

# CULTIVATING A JOYFUL HEART AND PEACEFUL MIND THROUGH NATURAL MEDICINE

# The Summer Meridians

**Element:** Fire

**Color:** Red, Pink

**System:** Circulatory

**Sense:** Speech

**Flavor:** Bitter

**Fluid:** Perspiration

**Emotion:** Joy and Happiness

**Sound:** Laughing

## ACTIVITIES TO NOURISH JOY & MENTAL CLARITY

- Guided relaxation exercise
- Healthy habits to support balance
- Aromatherapy/  
Acupressure
- Therapeutic/restorative  
yoga exercises
- Dietary therapy/recipes
- Recommended reading





# GUIDED RELAXATION EXERCISE



# HEART & SMALL INTESTINE

## IMBALANCED

- Poor sleep quality
- Cardiovascular disorders
- Excessive perspiration and/or night sweats
- Emotional issues
- Digestive issues
- Lack of mental clarity
- Lack of healthy physical & emotional boundaries

## BALANCED

- Great quality sleep
- Robust cardiovascular health
- Abundance of joy, happiness, & compassion
- Energized post eating, no difficulty digesting food
- Mental acuity & focus
- Healthy boundaries



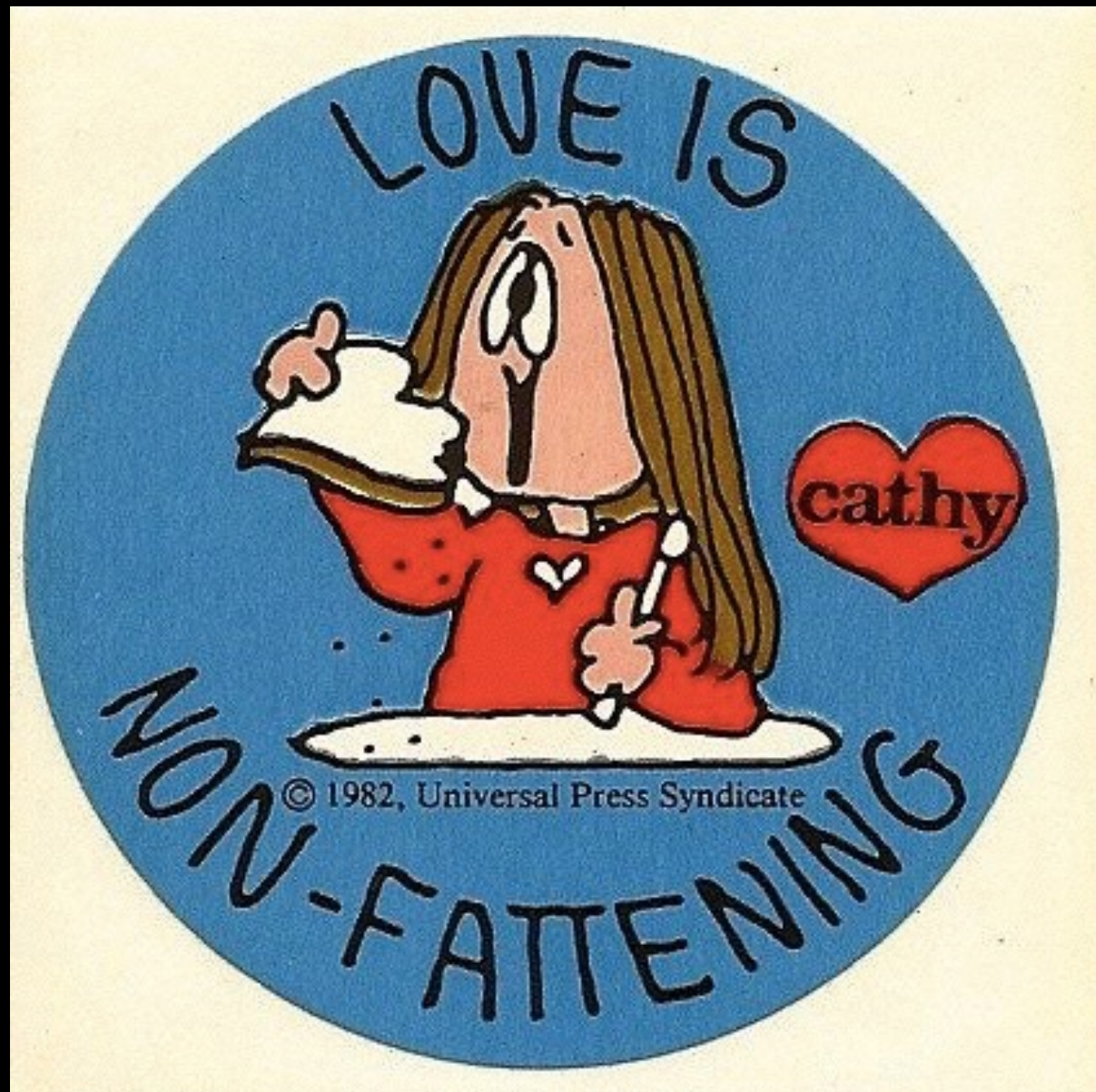
# LIFE NOURISHING PRINCIPLES TO FIND BALANCE (BE ENGAGED WITH YOUR COMMUNITY, ENVIRONMENT & SELF)

