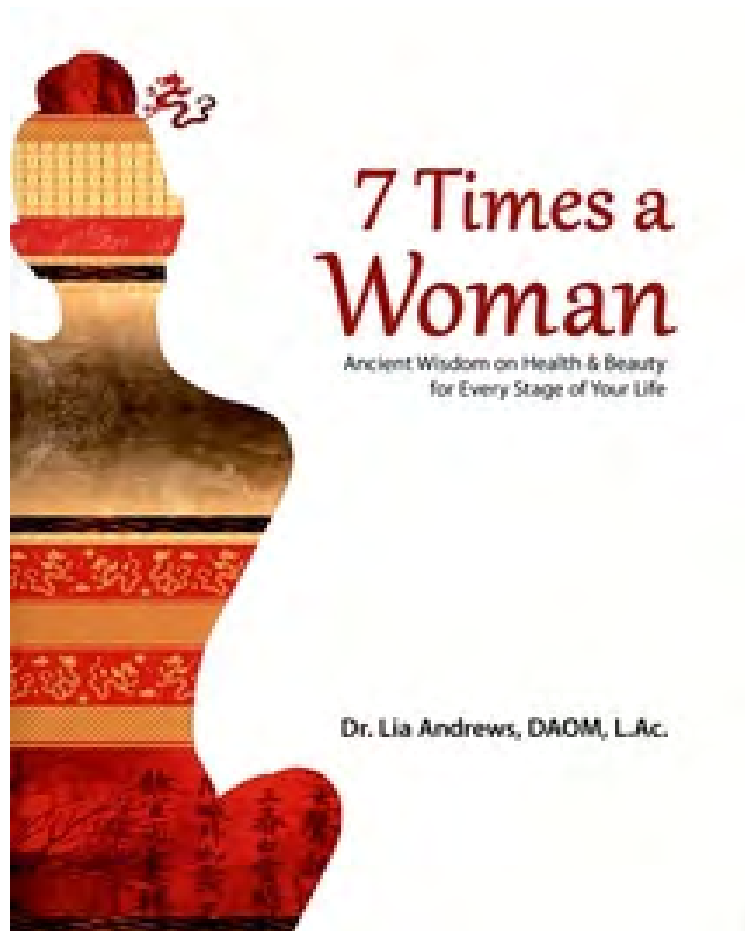




Andrews 7 Times a Woman



zum Bestellen [hier](#) klicken

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My Story

I want to share the knowledge that changed my life in the hopes that it will change yours as well. Sometimes the greatest gifts come to us in the façade of tragedy, for when things do not go as planned we are forced to do things differently from the way we were doing them or the way others around us do.

When I was a little girl I was in tune with the energy of plants and animals. I was deeply affected by the energies of people and non-people. I remembered being an adult before. I remembered times and lands I had never seen. Very early I realized that this kept me from relating with others and I consciously shut it down.

I had always been physically healthy until puberty, when suddenly my body became unpredictable. I began to suffer from a litany of seemingly unrelated symptoms. I had joint pain, debilitating headaches, severe acne, and dizzy spells. My menstrual periods were completely erratic. I was diagnosed with Polycystic Ovarian Syndrome (PCOS) and migraine headaches. Over the years I became depressed and hopeless about my condition. One day my mom, out of desperation, took me to a naturopathic doctor who diagnosed me with a pituitary tumor. This was confirmed by a subsequent MRI. I felt relief that finally there was a physical answer to explain my symptoms. My allopathic doctor wanted to perform laser surgery to remove the tumor. There was a chance of damaging my pituitary gland, whereby I would be on hormones for the rest of my life.

My mom, who carried the weight of this illness more than I did, received a sign; in one week three people told her about a particular acupuncturist. We decided to see Chuck Hipple, who practiced in an old Victorian house in Charlotte, NC. It was in his office that I felt heard for the first time by a doctor and where I had my first of many transformative experiences with acupuncture. After that first treatment my relationship with my health shifted. I became conscious of the effects of my diet and lifestyle on my body. My mom and I began to read and study everything we could on the subject of Traditional Chinese Medicine (TCM) and alternative health. We slowly began to change our lives. We attended Science of Mind, read Louise Hays, Wayne Dyer, Christiane Northrup, and Deepak Chopra, and learned Reiki. Within three months of treatment, I had a normal period for the first time in my life. Within one year an MRI showed no tumor.

