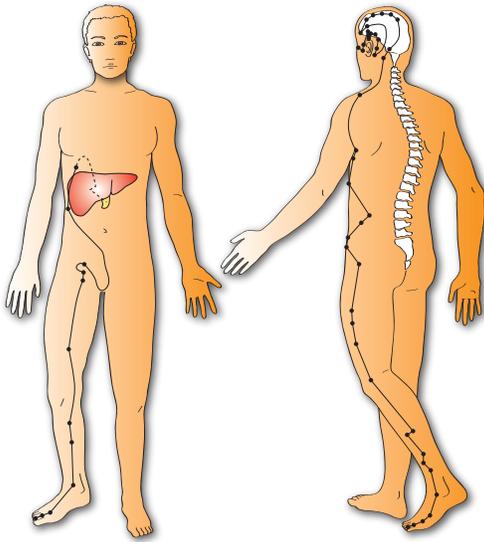


Liver & Gallbladder Organ Sheet

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 liver & gallbladder 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

Liver

- Produces proteins necessary to form clots
- Neutralizes and removes toxins from foods, medications and drugs
- Filters blood from arteries and digestive tract
- Creates bilirubin, which aids in the breakdown of old red blood cells
- Helps maintain normal blood sugar levels
- Creates blood cells in emergency circumstances
- Stores essential nutrients such as Vitamins K, D, B12, and Iron
- Removes ammonia from body fluids and secretes it in urine
- Produces bile and other substances to aid in the digestion of proteins, fats and carbohydrates

Gallbladder

- Stores and releases bile

Functions according to Eastern Medicine

Liver

- Stores blood
- Governs emotional states
- Helps regulate menstruation
- Regulates the smooth flow of Qi
- Influences our capacity for organizing and planning
- Influences digestive functions of the Stomach and Spleen
- Controls muscular activity, including the flexibility and agility of tendons and ligaments
- Houses the "Hun," which is similar to the concept of soul or spirit

Gallbladder

- Influences our quality and length of sleep
- Controls judgment and the capacity to make decisions

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:

- Abdominal bloating
- Acid reflux
- Aversion to wind
- Blurry and/or weak vision
- Breast tenderness
- Bruising
- Constipation
- Flatulence
- Floaters in front of eyes
- Headaches or migraines
- Hemorrhoids
- Indigestion
- Irregular menstruation
- Lack of flexibility
- Menstrual cramps/PMS
- Nausea and/or vomiting
- Right side abdominal pain
- Stiff neck and/or shoulders
- Stiff muscles
- Weak and/or brittle nails

Emotional Symptoms:

- Aggressive behavior
- Anger and angry outbursts
- Bitterness
- Depression
- Emotional repression
- Frustration
- Impatience
- Inability to plan or organize
- Indecision
- Irritability
- Jealousy
- Moodiness
- Negative outlook
- Nervous tension
- Over-fastidious planning
- Resentment
- Rigid and inflexible attitude
- Shouting
- 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 liver & gallbladder.

Add

- Applesauce
- Artichokes
- Avocados
- Basil
- Beef
- Beets
- Blackberries
- Black-eyed peas
- Broccoli
- Burdock
- Cabbage
- Celery
- Chicken livers
- Chives
- Coconut milk
- Cucumbers
- Dandelion
- Gou Qi Zhi berries
- Green lentils
- Hawthorn fruit
- Kefir
- Kelp
- Leeks
- Lychees
- Mung beans
- Nori
- Peppermint
- Plums
- Pomegranates
- Quinces
- Rosemary
- Sesame seeds
- Sorrel

- Summer squash
- Triticale
- Zucchini

Avoid

- Alcohol
- Bacon
- Barbecued foods
- Canned soup
- Canned veggies
- Coffee
- Fatty foods
- Frozen dinners
- Nuts
- Potato chips
- Pretzels
- Red meat (excess)

- Salty foods
- Sausage
- Sour foods
- Sweets

If Damp Heat, Avoid:

Baked goods, citrus fruit and fruit juice, fermented food, spicy and pungent food, nuts and nut butters, vinegar, yeast bread.

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
Spring

Time of Day
1-3 am

Emotion
Anger

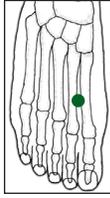
Healing Tone
SHHHH

Notes

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

Liver 3

Location: On the top of the foot, in the depression between where the first and second metatarsal bones meet.

