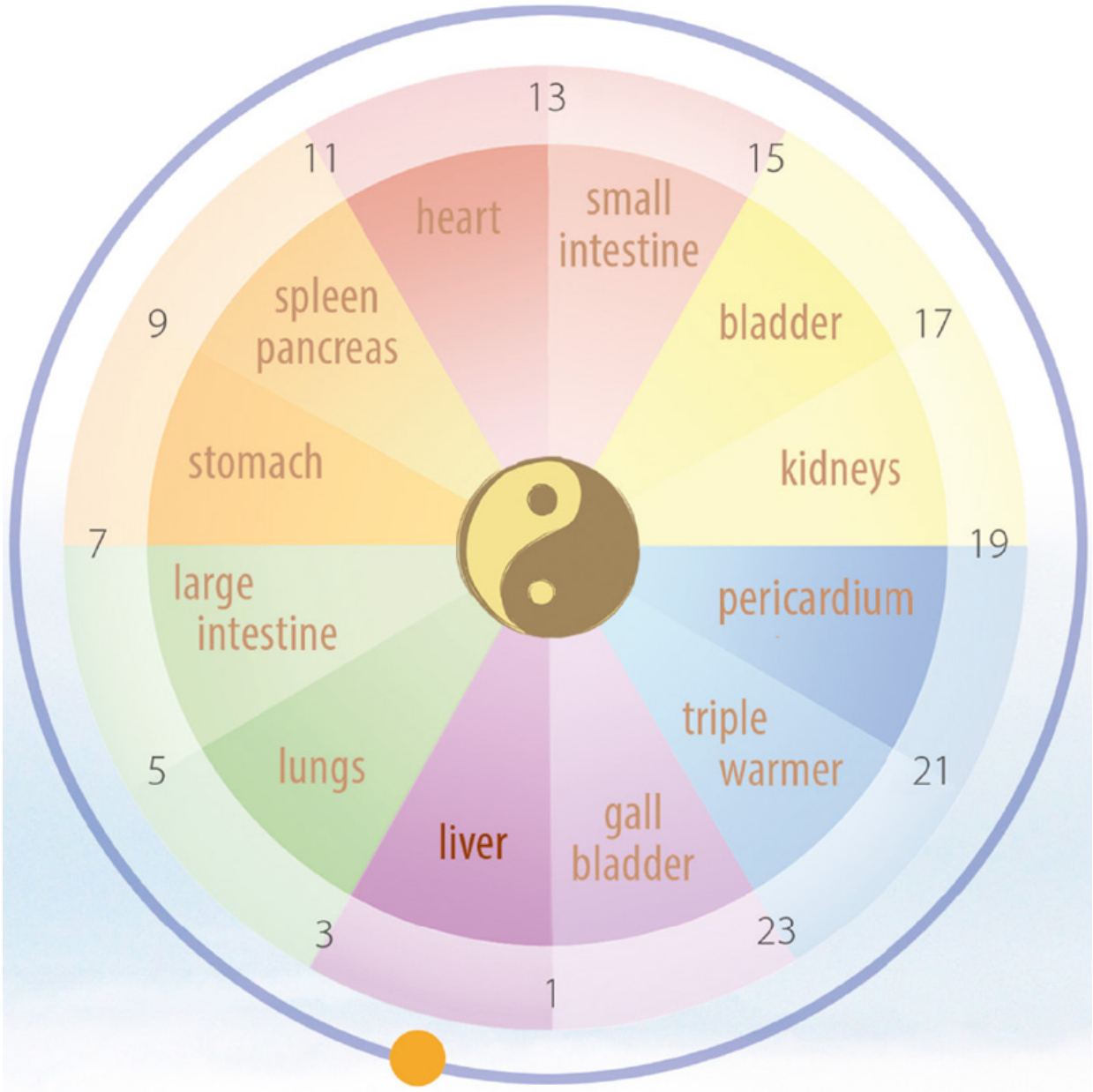
What else happens in the body between 11pm and 1am?

Cortisol production reduces and the body begins to relax; people suffering from asthma may experience an attack and it is a typical time for croup to occur. Neurodermatitis sufferers also tend to feel itchy. The body's general vital signs such as blood pressure, heart rate, and body temperature decrease and the metabolism becomes sluggish. It is also a period of regeneration for the skin.