Both my life and my mom's life had changed forever. After I finished college, we decided to move to California and attend acupuncture school together. We attended a small lineage-based, Daoist school called Yo San University. I remember during our orientation Dr. Daoshing Ni said that as an acupuncturist our job was to heal ourselves first and to "become the medicine" that would heal others. This stood at such opposition to what I had been taught.

At Yo San we learned much more than Chinese herbology, acupuncture theory and practice, and sciences. We had qigong class every semester. We had classes on classical texts and Daoist theory. My education on the power of thought begun in my teenage years was deepened by these Daoist and TCM teachings.

Guide to Reading this Book

Table FM.1. Guide to the 7 Cycles in this Book

Cycle	Age Range	Special Considerations	Challenges & Health Topics
Prologue	0-6	Our Constitutional Inheritance	Digestion & Immunity
1	7-13	Building a Strong Foundation Strengthen the Kidneys	Identity and Boundaries Building a Healthy Foundation: Diet, Exercises
2	14-20	Menarche Strengthen the Kidneys	Menstrual Care Fertility Gynecological Disorders, Safe Sex
3	21-27	Step into Womanhood Balance the Liver	Sex & Self-Cultivation, Inner Alchemy Spiritual Abuse Healing Trauma Transmuting Shadow Addictions Physical Development
4	28-34	Full Maturity Balance the Liver	Pregnancy Postpartum Care
5	35-41	Begin Rejuvenating Prepare for Menopause Balance the Liver	Rejuvenation (Boost Hormones)
6	42-48	Prepare for Menopause Balance the Liver	Detoxification
7	49-55	Treat Menopausal Symptoms Balance the Liver Strengthen the Spleen	Menopausal Disorders Death
Epilogue	56+	Post-Menopause Strengthen the Spleen	Post-Menopausal Care Rebirth

Each chapter begins with a discussion on one of the seven year Cycles. This is followed by a discussion on a general topic that is particularly pertinent to that Cycle, yet relevant to every age. The prologue and epilogue explain what happens before the beginning of the first Cycle at age 7, and after the end of the last at age 56. Regardless of your age or what Cycle you are approaching or are in currently, read the entire book. Daoist philosophy is about preparation and knowing where you are in reference to the bigger picture. When we are prepared, what could have been a major trauma becomes a minor bump or even a gift. Additionally, every chapter contains universal topics that were placed in a specific Cycle because it seemed most relevant. The Cycles also represent the stages of growth in all areas of our lives.

Attempts were made to accommodate a wider audience of students, practitioners, and the general public. The first section on Traditional Chinese Medicine: 2500 Years in a Nutshell, in the beginning

Birth Through Age 6

Early Development

The Hun – the ethereal, Yang aspect of the soul – enters the body on the third day after birth.⁽¹¹⁾ This represents the time we become fully embodied; wholly human. The Hun is connected directly to the Collective Conscious (which unifies all living things) and to our concept of God. The Hun exists without the body, while the Po co-exists with the body. Human life cannot exist without the two aspects of the soul. Death occurs when the Hun and Po separate. The Hun leaves, returning to Heaven (the unmanifest realm) while the Po stays with the body and returns to the Earth.

As explained in the Traditional Chinese Medicine Introduction, the 5 Elements are used to describe the major stages of human life. From birth until puberty (the age of 14 for girls and 16 for boys), children are in the Wood Phase of their lives. Their meridians are not completely formed during this Phase. Their Chong⁽¹²⁾ meridian is not connected. Early childhood until 7 years old is considered a Yang cycle, with Kidney Yang driving development.

Within the larger cycle of the Wood Phase, early childhood is broken down further into the 5 Phases.⁽¹³⁾ The baby begins in the Metal Phase. It is “all about me” at this stage, which is why babies need constant, focused attention to stay calm and happy. All stimuli come through the skin and babies need to be touched. Sometime prior to 1 year of age, the Water Phase begins. Fear arises when they start to see the world as it is. Nightmares can occur when Water is deficient.

At 1-5 years old, children move into Wood. This is the little-tyrant stage. Toddlers begin to exert their will on the world around them and test their boundaries. Children’s minds (Shen) are not fully developed and do not restrain the Hun from ages 2-7. They get lost in the world of make-believe; they have imaginary friends, and personify inanimate objects. After age 7 the Shen matures and restrains the Hun. This is a protective measure that allows children to function in the adult world.⁽¹⁴⁾

At 5 years old, the child moves into Fire. The ability to discern appropriateness in behavior has its first spark. Children start developing the ability to connect and play cooperatively. Prior to the Fire stage, children are not ready for group activities.

