The background of the image is a soft, artistic illustration. It depicts a woman from the waist up, wearing a light-colored, flowing dress, seated and weaving on a large wooden loom. To her right, a woven basket is filled with various green herbs and plants. The entire scene is rendered in a muted, painterly style with a warm, earthy color palette. The text is overlaid on this background.

WEAVING WOMB WISDOM

WITH KATIE'S GARDEN

Building Your Blood

Nourishing Your Essence

Functions of the Kidneys:

control reproduction and fertility
control the skeleton
support the marrow
nourish the teeth
provide the vitality of brain and mind
control hearing
control excretion and urination
control hair
give us our will and courage
astringe qi and fluids
control power of digestion

Herbs for kidneys:

**Nettles, Astragalus, Dandelion Leaf,
Cordyceps, Burdock, Pipsissewa, Corn Silk,
Parsley, Rehmannia, Ginseng**

Functions of the Blood:

nourish the body

moisten the body

harbors the mind

determines menstruation

Deficient Blood:

- Poor self esteem and low self worth
- Pale, lusterless skin
- dizzy
- tight muscles
- dry skin, hair, eyes
- poor memory
- palpitations
- insomnia
- pale, watery blood
- light scanty periods
- long cycles
- amenhorhea

Stagnant Blood:

- sharp, stabbing pains alleviated by warmth
- tumors, cysts
- excessive vigilance
- inability to feel safe
- paranoid delusions
- dark purplish clots
- flow of period may stop and start
- endo, fibroids
- impede fertility
- miscarriages
- coldness

Blood Heat:

- heavy period
- skin diseases
- yin deficient
- hot flushes
- night sweats
- thirsty
- scanty cervical fluid
- dark red color
- clots
- PMS irritability
- PMS breast distension
- PMS headaches
- irregular periods
- cramping

Herbs for Blood:

**Nettles, Astragalus, Dandelion Root,
Burdock, Rehmannia, White Peony Root, Wild
Yam, Ginseng, Cinnamon, Hawthorn,
Ashwagandha**

Herbal Monograph

Herb:

Latin name:

Actions:

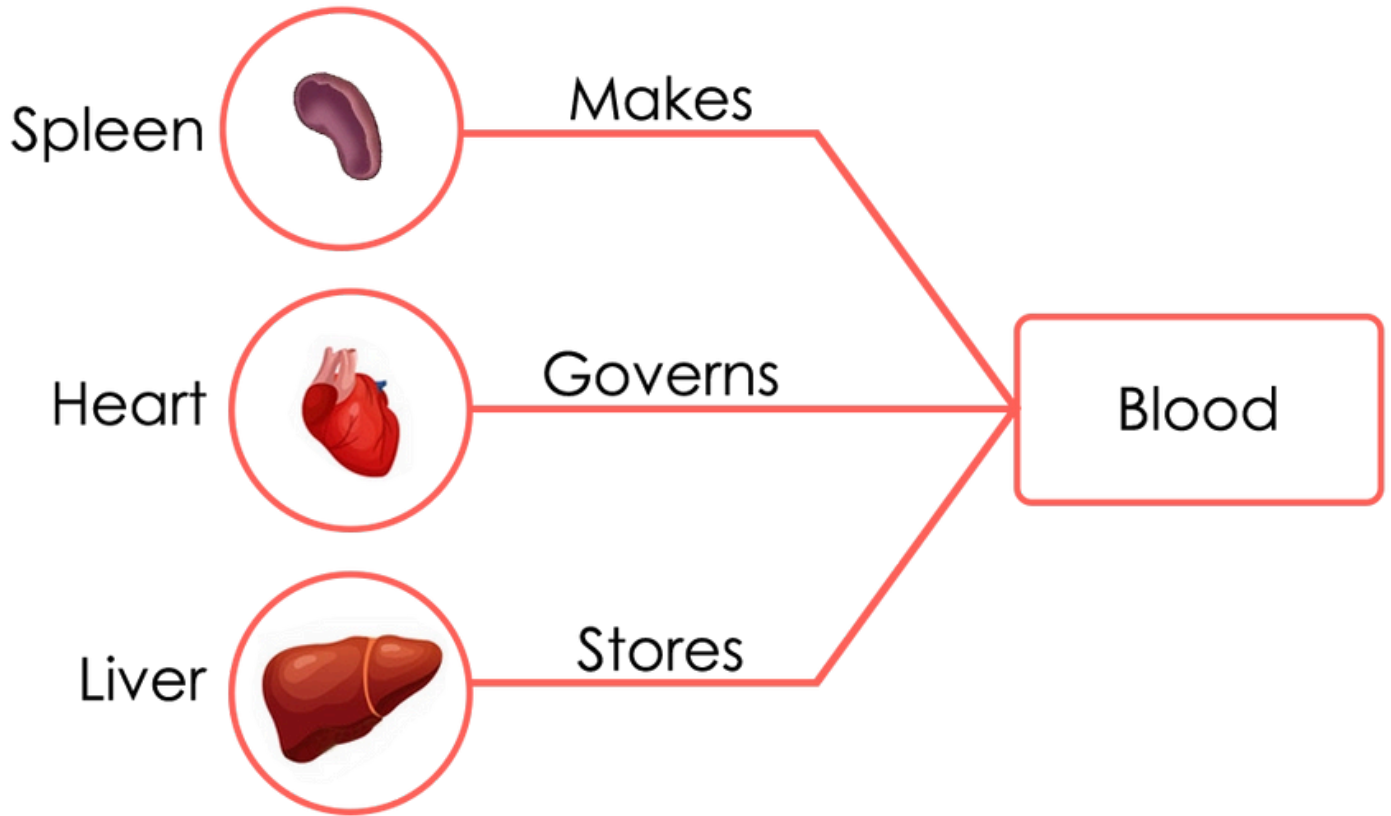
Phytochemistry:

Medicinal uses:

Organ System Affinity:

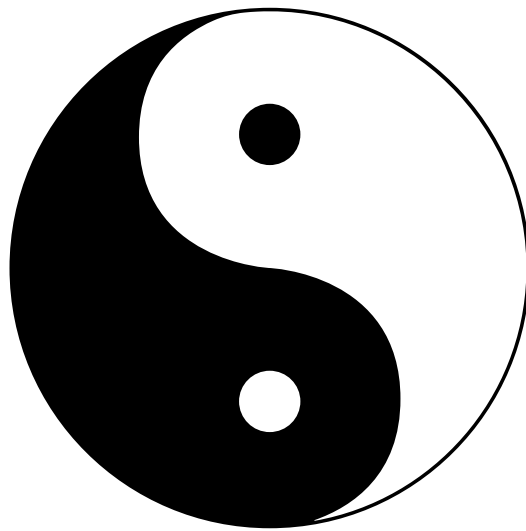
Family name:

Energetics:



**Relationship of Heart, Spleen
and Liver with Blood**

Zang Fu



Organ Pairing in Traditional Chinese Medicine

Tooth / Organ Relationship Chart

Glands	RIGHT BREAST						LEFT BREAST						Glands			
	Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	Intermediate lobe of pituitary	Pineal	Pineal	Intermediate lobe of pituitary	Posterior pituitary	Thymus	Thyroid		Parathyroid	Anterior pituitary	
Organs	Heart Small Intestine Endocrine gland, Pericardial	Breast Thyroid Stomach Pancreas	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Lungs Large Intestine	Lungs Large Intestine	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Lungs Large Intestine	Breast Thyroid Stomach Spleen	Esophagus Thyroid Stomach Spleen	Heart Small Intestine Endocrine gland, Pericardial
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	3 rd molar (wisdom)	2 nd molar	1 st Molar	2 nd bicuspid (pre-molar)	1 st bicuspid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 st bicuspid (pre-molar)	2 nd bicuspid (pre-molar)	1 st Molar	2 nd molar	3 rd molar (wisdom)
	3 rd molar (wisdom)	2 nd molar	1 st Molar	2 nd bicuspid (pre-molar)	1 st bicuspid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 st bicuspid (pre-molar)	2 nd bicuspid (pre-molar)	1 st Molar	2 nd molar	3 rd molar (wisdom)
Teeth	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
Organs	Heart Small Intestine Endocrine gland, Pericardial	Lungs Large Intestine	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Stomach Pancreas	Stomach Spleen	Liver Gall Bladder Eye	Kidneys Prostate Bladder, Uterus, Rectum, Anus	Stomach Spleen	Lungs Large Intestine	Lungs Large Intestine	Heart Small Intestine Endocrine gland, Pericardial	
Glands																
Element	Fire	Earth	Wood	Water	Wood	Water	Water	Water	Wood	Wood	Earth	Earth	Earth	Earth	Earth	Fire