- Relaxation techniques
- Time outdoors
- Moderate cardiovascular activity
- Human connection
- Joyful journaling
- Laughter





LAUGHTER IS THE BEST MEDICINE





# MORE LIFE NOURISHING PRACTICES: AROMATHERAPY & ACUPRESSURE

## HEART 7:

**Location:** on the inside of the wrist, on the crease in line with the pinkie finger.

Try: Rosemary

Great for: insomnia, anxiety, poor memory, & improving circulation

## SMALL INTESTINE 3:

**Location:** one finger breadth down from the base of the pinkie finger on the outer edge of the hand.

Try: Cypress

Good for: Stiff neck or back, eye health,

## PERICARDIUM 6:

**Location:** located two finger breadths up from the center crease of the wrist.

Try: Ginger or peppermint

Good for: alleviating nausea, regulating digestive issues, calming the mind/nervous system

## SPLEEN 6:

**Location:** 3 finger breadths up and away from the inside of the ankle bone, above the 3rd finger and just off the edge of the bone.

Try: Ginger

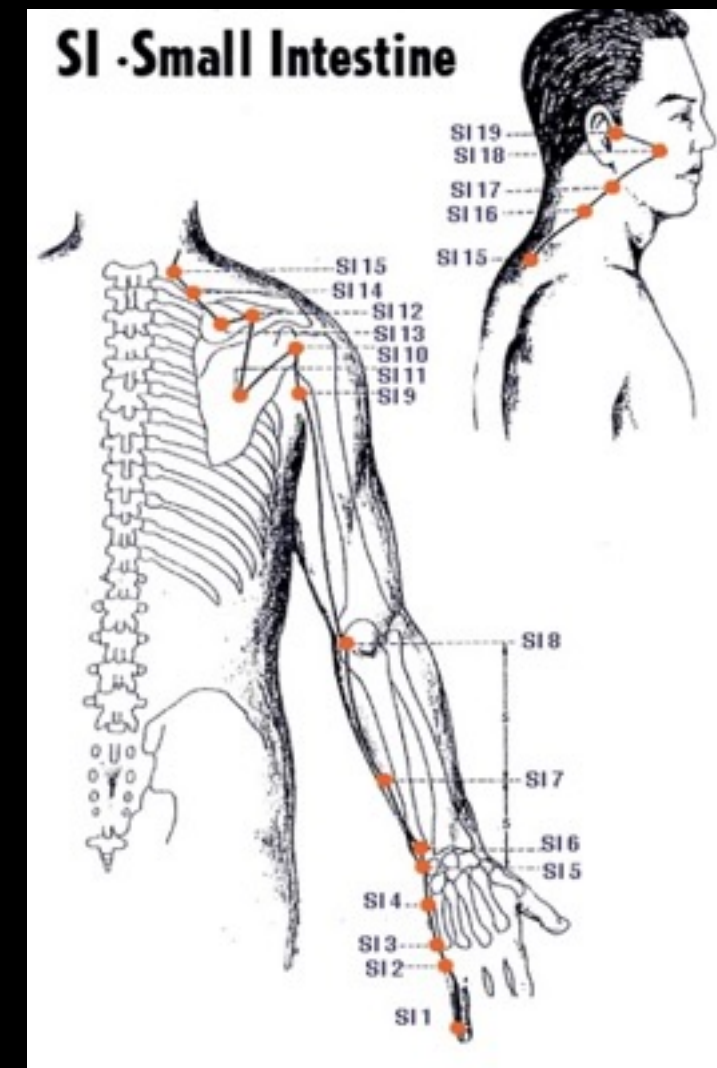
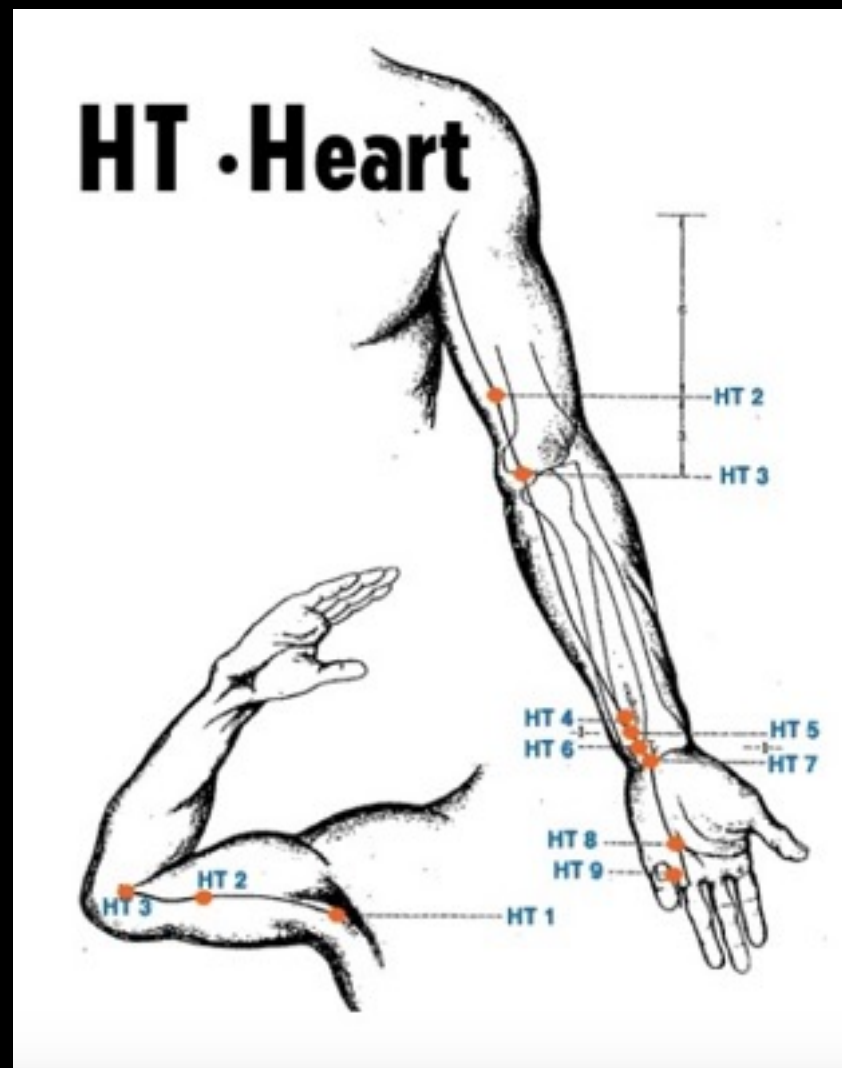
Good for: digestive health, regulating menstrual flow, encouraging healthy blood flow (labor), calming the nervous system