At 7-8 years old, children move into Earth. They become more responsible, organized, and stable.

Parental attitudes greatly affect the child’s development. Too much discipline creates Liver Fire

11. Giovanni Maciocia. *The Psyche in Chinese Medicine: Treatment of Emotional and Mental Disharmonies with Acupuncture and Chinese Herbs*. (Nanjing: Churchill Livingstone, 2009), 25.

12. The Chong meridian is also known as the “Sea of Blood” or “Penetrating Vessel.” It is strongly associated with menstruation.

13. Alex Tiberti, “TCM Pediatrics” (lecture, Pacific College of Oriental Medicine, San Diego, CA, February 28, 2008).

14. Giovanni Maciocia. *The Psyche in Chinese Medicine: Treatment of Emotional and Mental Disharmonies with Acupuncture and Chinese Herbs*. (Nanjing: Churchill Livingstone, 2009), 36-38.

Chapter 6

Age 42

六 x 七, *The three Yang channels are weak, the face darkens and the hair begins to turn grey.*

六七，三阳脉衰于上，面皆焦，发始白：（42岁）

The 6th Cycle

Six x 7 years begins the 6th Cycle in a woman's life. Between the ages of 42 and 48 the Metal stage continues. A woman's true nature surfaces and this is the phase when her life choices begin to show. There is a saying in Chinese Face Reading "until 40 your face is what you inherited from your parents. After 40 it is your own."¹ After age 40, our faces begin to tell the tale of the predominant expressions we held, our battle wounds, and our internal strengths and deficiencies.

The passage at the top of this page from the Yellow Emperor concerning the 6th Cycle sounds bleak, but Chapter 1 of the ancient text explains that this is our destiny only if we choose to abuse ourselves and live outside of the Dao; the natural rhythms of the universe. We are constantly given opportunities to change the course of our lives.

Traditional Chinese Medicine advises no more strenuous exercise from this stage on. What this means in practical terms varies according to the individual. The body now has fewer reserves and there is no longer a buffer of protection from overexertion. Our bodies also need extra energy to repair. Workouts should be done with either less intensity or shorter periods with more recovery time between them. End workouts feeling exhilarated rather than wiped out. At the same time, it is necessary to exercise regularly to maintain strength, mobility, flexibility, and coordination. The tendency to lose these abilities with age is a consequence of disuse. This is a time to begin acting wisely and efficiently.

1. Patrician McCarthy, "Chinese Face Reading," (lecture, Yo San University, Los Angeles, February 3, 2003).

Perimenopause Preparations

Premature menopause is a popular term these days whereby women's hormonal levels begin to drop prematurely, sometimes as early as the early 30s. Though some women rejoice, thinking it just means an early end to their periods, this correlates to Jing deficiency and premature aging. It should be treated immediately.

Although the drop in hormones that precedes menopause can begin between 35-48 years old, the "normal" age is at 41 or 42.⁽²⁾ This means that in Cycle 6, premenopausal symptoms might begin to surface. There are cases, such as my grandmother, who did not experience symptoms until her 50s and stopped bleeding at nearly 60 years old. Menopause in a healthy woman is a smooth process with some episodes of hot flashes and dryness symptoms. The transition, however, also triggers latent imbalances. This is why so many women develop a litany of symptoms; it is the karma of our life choices.

The three organs that govern a woman's hormonal functioning are the Kidney, Spleen, and Liver. The Kidney and Spleen both tend to decline at this stage, but the Liver remains the focal organ until menstruation has ceased. Though a decline in Kidney Jing is the root of menopause, the Liver is implicated in much of the drama of menopause such as hot flashes, night sweats, irritability, homicidal tendencies, etc.⁽³⁾ Stress, a disorder of the Liver, greatly accelerates aging and menopause.

In the 6th Cycle, continue the rejuvenation regimens from Chapter 5. In addition, this is an excellent time to rid your body of excesses, though these detox methods can be used at any age. Clearing these excesses is key to a smooth menopause and later years.

PRACTITIONER: POSTPONING MENOPAUSE

Use mainly acupuncture points below the knee as soon as perimenopausal symptoms begin, or preventively beginning in the early 40s. Include Pc 6 and Sp 4 contralaterally as well. Hot stone massage is also very helpful as it tonifies the Kidneys and moves Blood. Use formulas, particularly with ginseng, and diet therapy to tonify KD Jing and Yin, and clear Heat. This can delay menopause for years.

