

Hello all,

Welcome to Volume 1, Issue 17 of *Alternativz*, an occasional journal of complementary solutions for health, well-being, performance & longevity.



Figure 1: Yin, the foundation of the physical body.
Yin is Earth. Yin deficiency = Earth deficiency.

This issue, *Yin Deficiency*, discusses the most fundamental challenge of health and well-being, this being maintaining the integrity of the body as we age. Yin sufficiency isn't about physical health alone, it's about the health and well-being of the organism. If “the mind is what the brain does” (Steven Pinker), and the brain is of the body, then the mind is also dependent on the physiological status of the body. (A thesis I hold.)

Many disease patterns that we know today are rooted in Yin deficiency. These maladies include bodily tension, stiffness and inflexibility, pain and discomfort, shortness of breath, heart beat anomalies, high blood pressure, low energy levels, allergies, digestive problems, etc. Mental manifestations include mental discomfort, agitation, anxiety, worry, depression, sleep problems, mental hyperactivity, and a general inability to control one's mind, and with it the inability to oversee one's body (a feedback loop exists that results in a downward spiral). “Modern medicine” medicates these myriad symptoms but offers no “cure”. It doesn't even recognize the fundamental problem. No surprise here - there isn't any profit in it.

Here are the facts, physical and metaphysical – matter on Earth, animate and inanimate is “of Earth”. Life assimilates Earthly matter to form a physical body and returns that matter to Earth at the time of death. (Memphis Slim had it right.) Bones are a quintessential example. We know that planet Earth is made of star dust, from which all the elements came. Likewise, all matter on Earth is composed of stardust. That includes us. Our bodies are recycled stardust.

The fundamental element of life as we know it is carbon. Carbon is the 4th most abundant element in the known universe behind hydrogen, helium, and oxygen. Carbon based life requires water. When NASA looks for evidence of life on other planets, they look for evidence of Water.

Yin deficiency has a very deleterious effect on health because it is foundational. The body is not unlike a house in this regard. If the foundation starts to crack up and fall apart, the house is in trouble. Yin deficiency results from Earth deficiency – *Yin deficiency is literally Earth deficiency*, i.e. the body's inability to assimilate Earth and use it to build and maintain physical integrity.

Earth deficiency results in inflammation – excess Fire. [Inflammation is a root symptom of most chronic disease.] How does this happen? Earth holds Water. Consequently, when Earth is weak, Water is deficient. As Water governs Fire, when Water is deficient, Fire is excessive. This is in keeping with the fundamentals of Traditional Chinese Medicine.

How do we end up Yin deficient? The body is a biological machine of sorts that runs on energy. Our bodies take in Earth and Water and turn it into bioenergy that powers the body. When we use more energy than we make, we begin depleting Yin. In [Wuji Qi Gong & The Secret Of Immortality](#), we use the analogy of a candle, where the wax is Yin and the flame is Yang. When we assimilate more Earth than we “burn”, the wax is restored. This, and the flame is tempered by both Earth and Water. Alternatively, when we burn more Earth than we assimilate, the wax begins to be depleted, and with this depletion, Fire becomes excessive. Again, this is fundamentally because when Earth is weak, Water becomes deficient. Frequent urination – the inability to “hold our Water” – is a hallmark of Yin deficiency.

What do we do about it? The answer is not to consume more Earth, or necessarily more Water. Instead, we want to get more out of the Earth and Water that we do consume. This, and not “burning” more essence than we have. Here we’re not looking for more calories, but instead more Earth *essence*. It’s the Earth essence (Earth Yin) that restores Yin and ultimately promotes health. If we use our essence and fail to restore it, the body gradually decays. Entropy and disease overtake us. An axiom of Chinese Medicine is “first treat the digestion”, for without doing this, Yin cannot be restored and the body cannot renew itself.

How do we access more Earth essence? A) by eating and drinking foods that contain essence (as opposed to empty calories), B) by strengthening our digestive powers. Food selection is obvious, we want to consume fresh foods that are cultivated in rich soil with fresh water.

Regarding strengthening of digestive powers, not surprisingly, I offer that the most important factor is breathing coherently, where diaphragm movement plays a critical role in the digestive process. It does this in 2 ways: 1) diaphragmatic motion pressurizes and depressurizes the organs of digestion every time we inhale and exhale, massaging organs, moving both blood and digestive matter. 2) Breathing coherently generates a blood wave (the Valsalva Wave) that washes through the gut.

Blood is supplied to the intestines via the superior mesenteric artery, delivering about 12% of total cardiac output, making it the single largest branch on the descending aorta. Nutrients (Earth) move through the intestines, the walls extracting nourishment, microscopic digested matter moving into the dense capillary bed of the mesenteric circulation where it is collected by the venous circulation, ultimately making its way to the portal vein which transports nutrients to the liver to be metabolized. Blood is the mover – the liver has very high blood flow, about 1 liter of blood flowing into the liver from the portal vein every minute.

Multiple factors govern gastrointestinal blood flow including digestive status. As we are discovering that Coherent Breathing moves a wave of blood (the Valsalva Wave) through the brain, it also moves this wave through the digestive organs of the abdomen. I will show you what this wave looks like in the abdomen in the next issue of Alternativz.

Thank you for your interest and consideration,

Stephen Elliott, President, COHERENCE

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