Right Side

Left Side

YIN
Zang

YANG
Fu

LIVER

GALL
BLADDER

STOMACH

SPLEEN

HEART

SMALL
INTESTINE

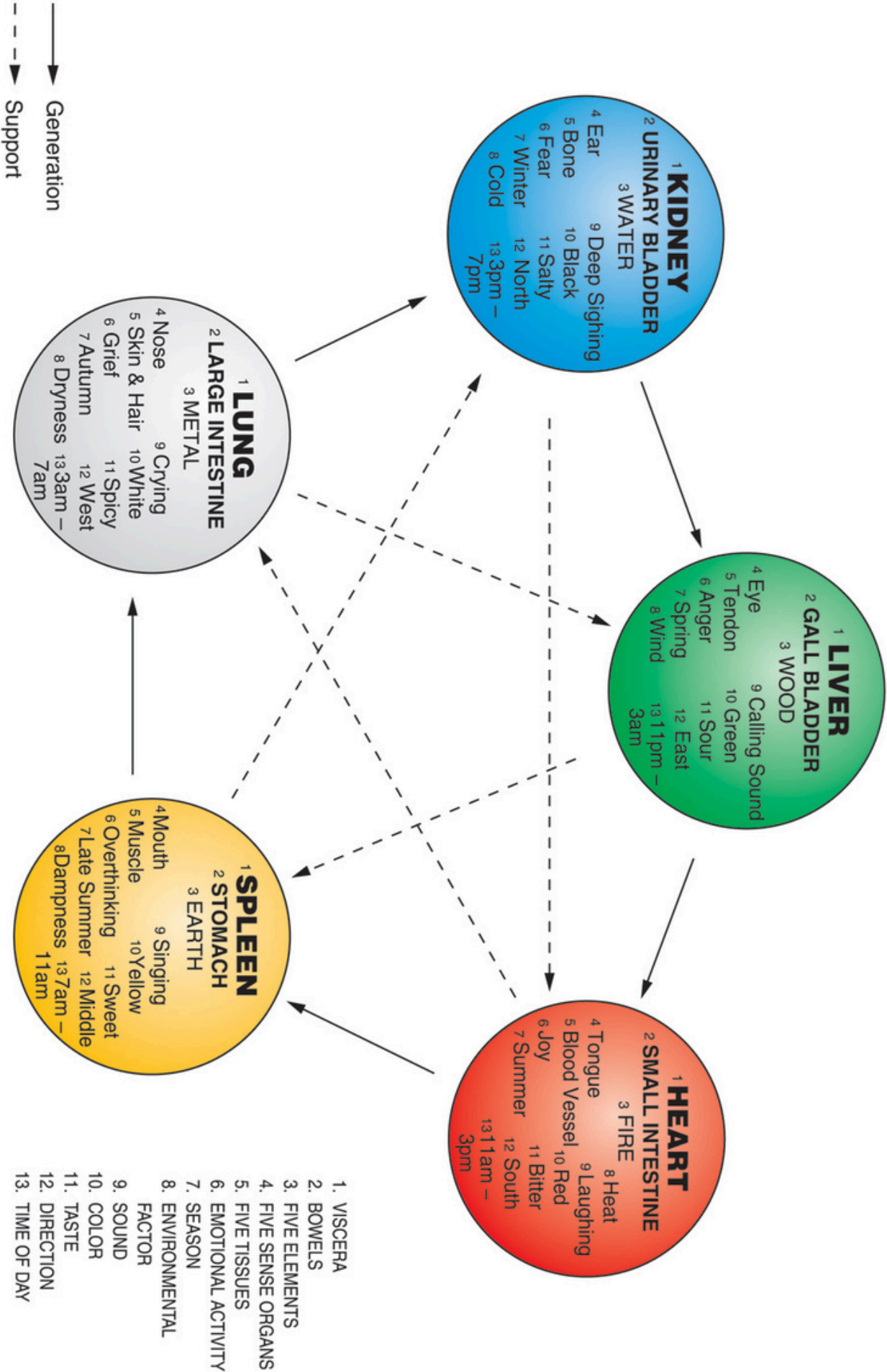
LUNG

LARGE
INTESTINE

KIDNEY

URINARY
BLADDER

CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



YIN

Zang

YANG

Fu

ELEMENT

SEASON