2. Shaoting Jing, "TCM Gynecology" (lecture, Yo San University, Los Angeles May 1, 2003).

3. Tina-bing Wen, "Case Studies" (lecture, Yo San University, Los Angeles, May 27, 2004).

Detoxification

In modern Western culture detoxification has become an obsession akin to religious zealotry, complete with self-inflicted suffering, fabricated sins and constant guilt. This is used to balance the opposite extreme of gluttony and unconscious eating that is rampant in our society. Extreme dietary restriction and overeating actually foster each other. When our regular eating is balanced, detoxification takes on a much gentler nature. TCM's approach to detoxifying the body is one of creating balance.

Detoxification refers to clearing, discharging, and moving techniques used to rid the body of excess patterns. The degree of excess in the individual in relation to the degree of deficiency is what determines the strength of treatment. When applied to cases of excess, and to those strong enough to handle the treatment, fasting, colonics, and raw food diets will greatly improve one's health. These same detox techniques, applied to a deficient individual, will devastate Spleen Qi, and can also weaken Blood, Yin, and Yang. Many people injure their digestion, immunity, and vitality with excessive or inappropriate detoxing. The majority of people do best with a harmonizing approach. A stronger detox method (juice fasts, colonics, raw foods) for a few days may be necessary for excess cases with stronger constitutions after which a more gentle approach or nourishing regimen can follow. Most people do best on a longer, gentle detox that supports their Spleen Qi.

Strong Detoxification

Appropriate for:

History of drug and alcohol abuse. Hot natured, excess energy, red inflammatory conditions. No signs of weakness or deficiency.

Foods:

Raw food only, algae supplements, vegetable juice or water fasts.

Extra Treatments:

Colonics or enemas. Extreme hot and cold therapy: intense, extended sweating with ice baths.

Harmonizing Detoxification:

Appropriate for:

Digestive weakness: bloating, loose stools, tired after eating.

Chronic colds or infections.

Foods:

Eat 50-60% vegetables, mostly cooked. Include detoxifying foods: Yi Yi Ren (Job's tears), mung beans, red adzuki beans, dandelion greens, purslane.

Extra Treatments:

Massage. Mild sauna, steam room, milder hot and cold therapy. Include Spleen tonics and digestive herbs.

When designing a detox program, the first step is to clarify your goals. In my experience "detox" is most often code for five things: "I'm constipated," "I want to lose weight," "I feel horrible and want to change," "I feel sluggish and want more energy," and "I want spiritual purification." Then there are those who want to cleanse an organ system due to a specific ailment. This chapter focuses on harmonizing methods of detoxification to address these concerns, including: correcting digestive imbalances, clearing specific excesses, and a sample detox plan.

Top 10 Detoxifying Foods

Fasting is not the only way to clear toxins. Certain foods, eaten on a regular basis, will gently clear toxins from the body without injuring the Spleen (digestion). These foods tend to be clearing, cooling, and drying. They should be eaten sparingly in those who are underweight, have deficient or dry conditions, or in children. Also, vegetables as a group, and to a lesser extent fruits, are detoxifying.

1. **Lu Dou** (mung beans) – Clears Heat, Summer-Heat, and Heat Toxins from the body. They treat pesticide and heavy metal poisoning, as well as herb or drug overdose. Therapeutic dosage is 15-30g per day. Balance with warming spices in Cold conditions.
2. **Chi Xiao Dou** (red adzuki beans) – Clears edema (water retention) from the body, promote urination, tonifies the Spleen, detoxifies, and moves the Blood. They also strengthen the Heart. Red adzuki beans are ideal for excess weight, during postpartum, during menses, and to clear skin conditions. Therapeutic dosage is 10-30g per day. Avoid in Dry or underweight conditions.
3. **Bai Bian Dou** (hyacinth beans) – Is a very safe herb to tonify Spleen Qi, clear Damp, clear Summer-Heat, and detoxify. Bai Bian Dou is used for fatigue, nausea, vomiting, diarrhea, vaginal discharge, and lack of appetite. It treats excess alcohol intake, food poisoning, and ingestion of toxins. It is also effective against morning sickness. Therapeutic dosage is 10-30g per day.
4. **Seaweeds** – Are cooling and moistening, regulate water metabolism, detoxify the lymphatic system, dissolve Phlegm, and soften hardness. Seaweed treats every type of swelling: inflammation, nodules, tumors, edema, excess weight, and cystic acne. Seaweed is used to treat constipation, hyper- and hypo-thyroidism (dosage dependent),⁴⁰ and water retention. **Kun Bu** (kombu or kelp) is the seaweed strongest in these properties and is most often used in medicine, but any seaweed will do. Different seaweeds have different mineral

4. See discussion in John Chen, *Chinese Medical Herbology & Pharmacology*. (City of Industry: Art of Medicine Press, 2004), 715-716.

