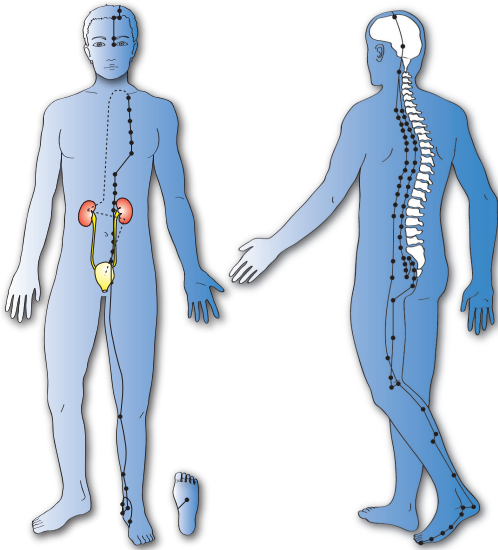


Kidney & Bladder Organ Sheet

This patient handout is designed to give you tools to help you progress along the path to wellness. Use this information in-between appointments in order to maximize your healing process. This sheet includes a variety of tips that support the health and vitality of the kidney & bladder meridian system.



Section #1: Functions While many of the organ functions overlap and are similar, there are significant differences between how Eastern and Western medicine view them. This section gives you an overview of the different functions of each organ according to each of these medical philosophies.

Functions according to Western Medicine

Kidneys

- Filters and purifies blood and body fluids
- Removes excess water, salts and other substances from the blood and sends it to the Bladder in the form of urine
- Maintains pH, mineral, electrolyte and chemical balance
- Removes toxins from the body

Bladder

- Stores and controls the release of urine
- Removes liquid waste and toxins out of the body

Functions according to Eastern Medicine

Kidneys

- Governs reproduction
- Produces bone marrow
- Regulates water movement
- Influences growth and development
- Controls and activates sexual energy
- Determines the vitality and length of our lives
- Controls and supports the health and strength of the bones
- Stores inherited constitution (Vital Essence) called Jing Qi
- Separates “clear” fluid from “turbid” fluid and sends “turbid” fluid to Bladder
- Houses the “Zhi,” which is in charge of mental drive and courage, and provides determination and focus to accomplish goals and dreams

Bladder

- Stores and excretes urine
- Helps maintain normal fluid levels in the body

Section #2: Physical/Emotional Symptoms Each meridian system is unique and presents with various distinct signs and symptoms when it is out of balance. As you read through this list, you may notice one or more signs and symptoms that you are experiencing or have experienced in the past.

Physical Symptoms:

- | | | |
|----------------------------------|---------------------------|-----------------------------|
| • Adrenal weakness | • Impotence | • Prostate disorders |
| • Asthma | • Kidney stones | • Sciatica and lumbago |
| • Backache | • Knee problems/ weakness | • Shortness of breath |
| • Bladder problems | • Lack of libido | • Tight hamstrings/ calves |
| • Broken, split and/or dull hair | • Lethargy and/or fatigue | • Urinary problems |
| • Cystitis | • Loose stools | • Weak and/or brittle bones |
| • Dark rings under eyes | • Loss of hair | |
| • Dull, throbbing headache | • Poor memory | |
| • Frequent urination | • Poor teeth | |
| • High blood pressure | • Premature graying | |

Emotional Symptoms:

- Armoring
- Depression
- Fear
- Feeling overwhelmed
- Lack of willpower
- Moaning and groaning
- Panic attacks
- Paranoia
- Timidity

Notes

Section #3: Foods to Add/Avoid Certain foods have specific effects within the body. This section is here to guide you to make food choices that support the health of the kidneys & bladder.

Add

- Adzuki beans
- Barley
- Beef kidney
- Beet greens
- Blackberries
- Blueberries
- Buckwheat
- Chestnuts
- Chives
- Cinnamon bark
- Clove
- Dill seed
- Dulse
- Egg yolk
- Fennel
- Green beans
- Hijiki
- Kale
- Kelp
- Kidney beans
- Lamb
- Lentils
- Miso
- Mung beans
- Peas
- Peanuts
- Pinto beans
- White rice
- Radish leaf

- Raspberries
- Salt (In moderation)
- Sesame seeds
- Soybeans (Black)
- String beans
- Tangerines
- Tempeh/Tofu
- Wakame
- Watermelon
- Water chestnuts

Avoid

- Alcohol
- Artificial sweeteners
- Bacon
- Buttermilk
- Canned veggies
- Coffee
- Corned beef
- Cigarettes
- Dairy products
- Frozen dinners
- Hot dogs
- Oatmeal
- Pickles
- Pungent foods
- Recreational drugs
- Salt (In excess)
- Sausage
- Stimulants

Notes

Section #4: Meridian Associations This section lists a specific sound and an emotion associated with this meridian system, as well as the time of day and season when it is most active.

