



The Well



drawing on deep sources of nourishment

Volume 24, Issue 1

Spring Greetings ~

Ah, ... Springtime. That wondrous, uplifting energy transitioning out of winter. We see all kinds of this spring chi - energy - in plants sprouting/budding; animals shedding/birthing. The very ground and sky transforms during this phase. Spring is a natural time to let go of the accumulated winter cold, heavy and density.

These changes are reflected in the human body, too. Spring is a great time to do a little internal "housecleaning." The feature article in this issue describes various methods of cleansing and detoxifying during the spring season. Feel free to call if you have questions.

Meditation and chi kung classes continue regularly on Monday evenings, 7-8:30 pm through spring and summer. The subjects rotate each month. Below are the classes for the next few months. Class fee is \$40, 50% discount to review a previously taken class. More information is available at SimplyTao.com.

- ☉ **May - Six Healing Sounds**
- ☉ **June - Inner Smile**
- ☉ **July - Iron Shirt**
- ☉ **August - Tai Chi**

In May we focus attention on the internal, quiet, sitting techniques of the six healing sounds. The purpose of this practice is to connect with our internal organs, allow tension & stress to dissolve, and provide nourishing energy. Using the liver healing sound during springtime is a good way to harmonize the body with the seasonal energy of spring.

May 1st is my one year anniversary of moving to John Day. I'm *very* appreciative and grateful for the warm & welcome acceptance I've received here. Thank you so much.

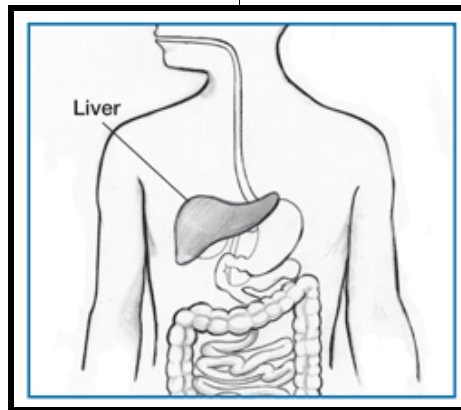
Cheers!

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Spring Cleaning

There's been a recent increase in interest in cleanses and detoxification as a general support for good health. For the past few months, it seems like I've had this conversation several times each day. So, I thought I'd share some general ideas and techniques for you to consider.



In Chinese medicine, the spring cleaning focus is on the liver/gallbladder organ systems. There are many ways to approach a cleanse/detox. Below are a few I use, ranging from mild to strong. Not everyone resonates with each technique. Find something that fits your body, your schedule, and make that a priority during this wonderful spring season.

Diet

One way to support a cleanse process is to gently shift our daily diet. Spring is a natural time to transition from the heavier, dense foods of winter to lighter foods and less quantity. More leafy greens - kale, collards, chards, etc., are very helpful. In general we can eat more simply and lighter.

Another way to decrease stress on the liver is eating less packaged, processed foods that have chemical preservatives.

Diet changes don't have to be radical, rigid or deprivation. Any simple diet change reduces stress on the liver and digestive system and can be beneficial. Choose one food item you know is stressful to your body, take a break for awhile and see what happens.

Exercise

Simple, gentle exercise is another way to support the body's

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natural internal cleansing mechanisms. Full body movement, like walking, encourages circulation through all of the internal body systems. "Running water purifies itself," is a simple principle of Chinese medicine. If blood, lymph, chi - energy - emotions are allowed to circulate, move, flow freely, the body naturally cleanses and detoxifies. We don't have to be on a rigorous training workout schedule at the gym to gain these benefits. Walking a little bit each day is very supportive.

Meditation

Bringing gentle awareness to our internal environment also supports the cleanse process. Simple techniques like focusing on the breath, doing the liver healing sound or following a guided meditation audio decreases stress and allows a more relaxed functioning of the internal organs. These meditation techniques do not require a lot of time. A few minutes once or twice a day greatly supports the body and its natural processes and leads to a more relaxed day.

The six healing sounds will be taught during the May meditation class.

Castor Oil Packs

This is an external application of castor oil to the liver region (or other area of the body). Castor oil is a powerful material that draws toxins out through the skin. Here's a link to more information on the process: www.altmedicine.about.com/cs/dietarytherapy/a/CastorOilPack.htm

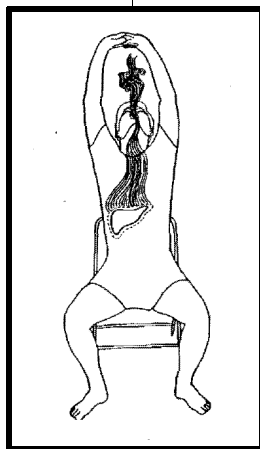
Herb Teas

There are many types of mild herbals teas that promote internal cleansing. Western herb tea combinations usually contain milk thistle, burdock &/or dandelion, and are available in most health food stores. Chinese herb teas often include bupleurum and tang kuei and are usually custom formulated by an herbalist, like me.

Liver Detox Drink:

one clove garlic
same size fresh ginger
one half lemon juiced
three tablespoons organic coconut oil
four ounces apple juice

Blenderize thoroughly.
One time per day for two weeks.



Either the coconut oil or apple juice needs to be warm in order for the solid coconut oil to blend well.

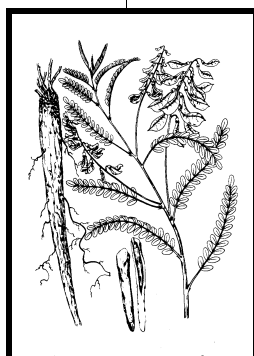
This can be used without making huge diet changes or fasting. It is simple, not purgative, and usually well tolerated. It actually tastes good, most detox teas/drinks don't. I do several two week courses between spring and fall.

Organic coconut oil has many benefits beyond helping cleanse the liver. Here's a link for more information on coconut oil: www.organicfacts.net/organic-oils/organic-coconut-oil/health-benefits-of-coconut-oil.html

Liver/gallbladder Flush

This is a very strong, intense process of flushing the liver/gallbladder of accumulated silt, sludge and possibly small stones. This is somewhat similar to changing the oil filter in your vehicle. After decades of filtering chemicals and toxins from the body, it can be helpful to clean this

miraculous liver-filter. Here's a link for more information for one kind of liver flush: www.spiritualhealingmedium.com/Moritz_Andreas_-_The_Amazing_Liver_Cleanse__1_.pdf



I've adapted this flush in several ways. Before you embark on this, please give me a call or consult with an experienced healthcare practitioner. This technique is not for everyone. Done properly, it can physically purge decades of accumulated toxic materials from the liver/gallbladder. Done improperly it can be quite stressful and counterproductive.

The key to a successful flush is good preparation before the actual flush. There is a learning curve to the process and it takes time and commitment. I find it to be well worth the effort and extremely helpful for overall health, energy and vitality.

Spring is a natural time to focus on a liver cleanse/detoxification process. If we listen to our body, mind, spirit, we can work in harmony with the natural chi - energy - of spring and how the body cleanses itself.

Liver cleanses have become popular and a bit trendy. There is a lot of hype and marketing of packaged products and programs, some of which are very intense and stressful on the body. Feel free to call if you have questions.