## YIN TANG:

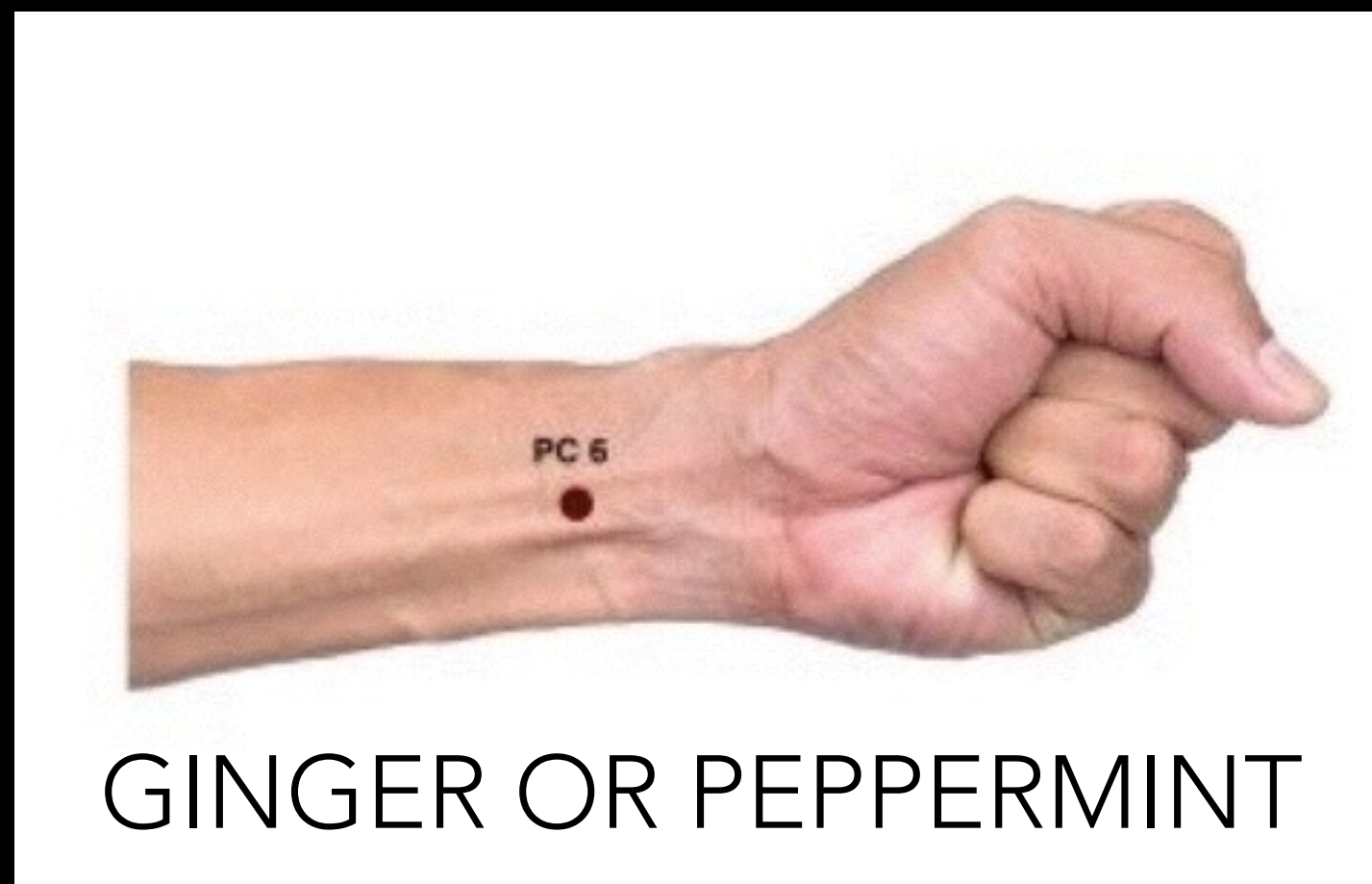