What is good for the gallbladder?

Since the gallbladder suffers in particular when you are short of time and the body is suddenly placed under stress, it is important to find the time to relax and be at peace.

The plants chicory and celandine have already been mentioned; mother tincture of artichoke leaves *(Cynara scolymus)* is also recommended for the gallbladder. The nature of the artichoke, as described by Roger and Hildegard Kalbermatten, is expressed in completely contradictory tendencies; on one hand, the plant brings out luxuriance and abundance, on the other, it contains a principle that counteracts this abundance. Consequently, the balance between excess and self-control is expressed in an artichoke.[*6] The plant's essence helps people to strike a balance between self-indulgence and restraint.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Liver

Transformation, renewal, and change

ORGAN TIME

1am to 3am strongest activity

1pm to 3pm weakest activity

Medicine sees the liver as the key metabolic organ. Food is dissolved by the digestive juices of the stomach, pancreas, gallbladder, and gut, and is then passed on to the liver for further processing. It creates new substances from the food we eat, supplying the needs of the body by making vitamins, proteins, cholesterol, sugar, minerals, and more. These are then dispatched into the body for use.

The liver processes medicines, metabolic products, hormones, harmful substances from our environment, and those no longer of use to the body, which are then excreted via the gallbladder.

The liver is therefore viewed as an organ of transformation, change, and renewal in both the physical and emotional sense.

If liver function is compromised, feelings of tiredness or lethargy occur at its main organ times: hyperfunction from 1am to 3am, hypofunction from 1pm to 3pm. These are also the best times for treating the liver or providing support for it.

Establishing boundaries

The liver's role is to act as an engine, keeping the blood and other bodily fluids flowing efficiently, and regulating emotions and feelings. Through its ability to transform toxins into non-toxins, it protects the internal organs and

blood circulatory system. It also protects the outer layers of our bodies, hence being described as a kind of guard. The liver always suffers when people feel they are being emotionally or mentally exploited.

Most children go through a toddler phase known as the “terrible twos.” At this age, a child is developing its sense of self, distancing itself from the cosmic consciousness and Eden-like solipsism that generally prevail up to this point. The concept of “me” develops as it separates from “you.” Setting boundaries and determining your environment are both concepts associated with the liver.

If children are unable to develop properly during this life stage, or if somewhat authoritarian educational ideas prevent this along with their ability to find their own space in which to exist, they will often find it difficult to lead self-determined lives in adulthood. By the same token, it is also important to have limits in order to gain a sense of self, as Jan Uwe Rogge showed so compellingly in his book *Kinder Brauchen Grenzen* (Children need boundaries). Indulging children too much or bringing them up with only indifference leads to interpersonal conflict and problems with a child’s own identity. A sense of “me” can only differentiate itself from “you” and form a self through the experience of boundaries.

I have treated a great number of hyperactive children over the many years of my professional life. Being restless and fidgety often accompanies neurodermatitis or asthma; the common factor in these symptoms lies in an imbalance in the processing of stimuli, in the way in which stimuli from the outside are dealt with and subsequently transformed. The name of the condition differs, depending on the site of the disorder: if the imbalance tends to be on the skin, it is known as neurodermatitis; in a mucous membrane, it is called asthma; and in the nervous system, hyperactivity or ADDH (attention deficit disorder with hyperactivity). Many of my patients felt better once they had a regular daily schedule, featuring clear boundaries and structure, all of which supplied a sense of security. Homeopathic treatment of the liver always played a role in the treatment plan.

Preserving an individual’s own personality through an active barrier against harmful emotions and psychological influences is one of the liver’s key tasks. The most powerful protective boundary we can establish against emotional and mental exploitation, psychological attacks from others, and manipulation is the simple word “no.” People who are incapable of saying

“no” have higher cholinesterase levels, as mentioned earlier, indicating the way in which the liver tries, without success, to process all the incoming stimuli. People carrying excess weight often display an inability to establish limits; by accumulating body mass, they translate the boundary to a physical level.

Mother tincture of milk thistle *(Carduus marianus)* promotes the ability to set boundaries and supports protection on a physical and emotional level. Conditions caused by an overactive liver are most noticeable between 1 am and 3am, generally revealed through sleeping fitfully and waking several times.

