

Week 13

Overview of Lecture

Earth Phase.
Spleen & Stomach

Sea Salt

SEA SALT - Extract taken from

'SEA SALT'S HIDDEN POWERS' by JACQUES de LANGRES PhD

"Another valid reason for adding sea salt to raw or cooked vegetables is that the nutritive tissue of every plant is made up of complex carbohydrates, this constitutes one of the important food groups for humans and animals. Salt is the single element required for the proper breakdown of plant carbohydrates into usable and assimilable human food. Only when salt is added to fruits and vegetables can saliva and gastric secretions readily break down the fibrous store of carbohydrates. Thus here, as well as in cooked foods, an unsalted raw diet will not work."

He goes on to explain "Certain aboriginal tribes who consume mostly fresh killed animals have the life preserving instinct of drinking the blood of their prey and, also of cracking open the bones, sucking out the marrow and gnawing on the cartilages. Such steps increase the ratio of minerals to proteins. Such a step safeguards the heart and health of these carnivorous humans. City dwellers regularly consume aged meat that has had the blood drained out. Modern consumers never chew on the bones and cartilages of any beast. The proteins that they ingest are not neutralised by the minerals of the animal's marrow and blood. Such salt poor proteins need to have minerals added, when they are absent, it causes a craving for extra salt. If a fresh kill could be consumed, this would provide the additional sodium, calcium and phosphorous needed for balance, but that is an instinct that has been lost by the meat eaters of modern civilizations.

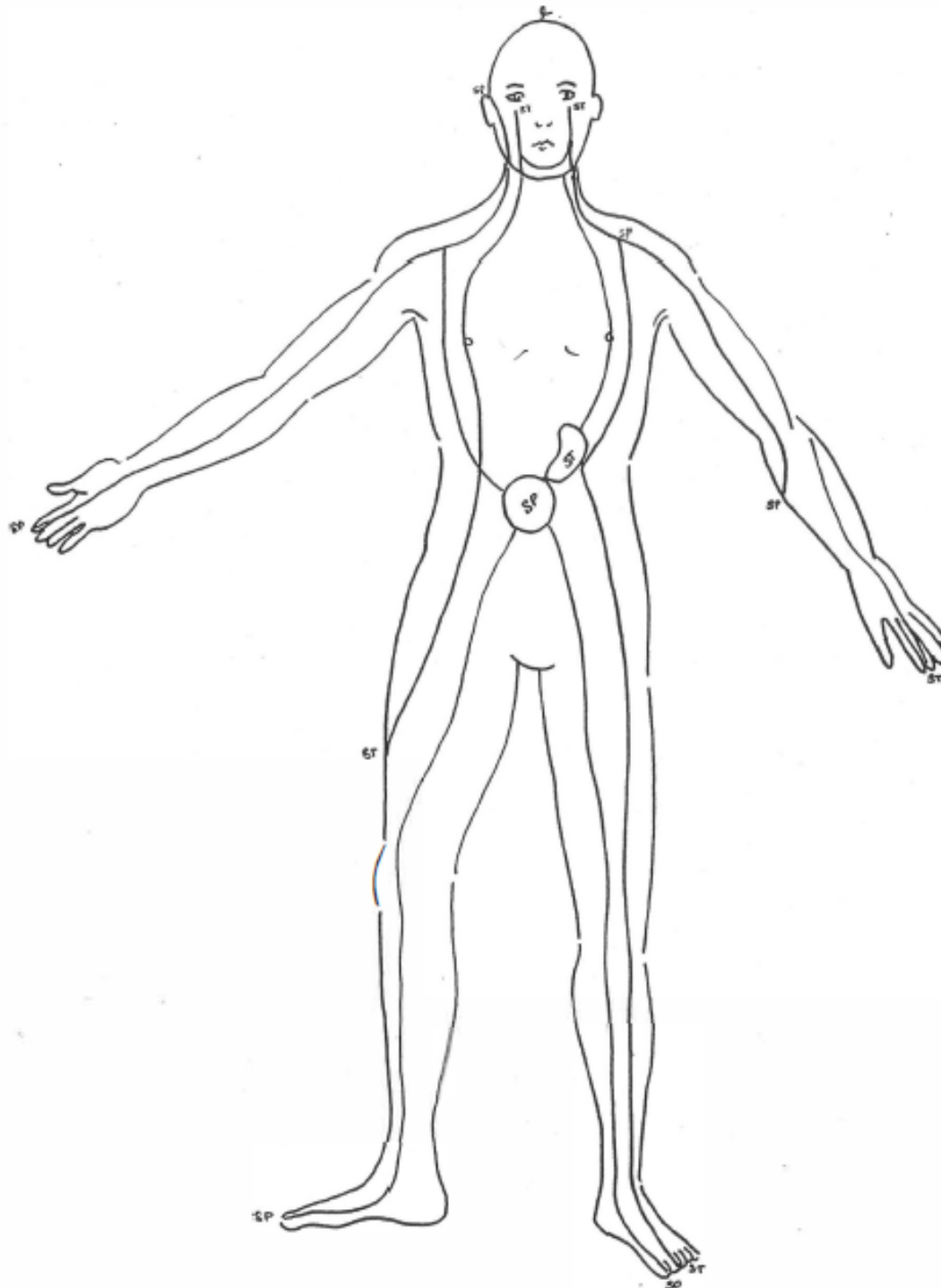
On such a blood-less meat diet, no amount of salt reduction can check high blood pressure stemming from such an excessively high nitrogenous intake."