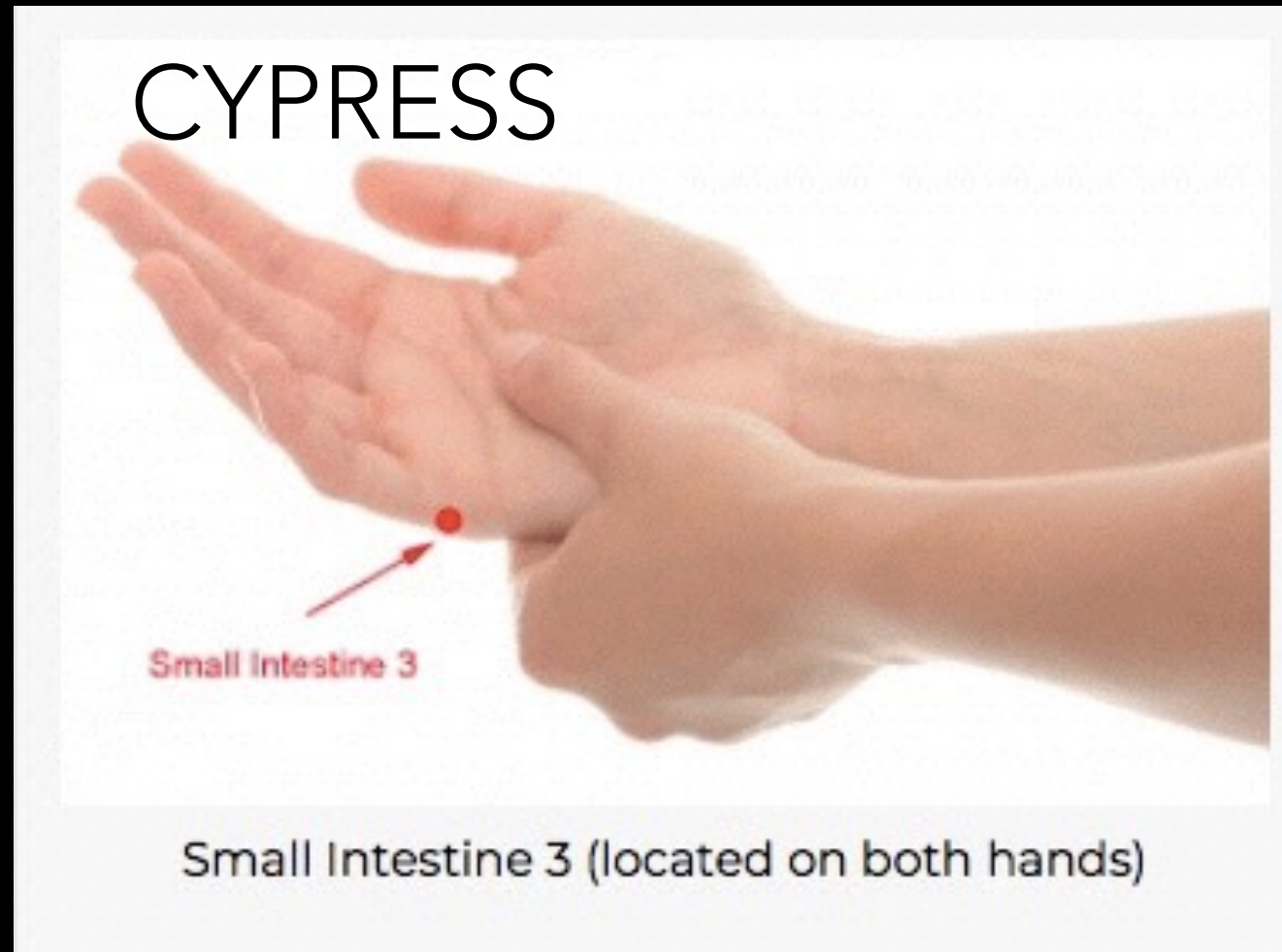
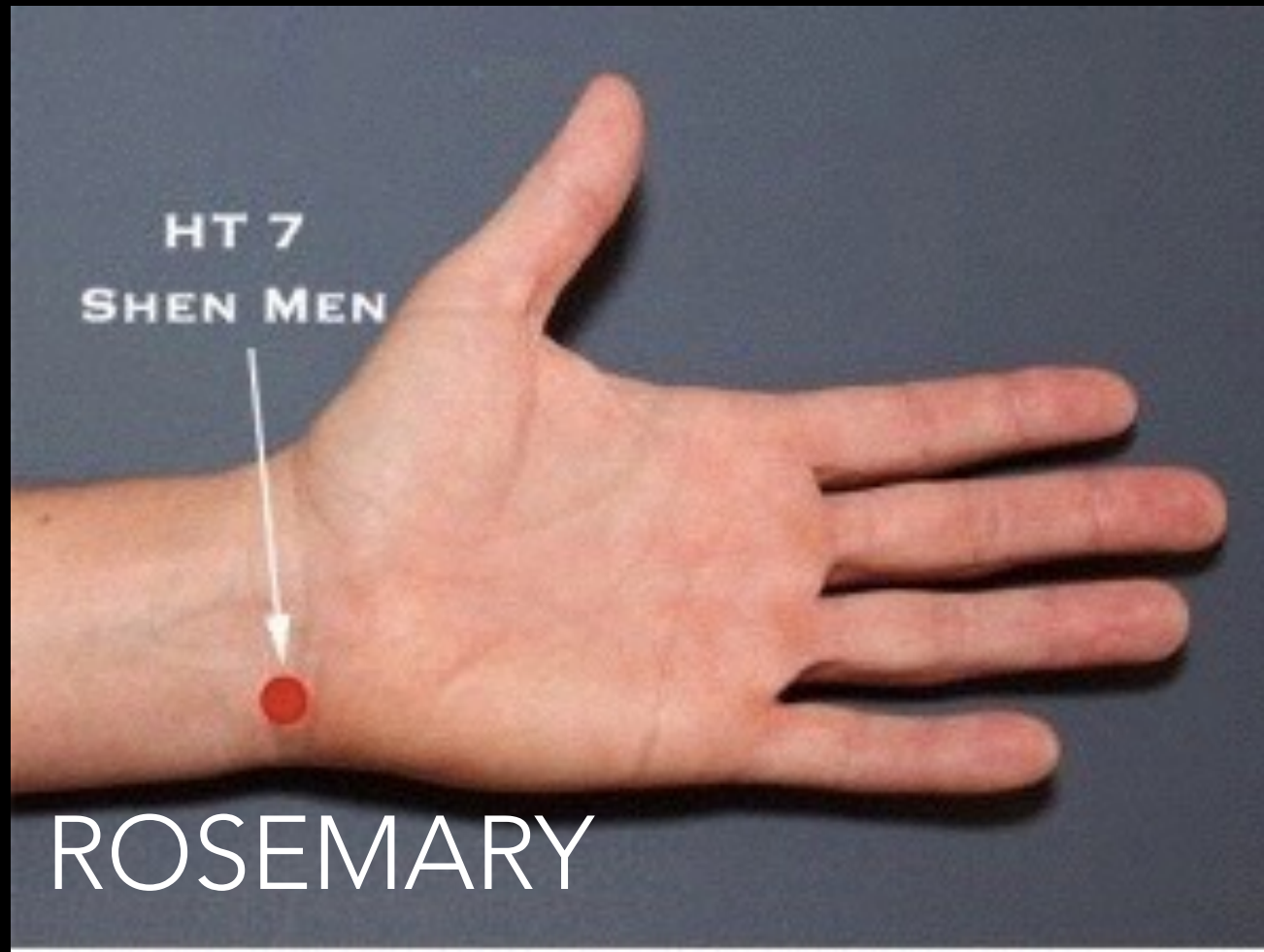
**Location:** equal distance between the eye brows (center)