Chapter 7

Age 49

7 x 7, The Ren channel is empty, the Chong channel depleted, the dew of Heaven dries up, the Earth Passage (uterus) is not open, so weakness and infertility set in.

七七，任脉虚，太冲脉衰少，天癸竭，地道不通，故形坏而无子也。(49岁)

The 7th Cycle

Seven x 7 years begins the 7th Cycle in a woman's life. Between the ages of 49 to 55, women enter the Water Phase. The Water Phase is characterized by depth, wisdom, and surrender.

The 7th Cycle brings a depletion in Kidney Jing. This causes a decline in activity in the uterus and ovaries, ceasing of monthly bleeding, and the end to reproduction. Most menopausal issues, however, are caused by Liver imbalance. When menopausal symptoms arise, the focus is still to treat the Liver. After menopause, the focus shifts to strengthening the Spleen.

The passage from the Yellow Emperor above cautions what can happen if we do not take care of ourselves. Some women, even with a suboptimal lifestyle, menstruate until they are 60. While menstruation and fertility will eventually cease, vitality does not have to. We have an opportunity at this time to boost the Jing (hormones). This chapter covers how to reverse menopausal symptoms and issues that affect all of us when we are under stress and not taking proper care of ourselves.

Menopause; Second Spring

In this phase, the Kidney Jing, our reserves of creative energy, declines and we no longer have extra Qi to give to a new life. In Western terms, the ovaries decrease their production of estrogen and shrink.⁽¹⁾ Menstruation will cease around age 50 for many women, though others continue menstruating until 60, and some women stop as early as 45. A woman officially reaches menopause when she ceases menstruating for one year. The most salient symptoms in a healthy woman are vaginal dryness and minor hot flashes. The eyes may begin to recede and there will be changes in skin texture, otherwise it should be uneventful. This, however, runs contrary to the experience of many women in modern times. Just like abnormalities with our menstruation, the pathology has become the norm because we were never taught what “normal” was or how to properly care for ourselves. The decade prior to menopause is a crucial time to lay the foundation for an easy transition.

Menopausal Karma

What has come to be considered “normal menopause” is akin to a complete breakdown of the body. In the common scenario, we push ourselves to the limit for years, perhaps decades; much like constantly withdrawing from our checking account and never putting money in. Eventually our reserves of Jing run dry. We can no longer sustain a suboptimal lifestyle, and years of accumulations and deficiencies surface. Menopause provides both a challenge and an opportunity to change the state of our health. Like menstrual issues, menopausal symptoms are clear indicators of where we are imbalanced. This makes menopause the 3rd Golden Opportunity to change our constitution.

A decline in Kidney Jing means that both Kidney Yin and Yang become more deficient during menopause. Most women exhibit proportionately more Kidney Yin deficiency with Heat symptoms. Women who are more Yang deficient (i.e. cold, no heat signs) do not need to avoid hot-natured foods and drink.⁽²⁾ Additionally Liver imbalances, Spleen Qi deficiency, and Heart issues may surface. The decline in Jing and concurrent Blood and Qi deficiency creates increased sensitivity (emotionally and physically).

If the Liver is imbalanced, menopause feels like a never-ending premenstrual time manifesting with anger, depression, and a constant unsettled feeling. Typical menopausal imbalance symptoms include hot flashes, 5 Hearts Heat (heat in the head, palms, and soles of the feet), irritability, insomnia, aches and pains, fatigue, itchiness, and memory loss. This chapter addresses optimizing health during menopause, as well as healing the root of menopausal symptoms. The guidance in this chapter applies to overworked (and Yin deficient) women of any age.

1. The Ovarian Massage (page 142) stimulates the ovaries to stay active and producing hormones. The ovaries produce hormones even if you are no longer menstruating.