Meridians: Spleen & Stomach

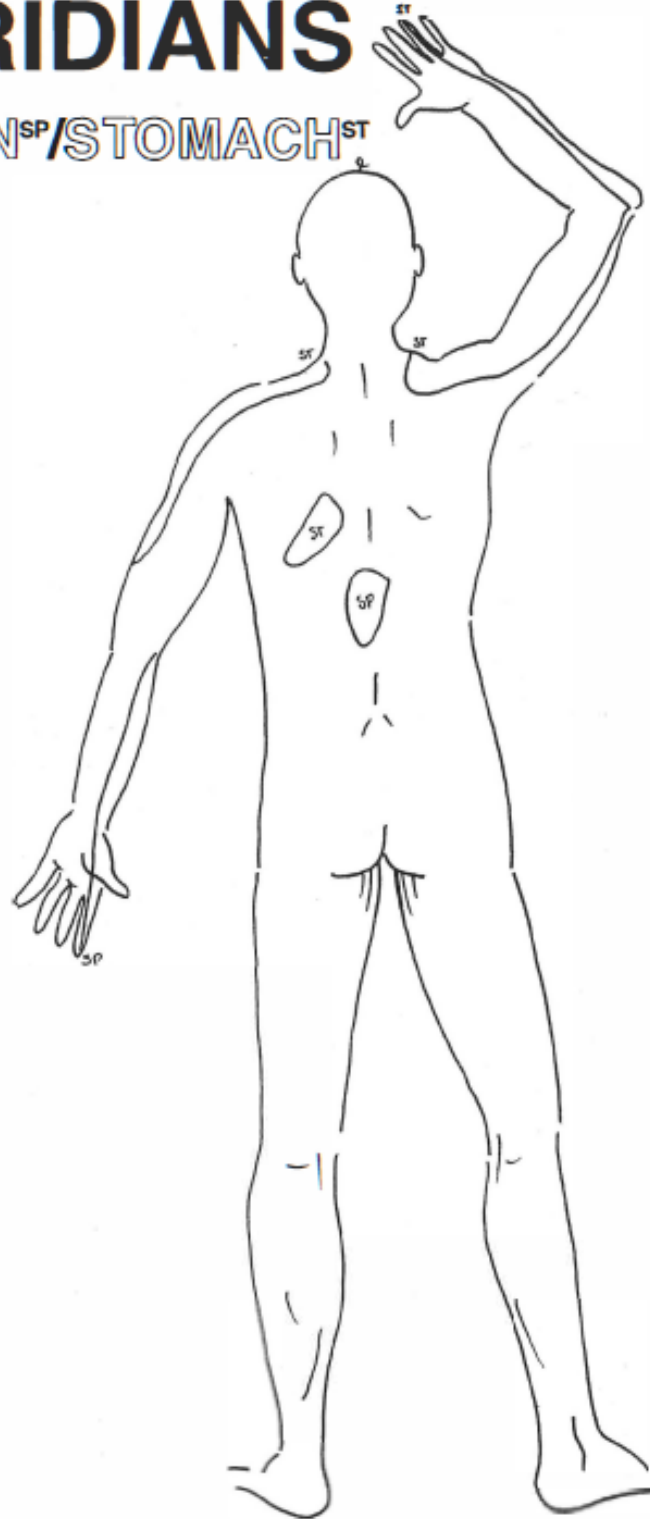
MERIDIANS

SPLEEN^{SP}/STOMACHST



MERIDIANS

SPLEEN^{SP}/STOMACHST



Earth Phase – Part 1

Spleen & Stomach

- Sweet, mature, abundance.
- The stomach supplies the spleen. The spleen regulates stomach.
- Nourish the spleen to calm the stomach. Nourish the stomach to rebuild the reserves of the spleen.
- Times: Spleen 9am to 11am. Stomach 7am to 9am
- The stomach provides all the cyclic patterns of the body. It tells you when to eat and how much to eat. This reflects in all the regular processes such as the menstrual cycle, habits and breathing patterns. Regular small meals help to stabilise and overcome habitual modes of behaviour in all forms.
- The spleen meridian also encompasses the pancreas functions. Together they regulate the entire digestive system. Upon receiving stimulation such as smell or taste, the spleen then provides the appropriate forms of digestive fluids and reactions to absorb nutrients. This is extended to all forms of human functions of digestion such as attentiveness and ability to receive. The spleen gives you desire.

SYMPTOMS STOMACH

KYO

Indecisiveness (not the same as LI)
Snacking
Eating on the run
Weak legs
Poor posture
Drowsy
Protruding top lip,
Gullible Headaches in front of head
(left side)
Stiff shoulders (could be left side)
Frozen shoulders (could be left side)
Craving soft food

JITSU

Habitual
Sore top lip (red inflamed)
Always eating.
Fat thighs {buildup of reserves}
Protruding ribs.
Yawning

SYMPTOMS SPLEEN

KYO

Dissatisfied
Fatigued / lacking reserves.
Eats quickly.
Hunger/ thinking about next meal
Sweet craving.
Swollen belly
Weak menses
Pain in sacrum
Trouble in hip joint
Foggy mind

JITSU

Sweet craving
Lack of appetite
Too much desire Neurotic
Singing
Oversensitive or touchy