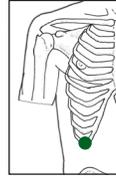


Functions: Used for dizziness, headaches, vertigo, epilepsy, painful and/or blurry eyes, irregular menstruation, depression, uterine bleeding and prolapse, urine retention, genital pain, frequent sighing, and insomnia. **DO NOT USE DURING PREGNANCY.**

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

Liver 13

Location: Directly below the lower part of the rib cage, at the free end of the eleventh rib. In line with the nipple.

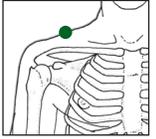


Functions: Reduces pain in hypochondriac region and fullness in the chest. Also regulates digestion, relieves nausea, borborygmus, indigestion and diarrhea, and supports the function of the Spleen.

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

Gallbladder 21

Location: Midway between the middle of the throat and the highest point of the shoulder, on top of the trapezius muscle.

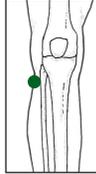


Functions: Used for impairment of the shoulder and arm, stiffness, rigidity, and pain of the neck, shoulders and upper back. Also for cough, depression, difficult labor, uterine bleeding, breast pain and abscess. Stimulates the flow of breast milk. **DO NOT USE DURING PREGNANCY.**

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

Gallbladder 34

Location: Below the outside of the knee, in the depression, just off the shin bone. Approximately 1 inch anterior and inferior to the head of the fibula.

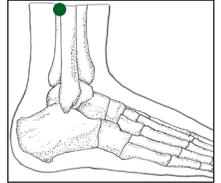


Functions: Used to relax the tendons and joints, treats numbness of the leg, stiffness of the neck, shoulder and elbow, swelling and pain of the knees, face and head. Also for Gallbladder problems, jaundice, hypochondriac pain, constipation, and vomiting.

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

Gallbladder 39

Location: Approximately 3 inches above the outside ankle bone, between the fibula bone and the Achilles tendon.



Functions: Used for stiffness and pain of the neck, hips, knees and lower legs. Treats sciatica, ankle sprain, headaches, dizziness, nosebleed, fullness of the chest and abdomen, cough, hemorrhoids, mania and anxiety.

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

Eliminate anger and frustration: Sit comfortably on a chair with your back erect. Place your right hand on your lap, palm up, and your left hand on top of it, palm up. Close your eyes and focus your attention just under your right rib cage, where your Liver sits. Imagine it glowing with a bright, grass-green light. As you slowly inhale, raise your arms out to the side, palms up, and move them up and over your head. Now your palms are facing each other. As you exhale, gently press your teeth together saying the sound "SHHH", and lower your arms back to the starting position. Pronounce the "SHHH" sound until you have completely exhaled and your abdomen has been pulled in. Relax and repeat.

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 liver & gallbladder.

Hip Raise Pose



- 1) While lying on your back, bend your knees, keeping feet flat on the floor. Grab hold of your ankles and pull them close to your buttocks.
- 2) As you inhale, raise your hips and pelvis up, and roll your shoulders underneath you. Lift your thighs up as well. Tighten and contract your buttocks muscles. Hold this pose for a few deep breaths.
- 3) As you exhale, relax your muscles and lower back down.
- 4) Repeat a few times. When you are finished, let go of your ankles and relax completely on your back.

Gather the Moon Pose



- 1) Stand with your feet spread shoulder-width apart and knees slightly bent. Keep your arms hanging at your sides and shoulders relaxed.
- 2) With an inhalation, raise your arms out to the side and up over your head with palms facing each other. Keep arms shoulder-width apart. Exhale and relax your shoulders, but keep your arms raised. On your next exhalation, bend your body at the waist, as far to the right as possible. Do not bend forward. Keep your arms straight and knees slightly bent.
- 3) Exhale and extend the left arm, stretching the left side of your body. Inhale into the left side. Hold this pose for a few deep breaths. Exhale and gently return to an upright position.
- 4) Keeping your arms up, inhale and stretch your arms upward. With a strong exhale, bend your knees and squat like you are sitting in a chair. Inhale and stand up straight. Repeat for the opposite side.

Side Bend Pose



- 1) Sit on the floor with both legs extended out to your sides. Keep your knees straight.
- 2) Clasp your hands up over your head with your palms turned upwards.
- 3) Inhale and stretch your arms up as high as they will go.
- 4) While exhaling, bend toward the right side at the waist as if you are trying to get the right elbow to touch the right knee, while keeping your left elbow pointing upward to the sky. Stretch as far as you can without causing discomfort.
- 5) Inhale into the side of your body that is facing up, and exhale sinking deeper toward your leg.
- 6) Inhale, return to center and stretch your arms upward. Upon exhalation, repeat for the opposite side.