Adaptation

On a metabolic level, the liver is constantly busy converting chemical substances extracted from food, and the same can be said to be true on both a mental and emotional level. Transforming and adapting to ideas and values is a quality of liver energy. Many people find it difficult to adapt or change previously held values and opinions when faced with a new experience. The most common blockage encountered in therapy is a lack of willingness on the part of clients to change certain things in their lifestyle, surrender old habits, and welcome new experiences. This shows up in an analysis of blood as lowered cholinesterase. Liver function and the flow of bile are disrupted, and the process of transformation and adaptation backs up and becomes paralyzed.

Dandelion *(Taraxacum)* invigorates liver processes, thereby promoting adaptability. Conditions involving liver hypofunction are mostly revealed from 1pm to 3pm.

Emotions

A lack of boundaries and ability to adapt brings out feelings of anger, rage, irritation, and bitterness. Such emotions can be rebalanced by harmonizing liver energy.

Tissue

Anger is very closely linked with muscle strength. Fighting, self-defense, and fist-clenching are dynamic expressions of the liver, just as diseases of the muscles, tendons, and joints are closely connected with liver energy.

These include increased or reduced muscle tone, muscle tics and spasms, paralysis, tendon sheath problems, knee pain, hip conditions, joint tremors, and rheumatic disease.

Sensory organ

In Chinese medicine, the eyes are considered the gateway to the liver/ gallbladder function circle. The eyes, and therefore vision, are very closely linked with liver activity. The left eye is more directly connected with gallbladder activity, and the right eye is associated with the liver.

Symptoms affecting the eye may be an indication of liver malfunction; these include any cloudiness of the lens or vitreous body, macular degeneration, circulatory disorders, inflammation, dry eyes, and defective vision.

Teeth

The upper canines 13 and 23 (in the dental numbering system, here) are also known as “eye teeth.” Their roots reach up to the base of the eye socket and symbolize potency, strength, and force, being used for tearing and even as weapons.

Changes in the teeth or gums are directly linked with liver energy. In older people, the canines are often used to anchor false teeth, which weakens the liver-gallbladder function circle, potentially leading to joint problems. These may be expressed as knee or hip complaints that restrict mobility, and even hip fractures.

Liver and pituitary gland

On a hormonal level, the liver has close links with the pituitary gland, the “master gland” that regulates most of our hormones. This connection explains how liver complaints can lead to reduced sexual potency and loss of libido. Disrupted liver energy can lead to symptoms that occur during the female menstrual cycle such as swollen breasts, irregular periods, cysts or myomas (fibroids) in the womb, pain during menstruation, and endometriosis (a benign but painful illness).

Liver energy accumulates in the head

Liver energy is known as a “rising” energy. Those who experience livergallbladder malfunction have many symptoms in the head and shoulder region. These include tension in the shoulder and neck, shoulder pain, and headaches, especially around the temples. Symptoms affecting the left side of the head indicate a blocked gallbladder, while those on the right relate to the liver. The origins of tinnitus may also be traced back to the liver and gallbladder, although more often they originate in disorders of the kidney. Stroke can also be interpreted as a problem caused by rising and overflowing liver energy.

Liver “pain” is tiredness

Liver complaints do not cause pain, instead tiredness is the “pain” felt by the liver. Many people experience a dip in energy from 1pm to 3pm (lunchtime). This can be to do with food they have eaten weighing down on the body, but it can also be due to the liver being burdened with the task of processing the food.

Tired eyes and daytime sleepiness are clear signs of an overworked liver. Loss of appetite and diminished enjoyment of life indicate that the liver is suffering. If, after a lengthy convalescence from a period of illness, an individual does not return to their former vigor and alertness, the liver is usually having to work too hard.

Disturbed sleep, and waking up between 1am and 3am in particular, suggests disrupted liver energy. The body needs a period of recovery during the night, and drinking alcohol or eating late in the evening, along with

insufficient sleep, can prevent the liver from carrying out its tasks during its principal organ time. It starts to work too hard, which is revealed in non-restorative sleep.

What else happens in the body between 1am and 3am?

The body's general performance capability is at a low point, and cold is felt more acutely than at other times. This is the body's key period for detoxification and cleansing. If the liver is weak, we may experience migraines at this time or wake up.

What is good for the liver?

Cold drinks and cold food are not favored by the liver. Choose a glass of warm water in the morning and the evening instead.