2. With monthly bleeding, childbearing, and caretaking, women tend to become Blood deficient, which leads to more Yin deficiency. Men tend to become more Qi deficient, which leads to more Yang deficiency. Though this is not always the case

Diet and Lifestyle Rules During Menopause

During menopause there are some additional rules to prevent overheating the Liver and weakening the Kidneys:

1. Avoid Yang drinks such as coffee, alcohol (especially red wine), and even in some cases, tea.³ These increase Heat in the body.
2. Avoid spicy foods, lamb, and excess animal protein (above 25% of the diet). Be sure to get adequate protein each day or sugar cravings will increase.
3. No smoking. Cigarettes and marijuana consume Yin and generate Heat in the body, exacerbating the primary pathology during menopause. It also leeches Vitamin C from the skin, accelerating skin aging.⁴
4. Avoid sugar. Excess sweets in the diet create Dampness and weaken the Spleen leading to illness and excess weight later on. The drop in hormones will often trigger sugar cravings in the body's attempt to rapidly increase Qi in the body. Treat this with Qi, Blood, and Kidney tonics (and low doses of bioidentical hormones if necessary). This is key to avoiding weight gain during menopause.
5. Eat Jing-tonifying foods and herbs (see below and "Menopausal Recipes" on page 374).
6. Perform rejuvenation qigong and Dao-Yin to maintain joint health and mobility (see below).

Top 10 Jing Tonics

Women in their late 40s onwards should take Jing tonics regularly to maintain brain functioning, promote joint health, and to increase overall vitality and youthfulness. Women with constitutional Jing weakness (slow development, infertility) or high stress lifestyles should begin taking these tonics earlier.

1. **Dong Chong Xia Cao** (cordyceps) – Is the fungus of a special caterpillar and a powerful longevity tonic. It nourishes the Jing and Kidney Yang. It also tonifies the Lungs, stops bleeding, and dissolves Phlegm. Cordyceps is the premiere herb to restore energy and to boost the immune system. It is often used in the treatment of cancer (particularly of the lungs), hyperlipidemia, and hypertension. It can be used in cooking or powdered; alone or added to other formulas. Cordyceps is one of the most expensive herbs. The cultivated variety is more reasonable. Standard dosage is 5-10g of the raw herb daily.
2. **Lu Rong** (deer antler) – Is a powerful herb for Kidney Jing and Yang deficiency for conditions such as infertility, underdevelopment in children, and weakness of tendons and

3. Green tea is most cooling and usually well tolerated during menopause.

4. Dr. Richard Huber.

bones.⁽⁵⁾ Lu Rong nourishes the Ren (sea of Yin) and Chong (sea of Blood) channels to treat severe anemia.⁽⁶⁾ It is more expensive and stronger in action than the gelatin (Lu Jiao Jiao) or deer horn fragments (Lu Jiao Shuang) that can be used as substitutes. Standard dosage is 5-10g of the raw herb daily.

3. **Zi He Che** (placenta) – Is considered a premiere Jing tonic since it is the product of the Jing of the parents. Placenta supports the development of and guards against atrophy of the reproductive organs. It is especially effective postpartum for general recovery and for insufficient lactation. Other than postpartum, when women can use their own placenta, pig or cow placenta are commonly used. Standard dosage is 3-9g of the raw herb daily.
4. **Huang Jing** (King Solomon's seal rhizome) – Nourishes the Yin of the Kidneys and Lungs, tonifies Spleen Qi, and tonifies the Jing. It is ideal for cases of Yin deficiency with Spleen Qi deficiency. It can be too clawing (moistening) for cases of Dampness. Huang Jing also regulates blood pressure, removes fat from the blood, and lowers blood cholesterol. It can be taken in formula or used in Food Therapy. Standard dosage is 10-15g of the raw herb daily.
5. **Rou Cong Rong** (cistanche) – Is a mild and non-clawing herb that tonifies Blood, Kidney Yang, and Jing. It lubricates the bowels to promote bowel movement. Rou Cong Rong can be paired with Yin Yang Huo (epimedium) to boost libido. It is one of the better tasting herbs and lends itself for use in Food Therapy. Standard dose is 10-20g of the raw herb daily.
6. **Yin Yang Huo** (epimedium) – Is a widely used and safe libido enhancer for both men and women. It strengthens both Kidney Yin and Yang, though more so Yang. Ten-15g of the raw herb can be added to the appropriate formula to boost libido. Yin Yang Huo also expels Wind Cold Damp conditions (alleviates joint pain). Yi Yang Huo should be taken with caution in Yin deficient individuals.⁽⁷⁾
7. **Bone Marrow** – Is an important Jing nourishing food. It nourishes the bones, skin, hair, and nails. It rejuvenates the joints by strengthening tendons, cartilage, and connective tissue. Bone marrow also directly builds marrow and supports brain functioning. Use long bones cut in cross sections along with a small amount of vinegar to make soup stocks. This will extract the marrow and minerals from the bones and deliver them in a form that is easy to assimilate. Bone marrow stock can be used at any age, and is especially important