FLAVOR

EMOTION

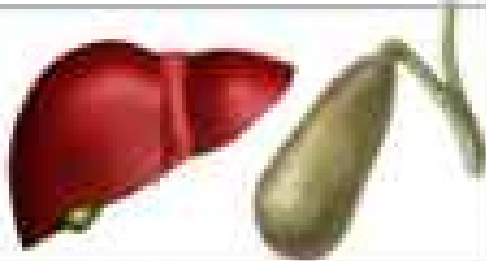





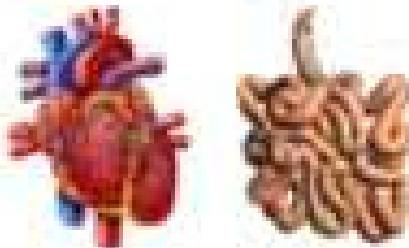





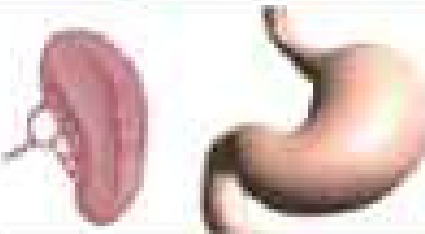





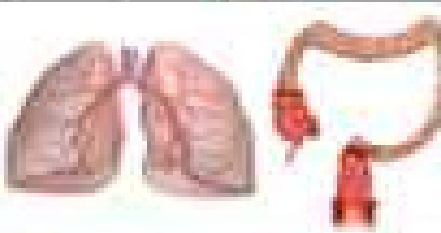




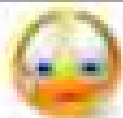
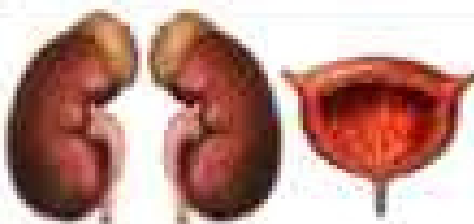