Diet plays a vital role in liver care. It is the liver that processes and transforms our food, and nutrition is fundamental to its ability to function at its best. As a result, it is important for the liver to receive only food it can easily process.

Exercise is also a key factor for supporting the liver, reducing internal stress, clearing the head, and freeing us from inner pressure. Add relaxation to the mix and the liver will be all the more grateful.

The two most important plants for the liver are dandelion and milk thistle, as mentioned earlier. Barberry *(Berberis D3)* could also be added to the list of beneficial plants.

SUMMARY: GALLBLADDER—LIVER		
Organs	**gallbladder**	**liver**
strongest activity	11pm to 1am	1am to 3am
Rest period	11am to 1pm	1pm to 3pm
Element	wood	
Bodily function	dynamics, motor skills	
Mental function	flexibility, adaptability	
Quality	decision-making purposefulness	transformation renewal
Emotions, feelings	anger, rage, irritation	
Endocrine system	thyroid	pituitary gland
Sensory organs	eye (seeing)	
Body tissue	muscles, tendons; hips, shoulders; sphenoid sinus, tonsils	
Bodily fluid	tears	
Expression of power	nails	
Taste	sour	
Odor caused by disease	rancid, sour	
Color	green	
Associated planet	Mars	Jupiter
Associated metal	iron *(ferrum)*	tin *(stannum)*
Season	spring	
Teeth	upper jaw 13 and 23 lower jaw 33 and 43	
Basic function	emotion, feelings, affect	
Actualized	personal development	
not actualized	anger, rage, aggression	

Symptoms	increased intra-ocular pressure; shoulder pain; desire for sweet foods; always in a hurry ("hurry sickness"); allergies; tinnitus, acute hearing loss; reddened eyes; anger, depression; diarrhea; dizziness; difficulties falling asleep; belching; dry eyes; bloating, sense of fullness; thyroid conditions	restless legs; inability to cope; swelling and itching in genital area; menstrual complaints; aggression, attacks of rage, anger; gallstones; cysts, myomas (fibroids), impotence; joint tremors; herpes; tired eyes; fragile nails; allergies; auto-immune illnesses; erectile dysfunction
Schuessler salts	No. 2: Calcium phosphoricum	No. 6: Kalium sulfuricum
Plants	chicory *(Cichorium intybus)*, dandelion *(Taraxacum)*, artichoke leaves *(Cynara scolymus)*, celandine *(Chelidonium)*	dandelion *(Taraxacum)*, milk thistle *(Silybum marianum)*, barberry *(Berberis)*

Basic emotional needs

Our basic emotional needs relate to security, structure, and stability, appreciation, self-worth, introspection, and respect, along with loving, being loved, and being touched both physically and emotionally.

Security, structure, and stability

Meeting the need for security and comfort in the womb and immediately after birth is key. A sense of security develops within the first years of life in the form of basic trust and knowledge that whatever happens, we will be cared for. Security, structure, and stability are closely linked with the emotional needs of the kidneys.

In my work with children, I have noticed repeatedly that the most common diseases that occur in the first years of life are connected with the kidneys, whereas complaints arising after the early years tend to be related to the liver. Basic trust is the foundation for courage and for our ability to welcome new experiences.

A lack of security and peace of mind during the first years of life will be reinforced in later years, however. Insecurity and fear are the main obstacles to the development of an individual’s personality. People hedge their bets at every opportunity; they are risk-averse and resistant to any kind of change to a situation they know and trust.

Rituals create security, hence for people who find it difficult to trust, regular daily routines and set boundaries in shared lives are important. Stability is also expressed in posture: a secure person walks with their shoulders back, head held high, and a searching gaze.

A lack of security manifests itself in fear and withdrawal, even to the extent of autistic behavior. A lack of structure leads to passivity, depression, and a sense of hopelessness.

The mineral silicon brings structure, clarity, stability, and security. It is important for bone growth (silicon, rather than calcium, provides structure and solidity), firm connective tissue, strong nails, skin, and hair. *Silicea* is a possible candidate for boosting the kidney function circle, as is often evident during treatment of recurrent infections in the upper airways.

