

Eating premium quality eggs will support nutrient intakes, especially the egg yolks. Another good source of nutrients is to eat the chicken livers and bone marrow. The Chinese diet includes the entire chicken with the bones, skin and head, not just the meat. When the chicken is raised humanely in a healthy way, this is an excellent source of Yin and Yang energy.

MEAT AND FAT – SPARE THE GROWTH HORMONES

It is of great importance for consumers to know the source of the meat and animal fat they are consuming. Similar to chickens, healthy cows, sheep and goats will produce healthy meat and fat. The key to raising healthy animals is to maintain their natural habitat and diet. The fat and organ meat from grass fed beef is much healthier than that of an animal that is fed grain, receiving growth hormones or antibiotics. Liver from grass fed beef is especially recommended.

THE FOUR LEVELS OF THE HUNYUAN METHOD

While Chinese herbs and acupuncture are decisively not “do-it-yourself” modalities, I have long thought it would be beneficial to introduce a home program based on this ancient wisdom. With the Hunyuan method, I divide my treatment protocol into four levels. Approximately 25% of all pregnancies resulting from the Hunyuan Method are reached due to the first two levels of treatment. Approximately 75% of pregnancies result from all four levels. However, these include strong, potent herbs that are not recommended for home remedies as they can only be taken under strict supervision of a practitioner. Therefore, these potent herbs have been left out of the home program in favor of kitchen-based, mild herbs that carry no risk. The efficacy, of course, will not be the same as it would be if the patient visited an acupuncturist. However, to help improve the results of the mild herbs, I will explain additional methods of acupressure, Qigong exercises, and diet and lifestyle modifications. Again, this do-it-yourself protocol is not a substitute for visiting a health care professional or an herbalist, but it is your first step towards success.

It is recommended that each level be practiced for one month before proceeding to the next. However, if the patient does not suffer from any symptoms listed under Level 1, she should proceed to Level 2 immediately. If the patient is in the midst of levels two through four when a Yang illness or blockage arises, she must return to level 1 (or level 2 if level 1 is not applicable). When she has re-balanced the three Yang spheres at level one, within three days she may return to the level where the blockage began.

LEVEL 1: BALANCING THE THREE YANG SPHERES; TAI YANG, SHAO YANG, YANG MING

Before Yang meets Yin – before the Tai Yang life force connects with the Yin energy force within the body – it is imperative that the three Yang life force energy spheres come into balance.

The remedy for disharmony in the Tai Yang, Shao Yang and Yang Ming spheres must conform to the laws of nature: it must follow a natural modality of treatment such as offered by Chinese, Ayurvedic or American Indian folk medicine. With Chinese medicine, the remedy consists of diet, herbs, acupressure, Qigong (therapeutic movement and/or breathing), emotional balancing and lifestyle modifications.

TAI YANG ILLNESS – RECOGNIZING THE LIFE FORCE ENERGY IMBALANCE

Tai Yang illness occurs when the Yang mechanism – where the life force exits the body – is blocked from opening. The symptoms can be one or more of the following: chills, fever, runny or blocked nose, stiff neck, general body aches and exhaustion.

Although these symptoms do not appear to constitute a serious Western medical illness, they are serious from a Chinese fertility perspective. If not treated, the disharmony can travel deep into the Shao Yin, possibly damaging fertility prospects.

REMEDYING THE IMBALANCE – CLEAR THE CHANNEL

Modern cold remedies must be avoided, as these treat only the symptoms. It is possible that the remedies will force the illness to an inward place, becoming more serious.