TISSUE

FLUID

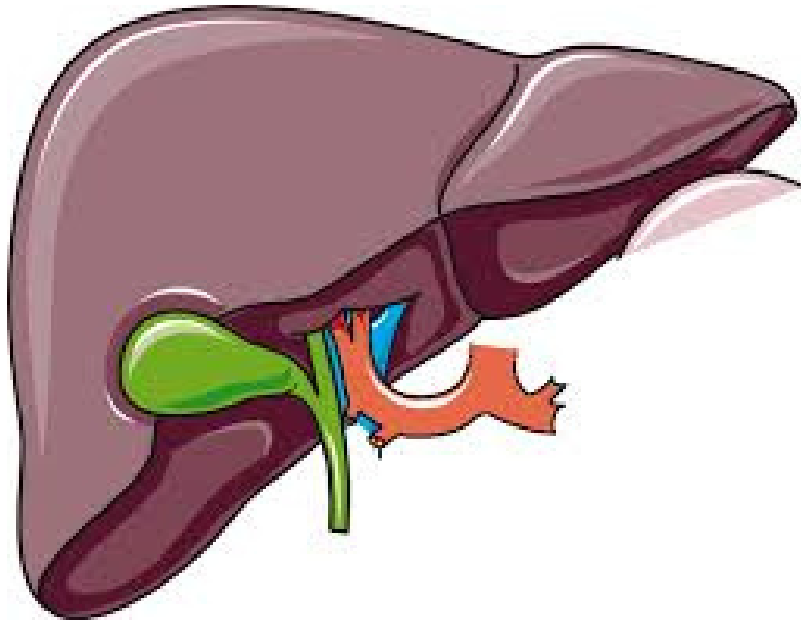
MANIFESTS

LIVER	GALL BLADDER	WOOD	SPRING	SOUR	ANGER	TENDONS	TEARS	NAILS
HEART	SMALL INTESTINE	FIRE	SUMMER	BITTER	JOY	BLOOD VESSELS	SWEAT	COMPLEXION
SPLEEN	STOMACH	EARTH	LATE SUMMER	SWEET	WORRY	MUSCLES	SALIVA	LIPS
LUNG	LARGE INTESTINE	METAL	FALL	PUNGENT	GRIEF	SKIN	MUCUS	SKIN
KIDNEY	URINARY BLADDER	WATER	WINTER	SALTY	FEAR	BONES	URINE	HAIR

Zang & Fu organs

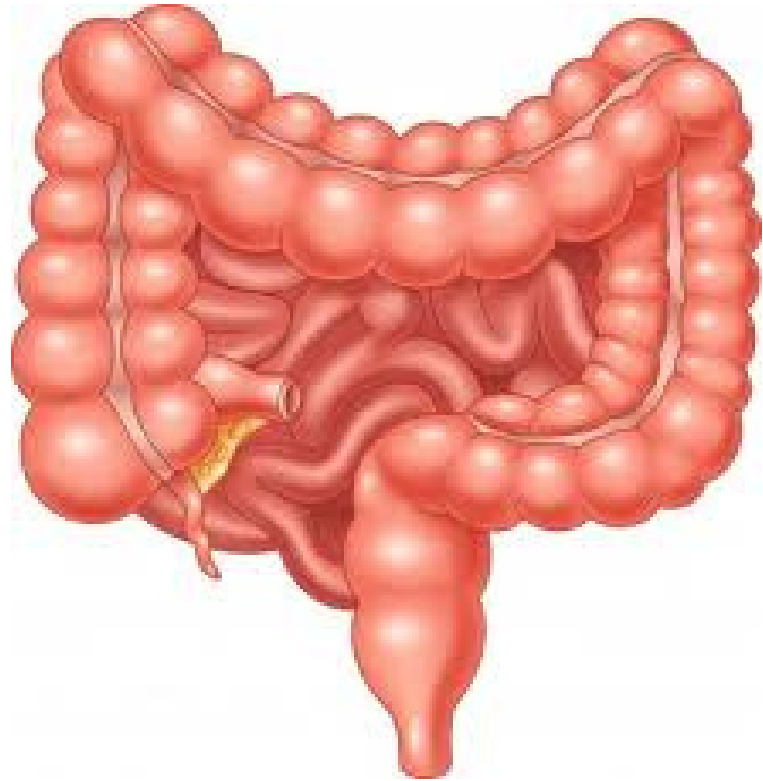
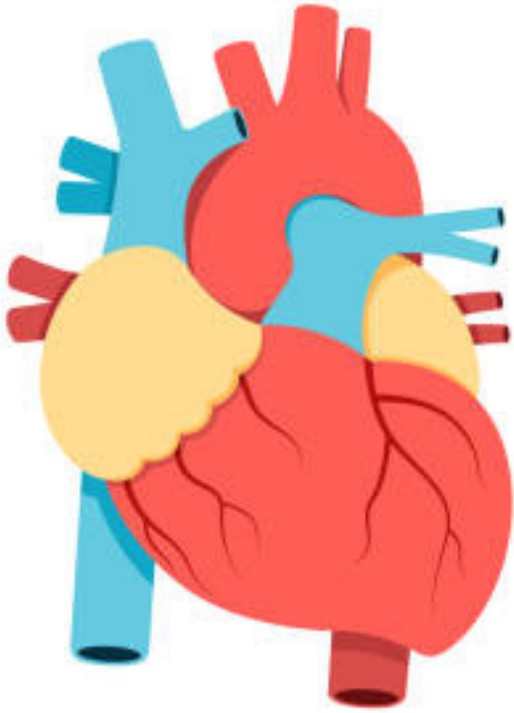
	Element	Sense	Manifest	Tissue	Emotion
					
Maintaining potency of Qi, Blood Storage & Maintain Qi flow					
					
Dominate the vessels, blood circulation & house the mind.					
					