Appreciation, self-worth, introspection, and self-respect

Our need for appreciation and respect, and for self-esteem, affects our relationships with other people and with society as a whole. Being unsure of ourselves is an aspect of the kidneys, while the relationship between the self and others is linked to the dynamics of the liver, the organ that takes us out into the wider world.

Taking fairy-tales as an analogy, soon after the start of most tales (*Hansel and Gretel* is a good example), the main characters must head out into the wider world. This is a phase of experimentation and exploration. A sense of self-worth and being appreciated are closely connected with the liver. If other people fail to acknowledge this, it can result in feelings of anger, revenge, sorrow, hatred, and envy. The absence of self-esteem often leads to insecurity, rudeness, criticism of others, and a desire for status symbols.

Qualities of the spleen and pancreas include social contact and a desire to belong, along with a focus on relationships, family, friends, groups, and clubs. Without social contact, we feel lonely and isolated; a lack of human contact unsettles us and makes us doubt our own identity.

Love, being loved, being touched

Love and being loved lie at the heart of all human life. We cannot live without love and human contact. We may have food but without the touch of human skin, the soul wastes away and we die. Love comes from the heart and is aimed at the heart.

The first love we experience is the love of a mother for her child. It is complete and unconditional; people who have not experienced such love spend their lives looking for love. This yearning becomes the main issue in their lives and creates an underlying sense of restlessness, loneliness, sorrow, jealousy, and despair.

Physical needs

A healthy body requires the three pillars of diet, exercise, and relaxation.

Diet

Few topics elicit so many different opinions as diet. All experts agree that proper diet is essential for health but have yet to decide which foods are best. One important fact has been overlooked in the search for the best diet, however: nutritional needs vary from person to person, and no single diet suits everyone. Each person is unique and needs foods that suit his or her individual metabolism for optimal health and vitality. Just as a car engine runs best on a particular fuel, our body's cells require the correct nutrients. "Let food be thy medicine and medicine be thy food" is the famous aphorism of Hippocrates some 2,400 years ago, and it remains just as relevant today.

For proper maintenance of health, the metabolism needs good carbohydrates with a low glycemic index (such as from starch-free vegetables), valuable proteins (examples include fish, eggs, and nuts), healthy fats and oils (such as linseed or olive oil), and still water. A person's requirements in terms of nutritional needs and the composition of food vary according to age group and hormonal circumstance. Children can eat foods that are relatively low in proteins and high in carbohydrates, but once we reach adulthood, we must take care to eat a balanced diet. When women reach the menopause (at the latest), they should ensure they eat more protein and fewer carbohydrates.

Eating habits in healthy people are normally regulated by appetite, but many have forgotten this innate and intuitive impulse. Our dietary plan features some 350 foods that require only a small amount of insulin to metabolize. From these foods, those that are ideal for an individual's metabolism are selected by means of a "type classification" (into 6 blood groups and 3 metabolic types) and individual metabolic readings (42

laboratory results). Depending on the end goal (slimming, rapid weight loss, a vegetarian or ketogenic diet), we devise a suitable dietary plan for every patient.

Unsuitable foods put stress on the stomach/spleen-pancreas function circle, with the consequences being anything from diarrhea or constipation to chronic infection, high blood pressure, and osteoporosis, or even obesity and anorexic disorders. The pancreas is stressed by too much or too little food, or by food that is overly hot or cold.

Too much food places the pancreas under stress, making it unable to fully process the ingested food. Excess weight is the physical manifestation of a weakened pancreas. By the same token, too little food leads to a lack of energy reserves; the energy of the pancreas is weakened, with the knock-on effect that it is unable to supply the other organs and tissue with sufficient energy. The skin loses elasticity and sags. Food that is too cold impairs the “warming” capacity of the pancreas. Foods that cool the body include yogurt, raw vegetables, fruit, and salad. The pancreas cannot compensate for a lack of food, but cold food over the long term, and pancreas hypofunction, result in a puffy, pale, scalloped tongue (marked with tooth impressions), and a white coating. Foodstuff that is regarded as indulgent, such as alcohol, coffee, and fast-food products, is generally heat-producing; it places stress on the pancreas, which then reacts by creating moisture. The upshot is blockages in the gastrointestinal tract.

Exercise

Taking too little exercise causes a general shortfall in food combustion, while reduced physical activity affects the pancreas, liver, heart, and lungs in particular.