5. Lu Rong promotes healing of broken bones.

6. The Ren and Chong channels are deeply tied to hormonal functioning in women.

7. Do not take long-term or else pair with moistening herbs.

Immunity Recipes

These home remedies are effective for the beginnings of a cold. Take them, bundle up, and go to bed to sweat out the cold. Be sure to stay warm after taking the remedy and repeat every four hours. These are not strong remedies, but if the cold is caught early enough it can be enough push them out of the body before they can take hold. Once a cold has settled, it will require a more complex herbal formula.

Ginger Scallion Tea

Indications:

Take at the first sign of a cold.

Ingredients:

½ inch piece of fresh ginger, grated
1 scallion, finely chopped
1-2 tsp honey
1 ½ cups water

Procedure:

1. Put ginger, scallions, and water into a small saucepan over med-high heat. Bring to a boil, then simmer for 10 min.
2. Strain. Add honey and serve.

Method of Administration:

Bundle up right after taking to sweat out the cold.

Garlic Tea

Indications:

My great-grandfather swore by this remedy, though the rest of the family was not so fond of it. Best for cold weather or Cold constitutions.

Ingredients:

1-2 cloves of garlic
1 cup water honey to taste

Procedure:

Mash garlic and place in a cup. Add boiling water and honey to taste. Serve hot.

Method of Administration:

Bundle up right after taking to sweat out the cold.

Menstruation & Postpartum Recipes

Recipes and care are similar during Menstrual Recovery and Postpartum Recovery. The main distinction is that Postpartum Recovery has longer stages and uses rice wine in most recipes. The addition of rice wine is optional during menses and should be omitted in cases of Heat or Damp-Heat. The plan presented here adheres to Shuqi Zhuang's⁽⁶⁾ basic outline. I was influenced by my two TCM gynecology teachers, Dr. Shaoting Jing and Dr. Jiang Zheng. I also have added my experiences.

Stage 1: Cleansing the Uterus

Recipes for Menstrual Recovery Days 1-2, Postpartum Recovery Week

General Recipes

Sheng Hua Tang – 3 x a day

Indications:

Sheng Hua Tang is the most widely used postpartum formula and is commonly used during menses. It was first listed in Fu Qing Zhu's Gynecology (early Qing dynasty). Fu Qing-zhu advocated giving Sheng Hua Tang to all women for 2 weeks after giving birth and with modifications to treat several post-birth diseases. It both nourishes and invigorates the Blood. Sheng Hua Tang cleans out the contents of the uterus and helps to shrink it back to normal size. Taken for 1-2 days it raises antibodies and physical strength. It is very important that the lochia (postpartum) and uterine lining (during menses) be completely discharged in order to avoid health problems, such as fibroids, cancer, and painful periods.⁽⁷⁾ Ideally, use with Red Yeast Wine or other Chinese Rice Wine.

Ingredients (1 day's dosage):

Whole Dang Gui (Chinese angelica) 24g, Chuan Xiong (ligusticum) 18g, Tao Ren (peach kernel, remove core) 1.5g, Pao Gan Jiang (fresh ginger, stir fry ginger in pan until browned on both sides) 1.5g, Zhi Gan Cao (honey fried licorice) 1.5g.

Water 4 ½ cups with Rice Wine ½ -1 cup or Yue Zi Water 5 ½ cups

Preparation:

1. Rinse medicinal herbs in a colander with hot water.
2. Pour 3 cups of liquid into a large non-aluminum pot. Add medicinal herbs, cover, and

6. A wellknown Taiwanese TCM doctor who specializes in postpartum and menstrual care.

7. Shuqi Zhuang, *Postpartum Recovery Program; a Manual of Rules and Recipes for the Postpartum Woman*. (Taiwan: Guang He Chu Ban She, 2005). ISBN 9578807015

