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JING HERBS

LEGENDARY TONICS

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# From Menarche to Menopause



- Du Meridian

- Meets all the Yang meridians
- Runs along the midline of the back
- Its function is to govern the Qi of the Yang meridians

- Ren Meridian

- Meets all the Yin meridians
- Runs along the midline of the abdomen and chest
- Its function is to receive and bear the Qi of the Yin meridians

# From Menarche to Menopause



- Chong Meridian

- Meets all 12 regular meridians
- Runs parallel to the kidney meridian
- Called the “sea of blood”
- Its function is to resevoir the Qi and Blood of the 12 regular meridians

# From Menarche to Menopause



## • Qi and Blood

- In TCM used with the meaning of general health
- Involved in all aspects of the body and mind
- Associated with the ability to have self awareness
- Presence of the Spirit
- Art of the Heart

# Phase 1: Years 1 to 7



- “At seven years old the teeth are renewed and the hair grows longer”
  - Power of the Yang of the Kidneys
  - Growth and use of the sense organs
  - Memory and reason
  - Speak with accuracy
  - Increasing sense of self

# Phase 1: Years 1 to 7



- Congenital emotions of the Kidneys
  - Rationality
  - Clear perception
  - Self-understanding
  - Self-confidence
  - Wisdom

# Phase 1: Years 1 to 7



- Acquired emotions of the Kidneys
  - Fear
  - Paranoia
  - Terror
  - Panic
  - Loneliness
  - Insecurity

# Phase 1: Years 1 to 7



- Stressors
  - Abandonment
  - Not fitting in school/friends
  - Not bonding with parents



# Phase 2: Years 7 to 14



- “At two times seven, fertility arrives”
  - Tian gui
  - Effect in the blood and fertility
  - Girl transformed into a woman
  - Kidney Qi
  - Sufficient blood to support self and nourish another
  - Ren supplies a rich blood to the uterus
  - Chong is able to circulate, arrive in the uterus and be so full of life that it has the ability to make and sustain a new life

# Phase 2: Years 7 to 14



- Congenital emotions of the Liver
  - Love
  - Benevolence
  - Kindness
  - Patience
  - Compassion

# Phase 2: Years 7 to 14



- Acquired emotions of the Liver
  - Frustration
  - Irritability
  - Stubbornness
  - Anger
  - Rage
  - Jealousy

# Phase 2: Years 7 to 14



- Stressors

- Fitting in
- Peer Pressure
- Being attractive
- Boys

# Phase 3: Years 14 to 21



- “At three times seven years, the Kidney Qi is even, then the wisdom teeth grow vigorously?”
  - High point in functioning of the Kidneys
  - Super abundance of Qi and Blood
  - Internally the Blood and Qi are the real fertility of a 21 year old woman
  - Menstrual disharmonies
    - ✦ Amenorrhea
    - ✦ Dysmenorrhea

# Phase 3: Years 14 to 21



- Stressors
  - Insecurity
  - Falling in love (lots of times)
  - Being sexually attractive
  - College
  - Career expectations
  - Starting or not starting a family
  - Self identity

## Phase 4: Years 21 to 28



- “At four times seven years, the muscles and bones are very firm, the hair reaches its greatest length, and the body becomes powerful and strong”
  - Peak of fertility
  - Optimal child bearing years
  - Manifestation of the power of Liver, Spleen, and Stomach energy

# Phase 4: Years 21 to 28



- Congenital emotions of the Heart
  - Peace
  - Forgiveness
  - Pleasure
  - Joy
  - Contentment
  - Boundary setting



## Phase 4: Years 21 to 28



- Acquired emotions of the heart
  - Nervousness
  - Anxiety
  - Heartache
  - Shock
  - Overexcitement

## Phase 4: Years 21 to 28



- Stressors
  - Career
  - Men
  - The “real” world
  - Having children
  - Women and men go through similar things at this stage:
    - ✦ find a career
    - ✦ job
    - ✦ life partner

## Phase 5: Years 28 to 35



- “At five times seven years, the circulations of the yang ming decline, the face begins to wrinkle, the hair begins to fall”
  - Natural decline in vitality
  - Super abundance of Qi and Blood begin to decline
  - Exhaustion from child bearing and miscarriages
  - Diet and lifestyle excess and deficiencies
  - Yin deficiency

## Phase 5: Years 28 to 35



- Stressors
  - Motherhood
  - Fatigue
  - Financial stress
  - Family breakdown
  - “Horrible time at which women are supposed to do everything at once, raise children, manage a career, stay attractive for this year’s life partner or stay attractive and try to find the next one because the first one didn’t work out?”

## Phase 6: Years 35 to 42



- “At six times seven years, the three yang meridians begin their decline above, the whole face wrinkles, the hair begins to whiten”
  - What appears on the surface is a manifestation of the internal authentic process of life.

## Phase 6: Years 35 to 42



- Congenital emotions of the Spleen
  - Acceptance
  - Openness
  - Truthfulness
  - Faith
- Acquire emotions of the Spleen
  - Worry
  - Remorse
  - Regret
  - Suspicion

## Phase 6: Years 35 to 42



- Stressors

- Motherhood
- Marriage
- Biological clock ticking and those who did not have children suddenly start to panic, even if they don't want children. Nothing like having something taken away from you.

## Phase 7: Years 42 to 49



- “At seven times seven years, the Ren meridian is empty and the powerful Chong meridian declines progressively; fertility dries up. Nothing further passes through the way of Earth. The body withers and she no longer has children”
- Ren no longer furnishes the uterus with blood or the breast with milk
- Chong lack Qi and Blood for the uterus



## Phase 7: Years 42 to 49



- Congenital emotions of the Lungs
  - Dignity
  - Generosity
  - Social Responsibility
  - Righteousness

## Phase 7: Years 42 to 49



- Acquired emotions of the Lungs
  - Sorrow
  - Sadness
  - Disappointment
  - Self-pity

# Phase 7: Years 42 to 49



- Stressors
  - Sexual appeal
  - Body consciousness
  - Financial security