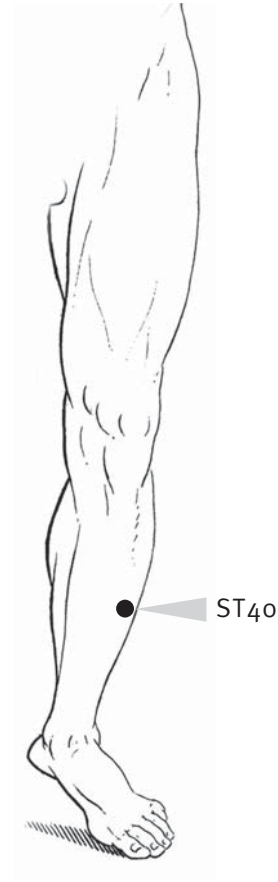
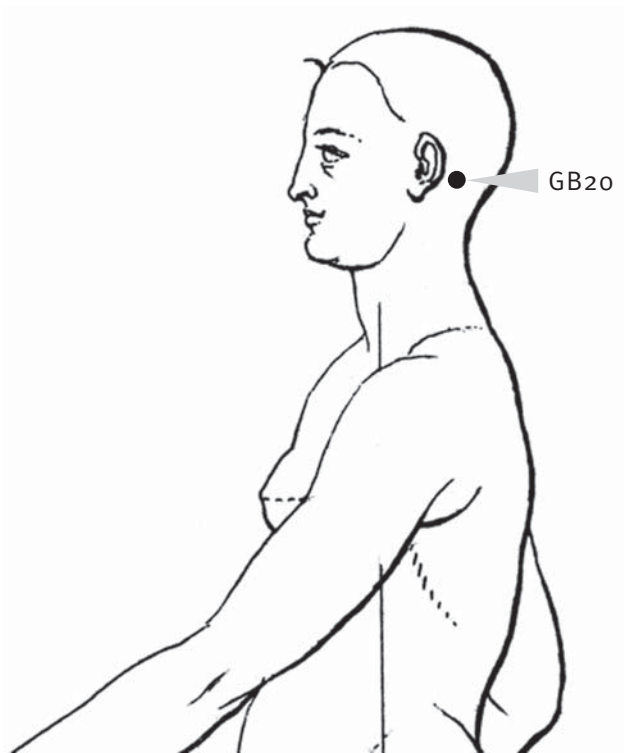
DIET – LOSE THE DAIRY, EAT BLAND

Consumption of any dairy product, as well as oily, deep fried, spicy, and/or salty food, can obstruct the Tai-Yang energy force. Cold food and beverages will dampen the heat of the Tai-Yang fire.

Bland foods are recommended, such as sprouted bread, eggs, lightly cooked vegetables, and chicken soup. It is best to eat small quantities rather than large meals so as not to further exacerbate the obstruction.

HERBAL – SPREAD THE FIRE

Add 3 teaspoons Cinnamon twigs (not cinnamon powder), 3 slices fresh ginger, and 2 teaspoons of maple syrup to two cups of water. Boil the mixture for 20 minutes.



ACUPRESSURE

In the early afternoon, drink one cup on an empty stomach, followed by a bowl of rice soup. Afterwards, lie down in a relaxed position under blankets. Help the life energy move through your body by imagining fire spreading from the heart to the extremities. Remain in this position until light perspiration forms on the skin.

ACUPRESSURE – STIMULATE ENERGY MOVEMENT

Use fingers to lightly stimulate the area around acupressure points GB 20 at the back of the neck, and Stomach 40 at the mid shinbone on the lateral side (see diagram below). It is not necessary to locate the exact points. Rub these areas three times per day.

QI GONG – RUB IT DOWN

When the Yang energy is blocked, it is advantageous to rub down the four extremities.

Stretch both hands in front of you, fingers pointing forward and away from the body. Insert the right thumb under the left armpit with four fingers hugging the top of the upper arm. Rub all the way down your arm and hand. Repeat the process twelve times. Switch to your right arm and do the same.

Use both hands to encircle your right upper thigh, close to the crotch, and rub down your leg and right foot. Repeat the process twelve times and then switch to your left leg.

EMOTIONAL – LEAVE THE STRESS BEHIND

Pensiveness means to think, think, think. This over-thinking restricts the Tai Yang from opening. Ease both the mind and body by retiring to bed and forgetting about everything. This will allow the life force to flow smoothly, uninterrupted.

LIFESTYLE – JUST HANG-OUT

Do not exercise

Do not work

Avoid exposure to wind along the neck and nape.

SHAO YANG ILLNESS

Shao Yang illness occurs when the Yang energy fails to warm up, and the Tai-Yang is unable to ignite the fire.

RECOGNIZING THE IMBALANCE

The main symptoms of the Shao Yang illness are dry eyes, bitter taste in the mouth, slight nausea, a general feeling of discomfort in the chest and abdomen area, headaches on one side of the head or behind the eye, decreased appetite, an upset emotional state, and a wiry pulse.

REMEDYING THE IMBALANCE

DIET – AVOID SUGAR STAGNATION

Stay away from sweets such as chocolate and jams. These foods create stagnation and drain the heat needed for the Shao Yang.