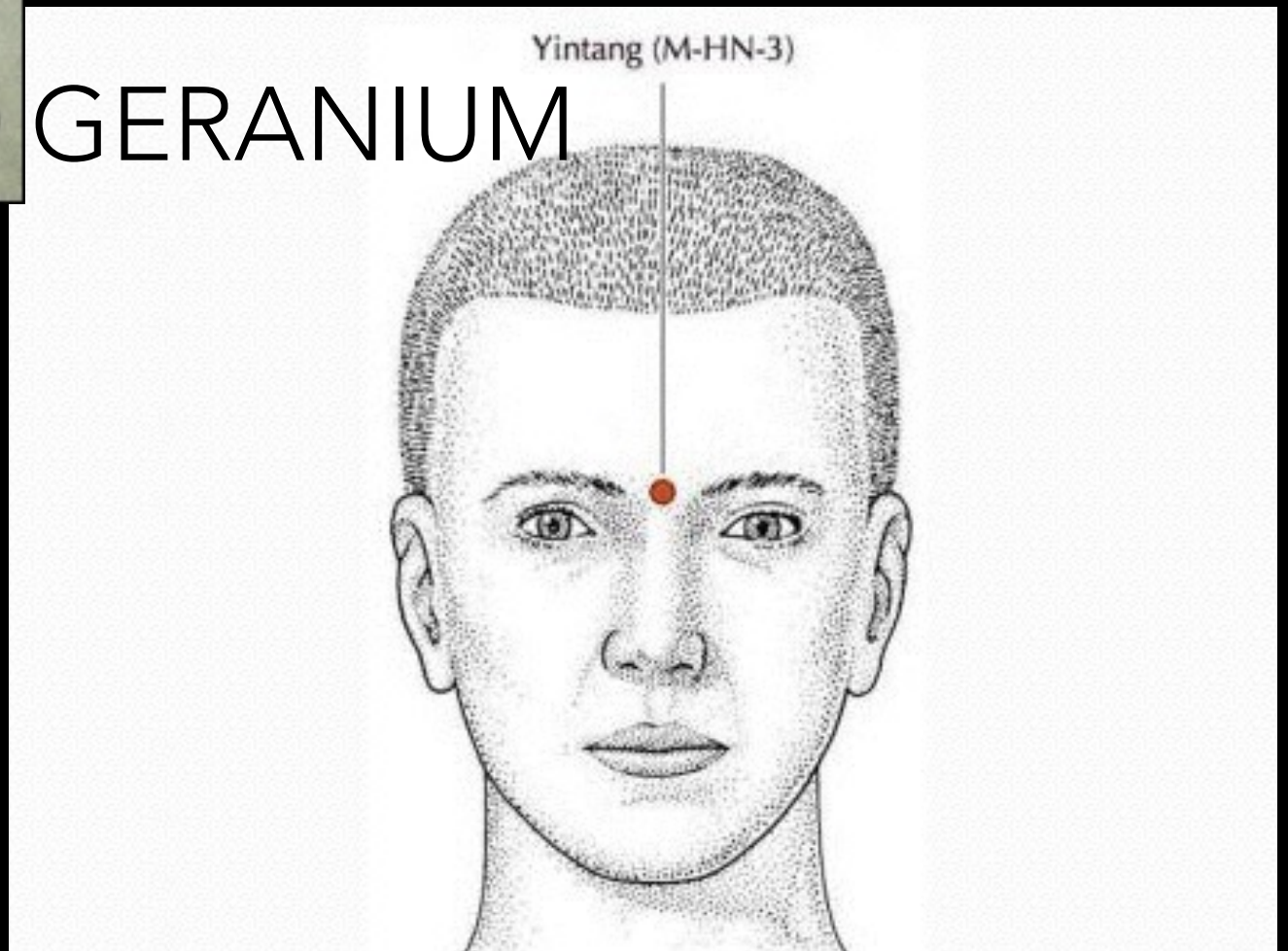
Try: Geranium

Good for: calming the mind, alleviating headaches or nasal congestion, or eye inflammation











# AROMATHERAPY USES/CONTRAINDICATIONS

Chest Rub: 1-20 drops of essential oil per 1 ounce of carrier oil

Bath: 8-10 drops to a full tub of water

Post shower: 3-5 drops of essential oil

Massage/Acupressure: 12 drops essential oil per 1 ounce of a carrier oil such as jojoba or sweet almond oil and mix well

All purpose cleaner: 10 drops essential oil (tea tree, rosemary, lemon, etc.) with 1 cup white vinegar and 2 cups water

Recommended brand: Oshadi ([oshadiusa.com](http://oshadiusa.com))

Avoid clary sage and geranium with breast cancer or fibrocystic breasts

No essential oils on babies or very young children

A few oils that are safe for pregnancy: bergamot, grapefruit, neroli, rosewood, & tea tree

Avoid these with high blood pressure: hyssop, rosemary, sage, & thyme

Avoid the eye area and if very sensitive, the bottom of the feet is the safest place to apply oil

