

## Universal Tao Class Descriptions

See Schedule for dates. Pre-registration is required 1 week prior to each class.

**Introduction to the Universal Tao**, A Free presentation about the Taoist Chi Kung/Meditation practices. Overview of practices and demonstration.

**Microcosmic Orbit** includes: Inner Smile, 6 Healing Sounds, Chi Self Massage and Microcosmic Orbit. These are the foundation level practices which are prerequisites for the other Universal Tao classes. Focus: sitting meditations; awaken to true self. Cost: \$80.

**Iron Shirt I** includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$60

**Healing Love** includes the Taoist practices related to transforming sexual energy into creative energy which can then be applied to other areas of our lives. Cost: \$60

**Tao Yin** is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle.

**Tai Chi Chi Kung I** includes a simple 13 step form based on the structural integrity learned in Iron Shirt I, applied to a moving form. Cost: \$60

**Fusion of the Five Elements I** is an advanced form of the Microcosmic Orbit. Focus is on transforming chi to a higher quality and circulating it through the body. Cost: \$60

**Chi Nei Tsang I** includes using our hands and meditations to facilitate healing in ourselves and others by direct application to the abdomen, including the major organs and body systems. 10 week class. Cost: \$300.

**Weekly Group Meditation** - is open to anyone who has taken a basic Microcosmic Orbit class from any Universal Tao instructor. Format of the class will evolve over time and input from those attending. The intention is to provide a place for people to practice together and integrate the various Universal Tao practices. Thursday evenings, 7-9pm. Call to let me know you will attend. Cost: \$40 per month/ \$10 per evening.

## Clinic Services

### Oriental Bodywork:

I practice several different styles, each of which has a particular focus or usage. Appointments are 75 mins. and cost \$60. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful of infants and children. (Pediatric appointments are \$50 first visit, \$35 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

### Chinese Herbology:

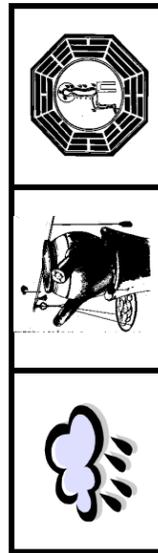
Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$60/hr. plus cost of herbs.

### Consultations:

Feng Shui - is about the energy of place; particularly homes and businesses. A consultation provides an energetic chart to assist with design and room usage. Cost: \$60/hr. \$120-240 depending on site.

Chinese Dietary Therapy - utilizes food to help achieve an energetic balance in the body. A consultation will provide individual information on how you may use food more positively for your health. Consultation charge based on \$60/hr.

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If you would like to be removed from this mailing list, please call or clip and return mailing label.

Personal Chi Profile - looks at the energetics of your birth time for general health and personality patterns. May also be used to compare with the energetics of specific years, months, or days. Eight page printed report is \$25. Personal consultation based on \$60/hr.

### Chinese Herbal Steeping Teas

I have developed several Chinese herbal teas that can be a substitute for other hot beverages. These are simpler and better tasting than medicinal formulas and are made by steeping. Teas may be chosen by organ, season, or symptom.

*Nourish Brain (kidneys/Winter)*  
*Jade Screen (lungs/Fall)*  
*Heart Opening (Summer)*  
*Kidney Yin/Yang (Winter)*  
*Strengthen Center (Spleen)*  
*Free Flowing Liver (Spring)*  
*Cold & Flu*  
*Basic Cough*  
*Head & Sinus Pain*

Winter, 2005



# The Well



(I Ching) drawing on deep sources of nourishment

Volume 15, Issue 1

## Greetings,

This year is gradually coming to an end and it is time to prepare for winter and the new year.

The lead article in this issue concerns Chinese herbal strategies for dealing with colds and flu.

The details of my annual winter retreat are below.

And, as usual, there are plenty of chi kung and meditation classes, In March I will be offering a one day Chi Nei Tsang retreat for the first time.

Wishing you and yours joyous times during this holiday season.

Cheers!  
Kyle Cline, LMT



## February Absence

I am currently making plans for my annual meditation retreat and will tentatively be gone from February 1 to March 1. This is my sixth year of making this personal journey. I have found it to be immensely rewarding for both personal and professional reasons.

Since I will be gone for awhile, it would be wise to stock up on any regular herbal formula that you may need during this month. If you take a constitutional formula, make sure to have enough to last through March 1. Also, be sure to have enough cold, cough, flu, sinus, formulas on hand, just in case.