Govern digestion, absorb nutrients and produce Qi & blood.					
					
Control Qi, respiration and distribution of blood & body fluid.					
					
Stores essence, control reproduction, receive Qi, produce marrow & blood.					

Liver & Gallbladder



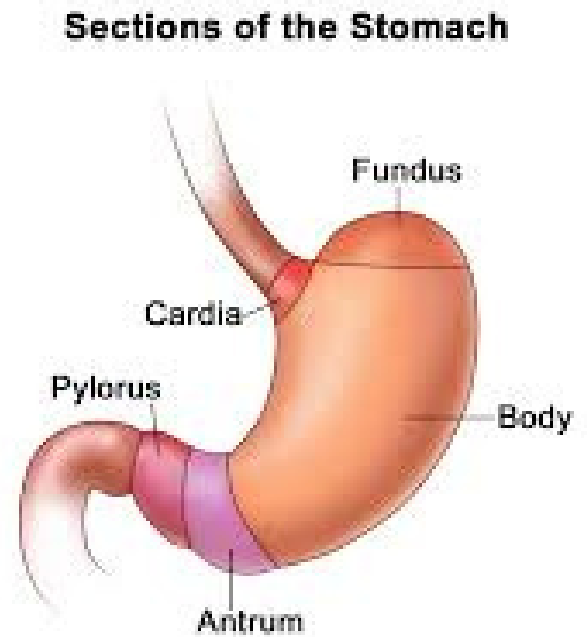
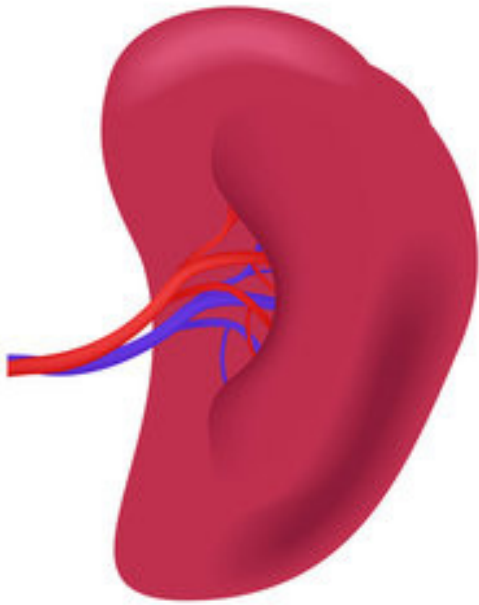
- Season — Spring
- Element — Wood
- Yin Organ system — Liver
- Yang Organ system — Gallbladder
- Developments — Birth
- Color — Green
- Sounds — Shouting
- Emotions — Anger
- Taste — Sour
- Tissue — Sinews
- Sense organ — Eyes
- Climate — Wind

Heart & Small Intestine:



- Season — Summer
- Element — Fire
- Yin Organ system — Heart
- Yang Organ system — Small Intestine
- Developments — Growth
- Color — Red
- Sounds — Laughing
- Emotions — Joy
- Taste — Bitter
- Tissue — Blood vessels
- Sense organ — Tongue
- Climate — Heat