If food cannot be sufficiently metabolized, excess weight soon results. The body is taking in more than it is using. The body feels heavy and tired, and this sluggishness often affects a person’s mental processes too and they become lethargic.

This pent-up energy causes a sense of tension in the liver, often accompanied by a headache around the temples. Women tend to suffer from premenstrual complaints, swollen breasts, and cramp-like period pains in

the lower abdomen. More exercise can bring relief in many cases. This does not have to mean great feats of sporting endeavor; you don't even have to get as far as the gym. What is important is to incorporate exercise into your daily routine: leave the car in the garage if you don't have far to go, or take a bike instead. Choose the stairs rather than the elevator. Daily exercise is especially important for the heart, the organ of rhythm; the blood flows more easily and energy is regulated. So many of my patients have "run off" their high blood pressure; let's not forget that we humans are "animals that run."

Relaxation

Working too long without the appropriate breaks for rest and recuperation is eventually detrimental to the kidneys, the entrance gates to physical strength. Our energy supplies are not inexhaustible and rest breaks are essential for topping up their reserves. Unfortunately, the effects of overexploiting the body's energy reserves are not immediately apparent and only become noticeable with time. Overstretching ourselves mentally also impacts heavily on the kidneys/bladder function circle; too much energy is diverted to the head, draining the kidneys. A certain amount of relaxation is therefore appropriate to balance things out.

Sleep and recovery balance out the day's activities, and rest phases at night are used for recuperation. If we don't get enough rest the body must call upon its reserves and use up energy, with the effects being seen in overloaded kidneys and adrenal glands. Weakened immune systems, allergies, neurodermatitis, asthma, and rheumatic complaints, and even cancer can also result.

Sleep itself is a function of the heart. If we get too little sleep, the heart never has a break, and this restlessness can make it difficult to get to sleep and to stay asleep. A vicious circle kicks in, the consequences of which can include anxiety and panic attacks. Lack of sleep leads to poor concentration, forgetfulness, physical weakness, and a compromised immune response.

If tension and relaxation are in balance, the body and mind will be in harmony, since the right levels are linked with balanced liver function.

Many people are unable to strike this balance, often resulting in irritability, nervousness, and feelings that we are being driven against our will.

Life is closely connected with the vital needs of our bodies—meeting such needs ensures we live, thrive, and survive.

A final thought

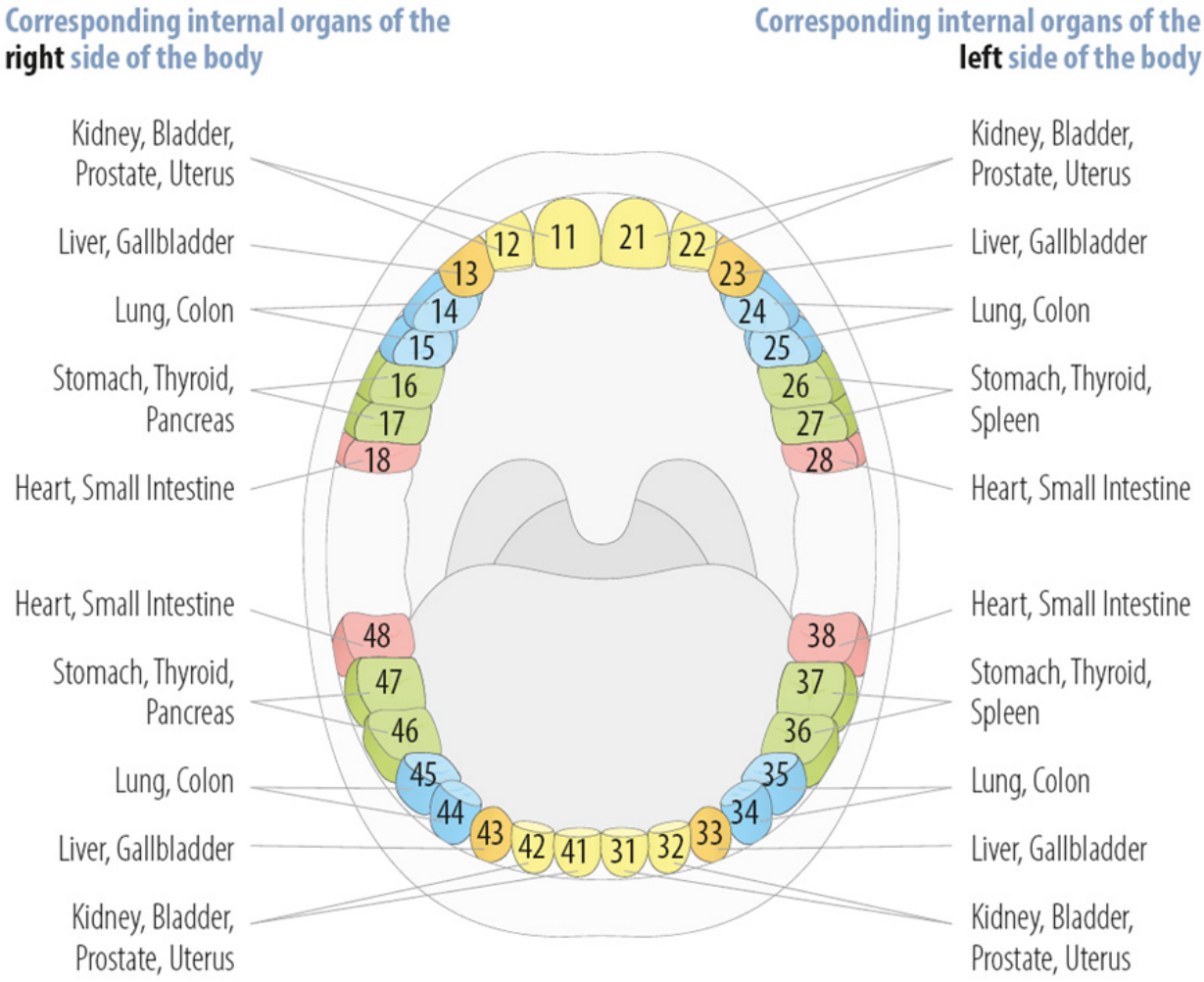
It is clearly not always possible to introduce harmony, but we should try, anyway!