Season
Winter

Time of Day
5-7 pm

Emotion
Fear

Healing Tone
WOOOO

Notes

Section #5: Acupressure Points This section provides you with the most effective points for the kidneys & bladder. Rubbing acupressure points 30-60 seconds can stimulate and promote health and well-being.

Kidney 3

Location: In the depression between the inner ankle and Achilles tendon. Located at the same level as the ankle bone.

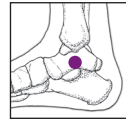


Functions: Used to treat low back, ankle and foot pain, as well as abdominal pain and discomfort. Also used for deafness, tinnitus, headache, dizziness, cough, asthma, wheezing, poor memory, impotence, irregular menstruation, and excessive dreaming.

Rub 1 2 3 4 times a **day week month** for 15 30 60 seconds

Kidney 6

Location: In the small indentation approximately 1 inch directly below the inside ankle bone.

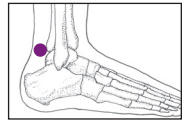


Functions: Used for painful, swollen and sore throat, tightness in the throat, painful and red eyes, sleep disturbances, dizziness, irregular and painful menstruation, post-partum difficulties, genital problems, chest fullness, leg tightness, heavy limbs, ankle and foot pain.

Rub 1 2 3 4 times a **day week month** for 15 30 60 seconds

Bladder 60

Location: In the depression between the outer ankle and Achilles tendon. Located at the same level as the ankle bone.

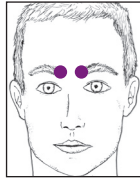


Functions: Used to treat backaches, and pain in shoulder, neck and head. Also used for headaches, burning urination and painful menses.

Rub 1 2 3 4 times a **day week month** for 15 30 60 seconds

Bladder 2

Location: Located on the inner edge of the eyebrows.

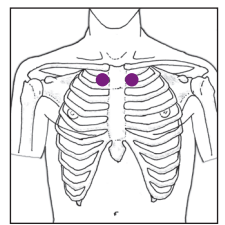


Functions: This point helps with blurry and difficult vision, and red and painful eyes. Also used for headaches around or behind the eyes, sinus congestion, facial paralysis and facial tics.

Rub 1 2 3 4 times a **day week month** for 15 30 60 seconds

Kidney 27

Location: Located off the breastbone, in the hollow below the collarbone. There may be a slight indentation.



Functions: Strengthens the immune system, relieves allergies, alleviates drowsiness, chest congestion, breathing difficulties, asthma, coughing, hiccups, sore throats, anxiety, premenstrual tension, and depression. Also used to improve focus and performance.

Rub 1 2 3 4 times a **day week month** for 15 30 60 seconds

Awaken Your Kidney Energy: After you locate KD 27, place the right middle finger on the left KD 27 point and the left middle finger on the right KD 27 point. Gently tap or rub these points. To enhance the effect, "hook" the middle finger of either hand into your navel. Press KD 27 with the middle finger and thumb of the other hand and softly pull upward with the finger in the navel. Breathe deeply for a few breaths.

Section #6: Meridian Exercises These are specific exercises for the activation of the body's own energy systems. Each pose was specifically chosen because it has the greatest impact upon the healthy functioning of the kidneys & bladder.

Forward Bend



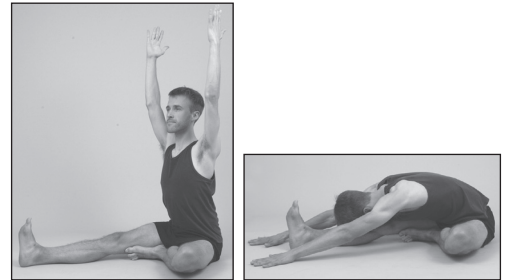
- 1) Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
- 2) With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
- 3) As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch.
- 4) Hold this position for a few breaths.

Bicycle Pedal Leg Press



- 1) Sit on the floor with your legs stretched out in front of you. Keep your heels together and knees straight.
- 2) Take a deep breath in, as you exhale, bend your upper body forward from the hips. Grab your feet if you can; if not, grab your knees or ankles.
- 3) Relax your neck, allowing your head to hang down.
- 4) Push your left hip and left heel forward, away from you, and pull your right hip and right heel closer to you.
- 5) As you push forward with your left foot, reach forward with your extended left arm.
- 6) Rhythmically alternate the synchronized leg and arm movements for each side.

Embrace the Sun Forward Bend



- 1) Place the soles of your feet together.
- 2) Pull them back as close to your groin as possible.
- 3) Place hands, palms up, under your ankles and hold them.
- 4) Rest your elbows on top of your inner thighs, keep your back straight, and apply a slight downward pressure with your elbows.
- 5) Press your knees downward, closer to the floor, without straining them.
- 6) Use your weight and elbow to press your right leg down, then release. Do the same for the left side. Use the momentum to rock from side-to-side.