**Rick Detroye**, an acupuncturist and herbalist, will cover my herbal practice while I am away. If you have need of a formula or a refill while I am gone, Rick will have access to your file and be able to help. He is located at NE Broadway and 21<sup>st</sup> and his phone number is **503-331-1553**. Rick is also available for acupuncture treatments.

## Chinese herbal strategies for

# Colds & Flu

Chinese herbology offers a wealth of treatment options when dealing with the common cold and associated flu, coughs, sinusitis, etc. It is, however, a different approach and process than most people are accustomed to from using standard Western over the counter cold remedies. The purpose of this article is to present general information about using Chinese herbs for colds that may assist you in maximizing their effectiveness.



## Confusion

The first thing I notice when I get a cold is a rapid inability to think clearly about what to do. This may be the common cold's greatest weapon: create confusion and disable effective action. It is all the more frustrating for me as I, literally, live with a complete pharmacy and I KNOW an herbal solution is in front of me. Yet, the lack of clarity makes it difficult to see the solution before my eyes. We tend to be overwhelmed by headcold symptoms and the resulting confusion reinforces those very symptoms.

My first recommendation, then, is to save this article. Put it someplace where you can re-read it when necessary. My second recommendation is to call me for phone advice when you first notice the cloud of confusion descending. It is much easier for me to make effective suggestions early (compared to days or weeks into) the general cold process.

Keeping this article handy and calling for advice can be a very useful counter to the cold's potent confusion. The rest of this article is about general herb dosage, formula, and prevention strategies.

## Formulas

There are dozens of Chinese herbal formulas that can be useful for colds and flu. The most effective formula is targeted to the stage of the cold process (initial, middle, or lingering) and/or the depth of the symptoms (superficial: runny nose, etc.; medium: cough, sinusitis, etc.; deep: lung

(Continued on page 2)

phlegm, infection, etc.).

For the initial stage and superficial symptoms there are many general formulas, such as Ilex 15, Yin Chiao, Gan Mao Ling. They all have similar ingredients and target the superficial layers of the body trying to resolve the symptoms and prevent further penetration. Usually, these formulas are most effective in the first one to five days of symptoms. During this time if symptoms improve, continuing with the initial formula may be all that is necessary. If, however, after several days the symptoms worsen or stay the same, it may be time for a different formula. This is the time I begin making custom granule formulas based on the presenting signs and symptoms. With increasing symptoms people tend to manifest different patterns. Some people get coughs, others get sinus problems, others may get ear symptoms – or some combination of everything. A custom formula can focus the herbs more effectively on the areas involved.



### Timing

The most important variable I have noticed is how soon the first dose is after initial symptoms arise. Even waiting a few hours between that noticeable scratchy tickle at the back of my throat and the first herb dose decreases the herb effectiveness. In order to be most effective this simply means having a general cold formula on hand. Taking the herbs at this most initial stage can mean the difference between a light case of sniffles for a few days and a full blown headcold (or worse) that can last for a week or more.

### Dosage

I usually recommend the ITM product Ilex 15 for my clients and will give dosages for this product for adults. Call if you have questions about other formula or child dosages (which vary by age and size).

#### Preventive Dose: 2-3 tablets 2-3x/day.

A highly effective strategy is to use a general formula before symptoms arise. There are two levels of this approach: likely exposure and exposure.

Likely exposure scenarios involve exposure to large numbers of people, typically during cold and flu season. Airplane travel is the ultimate example providing a perfect breeding and transmission environment. Similar situations might be concerts, sporting events, etc.

Exposure scenarios involve being in close contact with someone who is definitely sick: co-workers, family, and friends.

In both these situations it might be useful to take a general formula even before initial symptoms arise.

#### First Symptoms Dose: 3 tablets 3-4x/day.

Once symptoms arise it is an indicator that body resistance is struggling to ward off the cold. Either start with a general formula stronger than or increase the preventa-

tive dose.

#### Increasing Symptoms Dose: 3-4 tablets 3-5x/day.

If basic headcold symptoms increase then the dosage needs to follow that increase. Maintaining a 'preventive' or 'first symptom' dose will likely not be effective if the symptoms continue to worsen. If the symptoms are worsening, but not moving deeper into the throat or lungs, the general formula may still be effective IF it is used at a higher dose.

**Remember:** If you follow these dosing guidelines from prevention through increasing symptoms for one to five days and symptoms are worsening or just maintaining it may be best to switch to another, more customized formula.