Each and every organ has its own special job to do. By its very nature, the cycle of organ activity has phases of heightened activity and periods of rest. Symptoms of disease often reveal themselves precisely at these specific times.

Our bodies produce symptoms of disease only when we are no longer able to compensate for mental and physical destabilization. Coughs and colds, for example, may be an indication that the body is under too much strain and needs some time out, for example; if we meet this need, the symptoms generally disappear quite quickly. If we fail to do so, an acute reminder can turn into a constant reminder, and chronic disease may result.

My hope is that this book has helped you understand the language of your organs and that these new insights will help you find inner equilibrium of body, mind, and spirit. I wish you every success in your endeavors!

Teeth reflexology chart



FOOTNOTES

*1 The Platonic Year is the time it takes for one cycle of the procession of the Earth's axis; this lasts 25,750 years.

*2 The parasympathetic nervous system, the sympathetic nervous system, and the enteric nervous system are the three components of the autonomic nervous system.

*3 "Mother tincture" is a term taken from homeopathy and refers to undiluted liquids pressed or extracted from plants.

*4 Ghrelin is an acronym for "growth hormone releasing hormone."

*5 Cf. Kalbermatten, Roger and Hildegard: *Pflanzliche Urtinkturen: Wesen und Anwendung* (Herbal Mother Tinctures: Essence and Use.) Baden and Munich 2007, p. 37.

*6 Kalbermatten, Roger and Hildegard: *Pflanzliche Urtinkturen: Wesen und Anwendung* (Herbal Mother Tinctures: Essence and Use.) Baden and Munich 2007, p.38.

About the author

As one of the leading experts among Germany's alternative practitioners, Lothar Ursinus manages the Alstertal Natural Healing Center in Hamburg and is a co-founder of the Laboratory for Holistic Medicine. His method of interpreting laboratory data according to clinical medicine, including naturopathic and holistic aspects, is appreciated by alternative practitioners and doctors alike. He also developed an individual nutrition program that takes genetics and metabolism into account. For many years he personally trained selected therapists in Germany, Canada, Denmark, England, and France, based on this concept of nutrition.

Through his seminars, lectures, professional journals, and books, Ursinus conveys his view of holistic medicine. For him, the patient is key, in his/her entirety, body, soul, and spirit. Understanding the symptoms and the connections is often the first step toward self-healing.

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