Store oils in a dark glass container



# MORE SELF-CARE: THERAPEUTIC/RESTORATIVE YOGA TO OPEN THE HEART & ABDOMEN

- Supported reclining pose
- Spinal twist
- Waterfall





# SPINAL TWIST

Supta Matsyendrasana – Supine Spinal Twist



# WATERFALL



CHRIS ANDRE

# DIETARY THERAPY

## SUPPORTIVE of Heart/Small Intestine:

- Red foods & bitter foods
- Calming foods: Celery, cucumber, lettuce, mushrooms, lemons, mulberries, chia seeds, dates, brown rice, oats, basil, chamomile & dill
- A simple diet is best
- Light fasting (18-24 hours) can bring clarity and calms the mind

## AVOID:

- Excessive cold/raw vegetables
- Cruciferous vegetables and legumes
- Dairy
- Eating fast, while angry or hurried
- Excessive salt consumption
- Reduce alcohol & coffee consumption





# HOMEMADE CHOCOLATE!

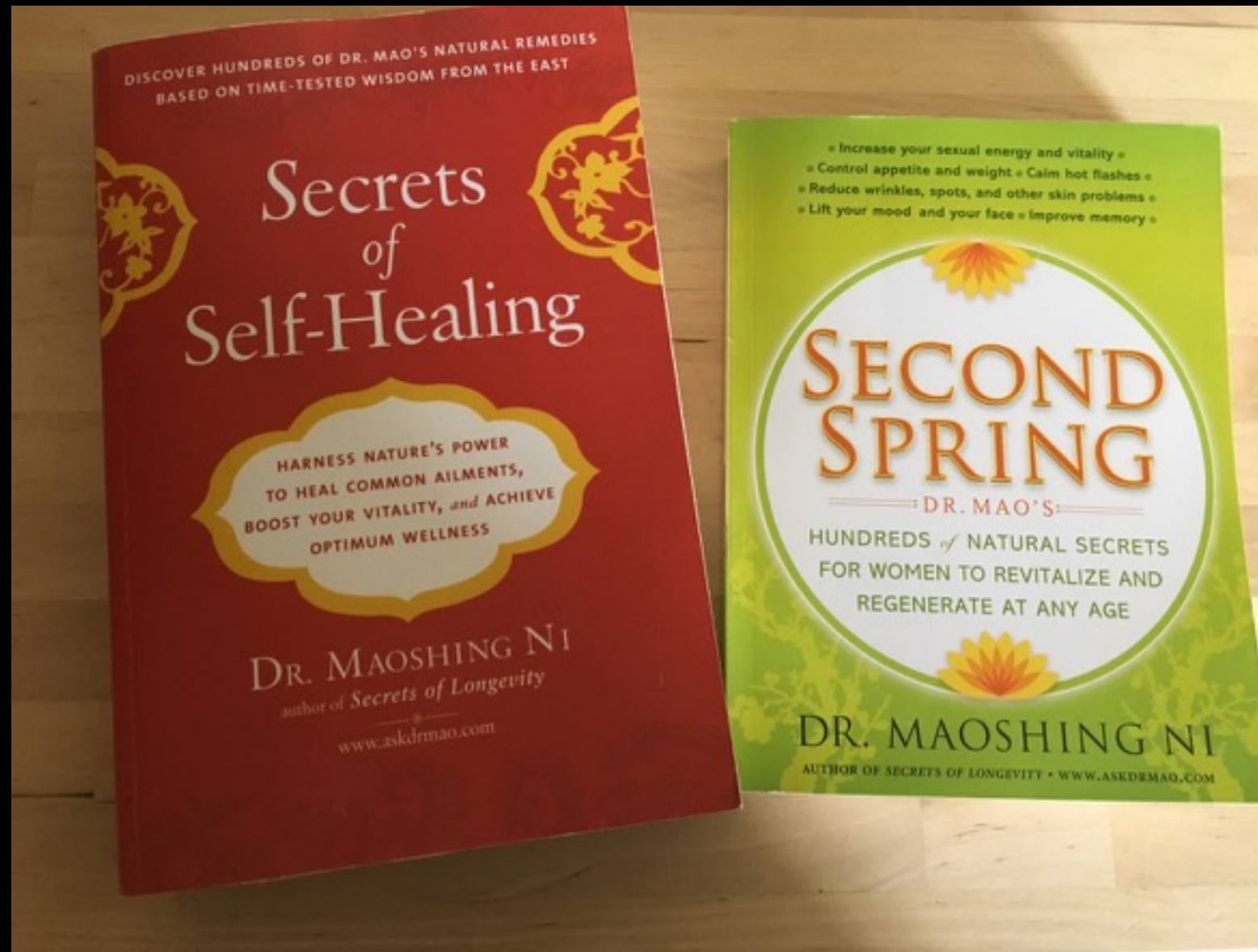
## (BITTER IN MODERATION)

1/4 cup coconut oil  
1/4 cup organic frozen blueberries  
2 tbsp cacao powder  
Shredded organic coconut

