

# HEALTHY HEALING

JULY 2009 Newsletter

<http://www.healthyhealingli.com>

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## HERBAL THERAPY FOR THE SOUL

In Traditional Chinese Medicine the soul can be described in several realms in regard to various organ energetics. Two of those ideas will be discussed here as the Hun and the Shen. The Hun is an energetic force which keeps the soul in its place at night while one is sleeping and is stored in the Liver. One of the pre-eminent scholars of Chinese Medicine, Giovanni Maciocia says, "The Hun is another level of consciousness that gives the Shen inspiration, plans, projects, life-dreams, ideas, sense of direction in life."<sup>1</sup>

The Shen as discussed in a previous article relates to the Heart energy. It provides the emotional/spiritual aspects of a person. Maciocia makes a correlation between the physical relationships of the cortex of the brain as the Hun and the limbic system as the Shen. We are constantly navigating either consciously or unconsciously, our intellect and emotions via these two concepts or physical linkages in the brain.

People that have a deficient movement of the Hun tend toward depression. People who suffer from manic or compulsive behavior have an excess of Hun. In either case the Shen will be disturbed causing different types of emotional expression. The depressed person may have fits of crying, while the manic person may have inappropriate outbursts of laughter. Each of these conditions results from a disconnect between the Shen and Hun or limbic/cortex of the brain.

## SUAN ZAO REN TANG

Chinese herbs can help to energetically make the connection between the Shen and Hun and restore emotional balance. One of the most well known formulas Suan Zao Ren Tang, based on a pattern of Heart yin and Liver blood deficiency treats such an imbalance. This pattern can be seen by indications of irritability, inability to sleep, night sweats, dizziness, a dry red tongue and a wiry thin, rapid pulse. The ingredients of the formula are suan zao ren (sour jujube seed), fu ling (tuckahoe skin), zhi mu (anemarrhena rhizome), chuan

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<sup>1</sup> The Journal of Chinese Medicine, #90, June 2009, page 55.

xiong (Szechuan lovage root) and gan cao (licorice root). The main herb, suan zao ren is in the herbal category of Nourishing the Heart and Calming the Spirit. The actions of the formula are to nourish the blood, calm the spirit, clear heat and eliminate irritability. As was explained in the 18<sup>th</sup> C. by medical author You Zai-Jin, “While we are awake, the soul resides in the eyes; at night, when the eyes are closed, it resides in the Liver. In consumptive (e.g. overworked or over anxious) patients the Liver blood is deficient, and cannot entirely retain the soul. This results in an inability to sleep.”<sup>2</sup>

## EVENTS & ANNOUNCEMENTS!

### Q&A at VITAMIN SHOPPE

WHERE: Glen Cove Road & Old Country Road, Garden City, NY

WHEN: Monday, July 27, 2009, 11am-2pm

Bring your questions and I will answer your queries about how Chinese Medicine can address your health concerns!

### ***FREE!! LEARN ABOUT ENHANCING YOUR PERSONAL AND FINANCIAL HEALTH- PERSONAL WELL BEING – SERIES II***

**The Family Love Letter - Howard Weinstein, ChFC, CLU and Sarit Brosh, AXA Advisors, LLC – with MaryClare Chiofalo, MBA, RPP, RYT, Registered Polarity Practitioner and Registered Yoga Teacher, Creating a Deeper Relationship With Yourself Through Energy Healing; BioLogical Wellness - Marianne P. LiBretto, LMHC, Health Psychotherapist, Emotional Intelligence Coach, moderated by Diana McCray, CWC**

WHERE: AXA Advisors, 1111 Marcus Avenue, Conference Center, Lake Success

WHEN: Thursday, August 13, 2009, 6:00 PM

CONTACT: **Pauline Mosca** of AXA Advisors at 516-358-3918 or [pauline.mosca@axa-advisors.com](mailto:pauline.mosca@axa-advisors.com) *Light Refreshments will be provided*

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<sup>2</sup> Formulas & Strategies, Dan Bensky & Randall Barolet, 1<sup>st</sup> edition, page 380.

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**Chinese Quote of the Day:** “One can not reflect in streaming water. Only those who know internal peace can give it to others”- Lao Tzu