



Week 30

OVERVIEW OF LECTURE

The Healing Process

Thoracic 5 and 6

THE HEALING PROCESS

The body is eliminating toxins or living by-products such as carbon dioxide constantly.

We feel comfortable when our PH is balanced and slightly alkaline.

Excessive foods and most chemicals including too much liquid can cause digestive stress and results in too much acid for the body to eliminate.

Reading and being attentive to our environment through our other senses and avoiding overwork are part of a healthy diet.

Fatigue and muscle tension are the first signs of illness.

Any reduction in those symptoms are the path to health.

The less you eat the better your brain functions and you are less tired.

Malnutrition, poor posture, a lack of oxygen and poor blood circulation affect brain functioning.

Foods that help neutralise ammonia, carbon dioxide and lactic acid include scallions, beans, greens, fruit, egg, yolk, liver, dairy, and tomatoes.

These foods have the protein and vitamins in abundance that help provide the necessary protein and vitamins for mental clarity.

BEAUTIFUL SKIN:

- Eat a good amount of vegetables and fruit. It has vitamin a and vitamin D to protect it and keep it healthy.
- Calcium is very effective because it cleans the blood. Apples, celery and parsley should be a food staple for good skin because they help to make sweat alkaline.

WEIGHT LOSS

- Reduce animal fats.
- Iodine from sea vegetables and root vegetables for fibre.
- Seaweed and vinegar or fruit juice to reduce high blood pressure.

GAIN WEIGHT

- Eat a balanced diet.

PREVENT MISCARRIAGE

- Eat lots of calcium, iron and vitamin rich foods

IRREGULAR MENSTRUATION

- Root vegetables and seaweeds. These foods contain a lot of B vitamin calcium and sodium.

INSOMNIA

- Can be treated successfully by eating more dark bread, brown rice, small fish, lotus root, onion, carrots, and pumpkin.

EYESIGHT PROBLEMS

- Do not respond well to dairy or meat and are best supported by foods rich in calcium and vitamin rich foods such as seaweeds and fruits.

NECK AND SHOULDER PROBLEMS

- Helped by consuming vegetables such as daikon, brown rice and hijiki.

BACK PROBLEMS

- Root vegetables and seaweeds are best for back problems.

CONSTIPATION

- Eat brown rice, fibre rich vegetables, pickles, burdock, yams, daikon, radish, kombucha, wakame, and natto.



INTERNAL ORGANS

- To strengthen internal organs consume foods such as snails and pine needles, walnuts and black beans, onions and sprouts and black beans, black sesame seeds, yams and garlic.

THORACIC 5 & 6

Thoracic 5

- For the stomach and spleen.
- For constipation, obesity, throat, eyes, ears, sex drive, the brain, the hands and endocrine glands.

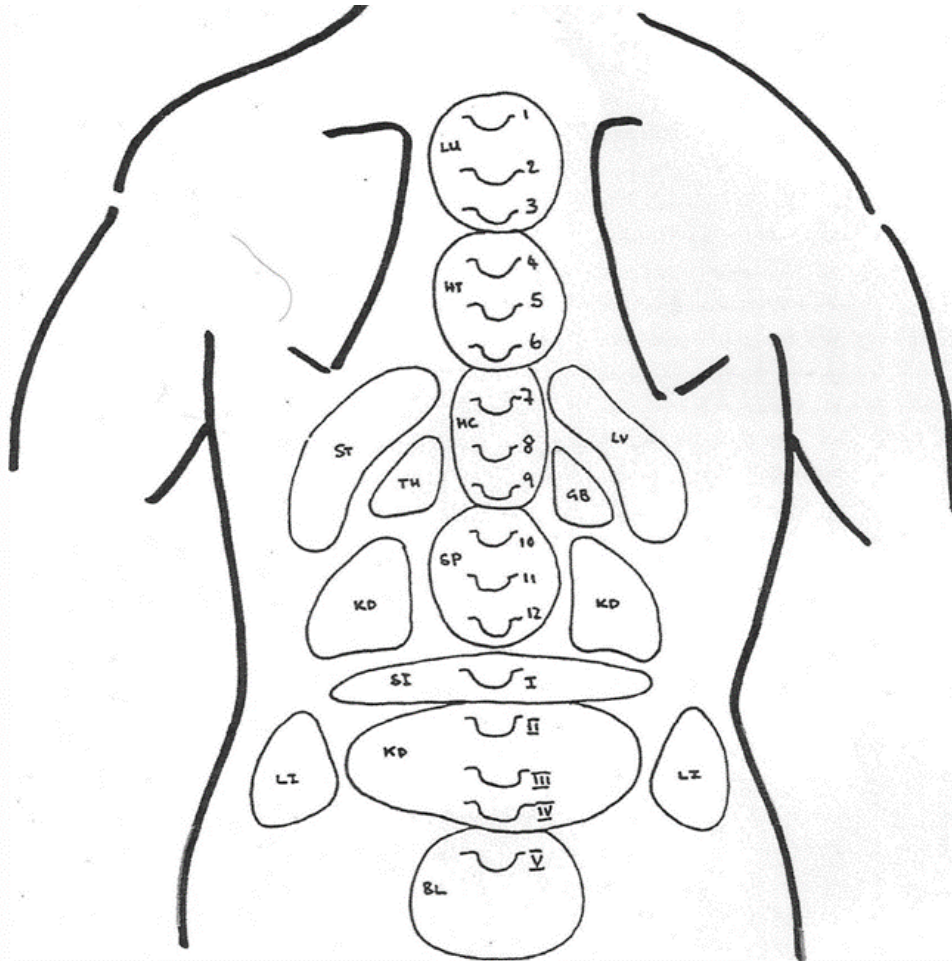
Thoracic 6

- For the respiration, kidneys.
- To help the pleural sack, the thyroid the uterus, the feet and diaphragm.

RYOHO

WELLNESS

Training Program



LUNG LU / LARGE INTESTINE LI
 HEART HT / SMALL INTESTINE SI
 HEART CONSTRICTOR HC / TRIPLE HEATER TH
 LIVER LV / GALL BLADDER GB
 KIDNEY KI / BLADDER BL
 SPLEEN SP / STOMACH ST