### Instructions

- 1 Over low heat, melt coconut oil and frozen blueberries (or fruit of choice together)  
Whisk in the cacao until well blended
  - 2 Pour the mixture into a mini loaf pan (or another small container) , sprinkle coconut on top and freeze for 20 minutes
- \* I recommend getting chocolate molds on Amazon
- Once frozen, break the mixture into 3 equal pieces and enjoy
- 3 Store in the refrigerator



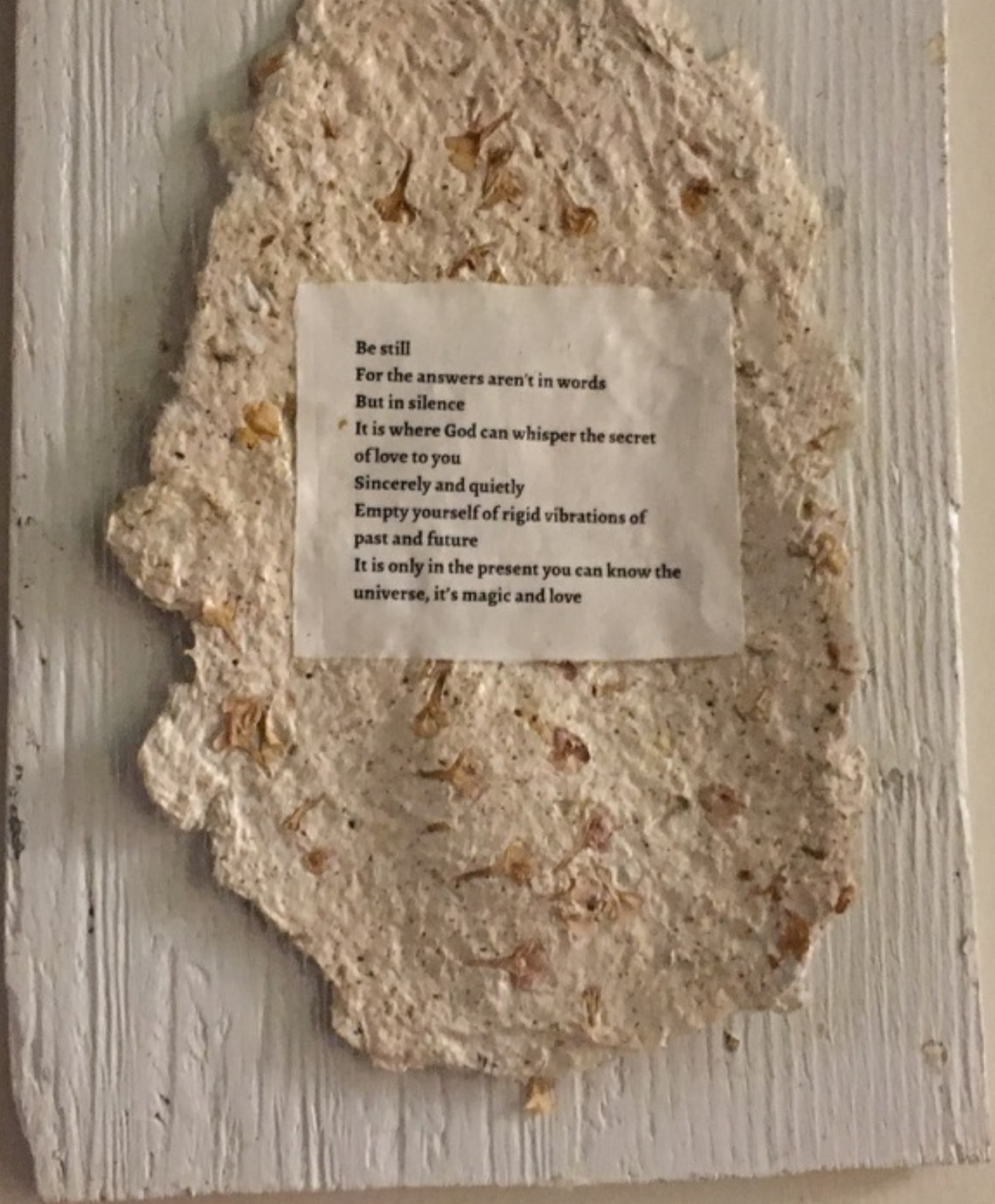


"Ancient Healing for Modern Women: Traditional Chinese Medicine for All Phases of a Woman's Life." - Xiaolan Zhao; with Kanae Kinoshita

"Secrets of Self-Healing" & "Second Spring" - Dr. Maoshing Ni

"Total Health the Chinese Way: An Essential Guide to Easing Pain, Reducing Stress, Treating Illness, and Restoring the Body Through Traditional Chinese Medicine." - Esther Ting





Be still  
For the answers aren't in words  
But in silence  
It is where God can whisper the secret  
of love to you  
Sincerely and quietly  
Empty yourself of rigid vibrations of  
past and future  
It is only in the present you can know the  
universe, it's magic and love

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