JING HERBS

LEGENDARY TONICS

EST. 2002
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 reservoir 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
“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
“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