Appendix A - Table of Chinese Herbs

Pin Yin	English Common Name	Botanical Name	Pharmaceutical Name	Chinese Characters
Ài Yè	Mugwort, artemesia argyi, argy wormwood leaf	<i>Artemesia argyi</i>	Folium Artemesiae Argyi	艾叶
Bà Jī Tiān	morinda	<i>Morinda officinalis</i>	Radix Morindae Officinalis	巴戟天
Bái Biǎn Dòu	dolichos nut	<i>Dolichos lablab</i>	Semen Lablab Album	白扁豆
Bái Huā Shé Shé Cǎo	Hedyotis, oldenlandia	<i>Oldenlandia diffusa</i>	Herba Oldenlandia	白花蛇舌草
Bái Jiàng Cǎo	thalspi, patrinia	<i>Patrinia scabisaefolia</i>	Herba cum Radice Patriniae	败酱草
Bái Mù Ěr	white cloud fungus, wood ear	<i>Tremella fuciformis</i>	Fructificatio Tremellae Fuciformis	白木耳
Bái Sháo (Yao)	white peony root	<i>Paeonia lactiflora</i>	Radix Paeoniae Alba	白芍
Bái Zhǐ	angelica root	<i>Angelica dahurica</i>	Radix Angelicae Dahuricae	白芷
Bái Zhú	white atractylodes	<i>Atractylodes macrocephala</i>	Rhizoma Atractylodis Macrocephalae	白朮
Bǎn Lán Gēn	isatis root, indigo root	<i>Isatis tinctoria</i>	Radix Isatidis	板蓝根
(Jiàng) Bǎn Xià	(ginger-processed) pinellia	<i>Pinellia ternata</i>	Rhizoma Pinelliae	半夏
Bì Xiè	dioscorea root, tokoro	<i>Dioscorea hypoglauca</i>	Rhizoma Dioscoreae	草薢
Bīng Lang	betel nut	<i>Areca catechu</i>	Semen Arecae	槟榔
Bīng Piàn	borneol	<i>Dryobalanops aromatica</i>	Borneolum Syntheticum	冰片
Bò He	mint	<i>Mentha haplocalyx</i>	Herba Menthae	薄荷
Bǔ Gǔ Zhī	psoralea fruit	<i>Psoralea cordylifolia</i>	Fructus Psoraleae	补骨脂
Cāng Zhú	atractylodes	<i>Atractylodes lancea</i>	Rhizoma Atractylodis	苍朮
Cè Bǎi Yè	platycladus leaves	<i>Platycladus orientalis</i>	Cacumen Platycladi	侧柏叶
Chái Hú	bupleurum	<i>Bupleurum chinense</i>	Radix Bupleuri	柴胡
Chē Qián Zǐ	plantago seed	<i>Plantago asiatica</i>	Semen Plantaginis	车前子
Chén Pí	tangerine peel	<i>Citrus reticulata</i>	Pericarpium Citri Reticulatae	陈皮

About the Author



Dr. Lia G. Andrews, DAOM, L.Ac. was born in Norwalk, Connecticut. She attended Bryn Mawr College and the College of William & Mary, where she received her BA in International Studies. She received her Masters in Acupuncture and Traditional Chinese Medicine (MATCM) from Yo San University. Dr. Andrews received her Doctorate of Acupuncture and Oriental Medicine (DAOM) from Pacific College of Oriental Medicine. She is licensed nationally and in the state of California. Also in print is her doctoral capstone on traditional postpartum care: "Partial Translation of 'Postpartum Recovery Program; a Manual of Rules and Recipes for the Postpartum Woman.'" (DAOM capstone, Pacific College of Oriental Medicine, 2013).

Dr. Andrews has traveled to Brazil, Thailand, and China in her study for natural healing. She practices in the clinic she founded with her mother, Dr. Judith Andrews, Cinnabar Acupuncture Clinic & Spa in San Diego, California.

7 Times a Woman

7 Times a Woman: Ancient Wisdom on Health & Beauty for Every Stage of Your Life, is the product of a 20 year personal and clinical journey in understanding and balancing women's cycles. It began with Dr. Andrews' personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalance. *7 Times a Woman* uncovers the 7 Cycles in a woman's life according to Traditional Chinese Medicine (TCM). It takes the lines from the Yellow Emperor's Inner Classic, an ancient Daoist text, and translates them into modern practices you can use to transform the state of your health. It is both practitioner manual and self-help book.

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- Detoxify your body safely and effectively
- Regulate digestion and feel better
- Relieve and prevent common menopausal maladies like dryness, hot flashes, insomnia, & mood swings
- Cultivate vibrant health in older age
- And much more

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