#### Insurance Dose: 2-3 tablets 2-3x/day for 3-5 days.

Whether you are using an initial general formula or have switched to custom granules, it may be very helpful to continue taking herbs for two to three days after symptoms resolve. Even though symptoms have cleared, our bodies may not be back to full strength. This is a common time to relapse or become re-exposed and have another cold episode in the following seven to ten days. Typically the dose can be reduced for this stage.

### Other Herbal Formulas

If you are already taking an herbal formula for conditions other than a cold, it is usually best to stop taking it and focus primarily on the cold remedy for the initial cold stage. If necessary, the other formula can be reintroduced toward the end of the cold process at a lower dosage. Calculating when to reintroduce a formula and at what proportion to the cold remedy varies with each person and episode. In general each formula should be proportionate to the symptom/condition priority. Always feel free to check in with me at this stage.

### Non-Herbal Factors

Chinese herbs can provide very effective support and relief during cold and flu conditions. However, herbs cannot substitute for taking good care of ourselves. I find **REST** is often overlooked as a crucial factor for recovery. Eliminating all **DAIRY** products with the initial symptoms also helps. Dairy products generally increase mucous production and the body is already struggling with too much mucous. The most important factor is to **LISTEN** to our body/mind. Too often we are so busy that we can't hear or feel what our body needs to heal. Slow down, rest, listen, eat well... all these factors allow the herbal formulas to be more effective.

Colds and flus happen. How we respond to them determines their intensity, length, and disruptiveness. This article provides some general information on using Chinese herbal formulas. Two key points to remember: Keep a general formula on hand before symptoms arise; call if a cloud of confusion descends.

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Microcosmic Orbit & Chi Nei Tsang Retreats

On Sat., Jan. 29 I will offer a Microcosmic Orbit retreat.

On a Saturday (to be determined) in March, I will offer Chi Nei Tsang. Each retreat will be from 9:30 a.m. to 5p.m. with an hour lunch break. Please register at least one week prior to the retreat. Cost \$60.

The basic techniques taught in the Microcosmic Orbit class form the foundation for all the other practices. Sometimes it is easy to overlook the simple practices while pursuing the advanced techniques. I have found that continually refining the simplest techniques reveals them to be the gems that actually are. Recently I have included more breathing focus with the six healing sounds and find that increases their inherent strength.

The Chi Nei Tsang retreat is a perfect opportunity to gather with other students to share experiences, review techniques, and take this special bodywork a little deeper. Emphasis will be on practical information and time to trade sessions.

To attend you must have already taken each class. The purpose of these one day retreats is to go deeper into each practice and refine the skills in an extended class

time. The value of these classes is not necessarily to learn something new, but to take what we already know to a deeper level.



## Tao Yin Class

Tao Yin is a series of floor exercises, stretches, and movement – something like a cross between hatha yoga and tai chi. These exercises are performed on the floor rather than standing. Lying and sitting positions make unique benefits possible. Conditioning can be achieved that improves health and structural alignment. This strengthens movements and postures in standing and sitting positions. The principles of Tao Yin are essentially the same as in Iron Shirt and Tai Chi. This allows

the three forms of exercises to mutually support each other.

Tao Yin will be taught on Monday evenings in January. Class size is limited, please register in advance. There is no pre-requisite for this class.

## Vancouver, WA Classes

Kim Lew is offering Tai Chi and basic meditation classes on Mon. and Thurs. mornings in Vancouver. You may call her at 360-574-5727 for more information.

## UNIVERSAL TAO WINTER 2005 CLASS SCHEDULE

See class descriptions on back page  
(schedule subject to change. Call 503-222-1416 to verify and register)

### DECEMBER:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 6 **Fusion I Class** (cont'd 13, 20, 27)
- 21 Winter Solstice Meditation

### JANUARY:

- 3 **Tao Yin** Evening Class (cont'd 10, 17, 24)
- 29 **Microcosmic Orbit** One Day Retreat
- 6 Weekly Meditation (cont'd 13, 20, 27)

### FEBRUARY:

**On Retreat - No Classes**

### MARCH:

- 7 **Tai Chi** Chi Kung I (cont'd 14, 21, 28)
- 10 Weekly Meditation (cont'd 17, 24, 31)
- 20 Spring Equinox Meditation
- TBA **Chi Nei Tsang** One Day Retreat

### APRIL:

- 4 **Microcosmic Orbit** Evening Class (cont'd 11, 18, 25, May 2, 9 16, 23)
- 7 Weekly Meditation (cont'd 14, 21, 28)
- 16 **Fusion** One Day Retreat