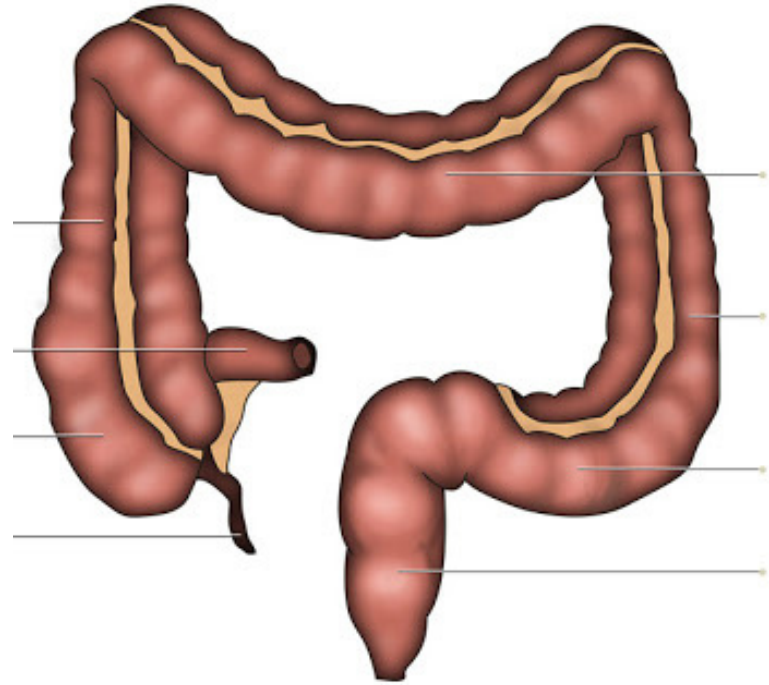
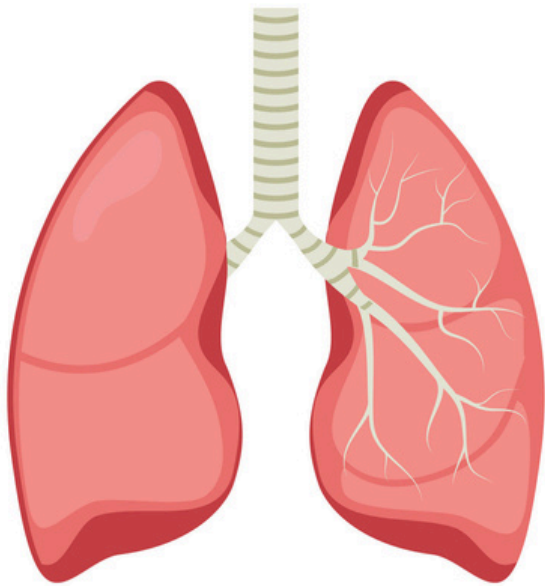
Spleen & Stomach:



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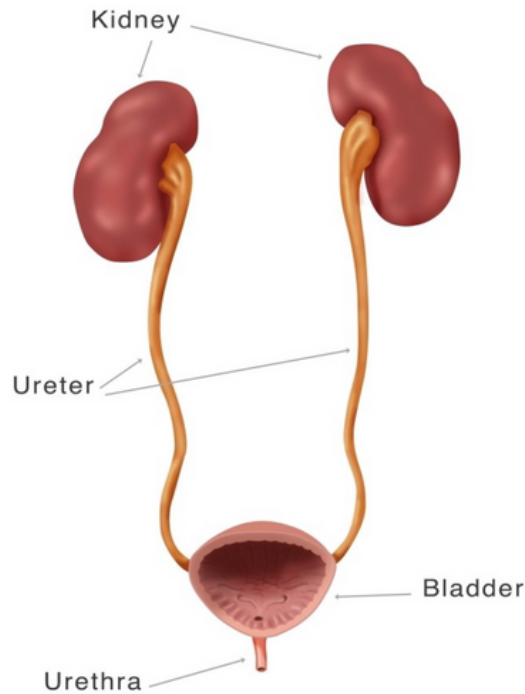
- Season — Late Summer
- Element — Earth
- Yin Organ system — Spleen
- Yang Organ system — Stomach
- Developments — Transformation
- Color — Yellow
- Sounds — Singing
- Emotions — Pensiveness/ Worry/ Cyclical Thinking
- Taste — Sweet
- Tissue — Muscle
- Sense organ — Mouth and Lips
- Climate — Dampness

Lungs & Large Intestine:



- Season — Fall
- Element — Metal
- Yin Organ system — Lung
- Yang Organ system — Large Intestines
- Developments — Harvest
- Color — White
- Sounds — Weeping
- Emotions — Sadness
- Taste — Pungent
- Tissue — Skin
- Sense organ — Nose
- Climate — Dryness

Kidney & Bladder:



- Season — Winter
- Element — Water
- Yin Organ system — Kidney
- Yang Organ system — Bladder
- Developments — Storage
- Color — Black
- Sounds — Groaning
- Emotions — Fear
- Taste — Salty
- Tissue — Bones
- Sense organ — Ears
- Climate — Cold