



EVELYN MULDER'S

Western Herbs

for Eastern Meridians and Five Element Theory



Foreword by Bruce Dewe



With her new manual *Western Herbs for Eastern Meridians & Five Element Theory*, Evelyn Mulders has given the busy Kinesiologist (and other health practitioners) an effective, user-friendly, new tool for their clinics. In particular, Professional Kinesiology Practitioners (PKP) graduates will enjoy the way in which she has organized her knowledge of herbs within the PKP protocol and Chinese Five Element theory. However, within that context, Evelyn is teaching western (local) herbs which support our western society and nourish the people of western lands and cultures.

I enjoyed the inclusion of a “herbal attitude” portion which gives clients the metaphysical message to support them in their spiritual journey. To make it easy for practitioners, Evelyn has outlined the herbs in a chart with their Mental/Emotional/Physical relevance. This means that while the client is receiving physical benefit from the use of the herb, a herbal ‘message’ also offers their spirit an additional perspective for energy balancing.

Non-PKP practitioners are not forgotten, the manual is non-commercial product-related and the biochemical uses are quickly referenced. The manual outlines the part of the herb that holds the balancing quality and so alleviates any confusion over which part of the herb to use.

Clients themselves will receive immense benefit from owning this book. With increasing government restrictions on the availability of supplements, the rising prices and side-effect risk of pharmaceuticals, knowledge about the safe use of local herbs to support family and close friends becomes very empowering.

Evelyn’s desire is to empower people to be able to pick local herbs and have knowledge direction over the preparation and use of that herb. This manual has the potential to liberate people in finding the herb in local fields and having confidence in using what mother nature intended as healing gifts for us.

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July, 2005

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Physical

The herbs in this herbal manual support the biochemistry of the body and help us to restore meridian balance and alleviate the signs and symptoms of distress. By offering the body an herbal tea, tincture or capsule, we are making a biochemical change in the body. In holistic theory we like to think of this as feeding the organ the nutrition it needs to stay healthy.

There are two approaches to herbology in my mind. One follows the Paleolithic approach to health; which is if you are suffering from certain symptoms then you need to have particular herbs and a choice is made as to which herb would best suit your set of distress symptoms.

The second approach to herbs is following the energy model or holistic approach to health. This is the approach taken by the layout of this Herbal Manual. If the body is showing symptoms of distress then there is an imbalance in the energy field. Determination needs to be made as to which meridian or meridians are not functioning optimally. This can be assessed using Kinesiology. Then the Kinesiologist will determine which herbs will feed the meridian and the meridian will deliver the life energy to the related organ and the body can then begin to heal itself.

A herbal dictionary has been included to help bridge the thinking from the allopathic model to the energy model approach to health. The dictionary of herbal terms can be equated to a measurement conversion table. It is like reading metric when you've been raised with the imperial system of measurement. These new learning attitudes take time and practice to master.

Emotional

The herbs in this book support the emotional component of the body as each herb is associated with an emotion. Emotions are supposed to move through your mind and body to give you awareness and to motivate action. It is only when an emotion takes hold and we hang on to it, that it will negatively affect our health. Having the emotion related to the herb, gives us an opportunity to reflect how we are feeling this emotion; and are we willing to get the message and let go of the emotion? We

The true desire of the herbs and plants is to harmonize the planet. All we have to do is listen!

can ask ourselves how appropriate this emotion is in relation to what we are going through at this time, while our body is showing signs and symptoms of distress.

Spiritual

The herbs in this book support the spiritual component of the body by sharing the message of the plant energies. This message is quoted for each herb under the title of attitude. The plant kingdom is an integral part of this planet and the plant energies are truly here to help us heal. The plant's message gives us the insight of the attitude we have been carrying which charges the emotion that creates the sickness and disease in our body. When we are taking the herb it is wise to listen to the message of the plant, which gives us the connection with all of nature. This simple act helps to raise our vibration so that we can begin to receive power and energy from other vibrational sources such as light, color and sound.

THE WISDOM OF WATER

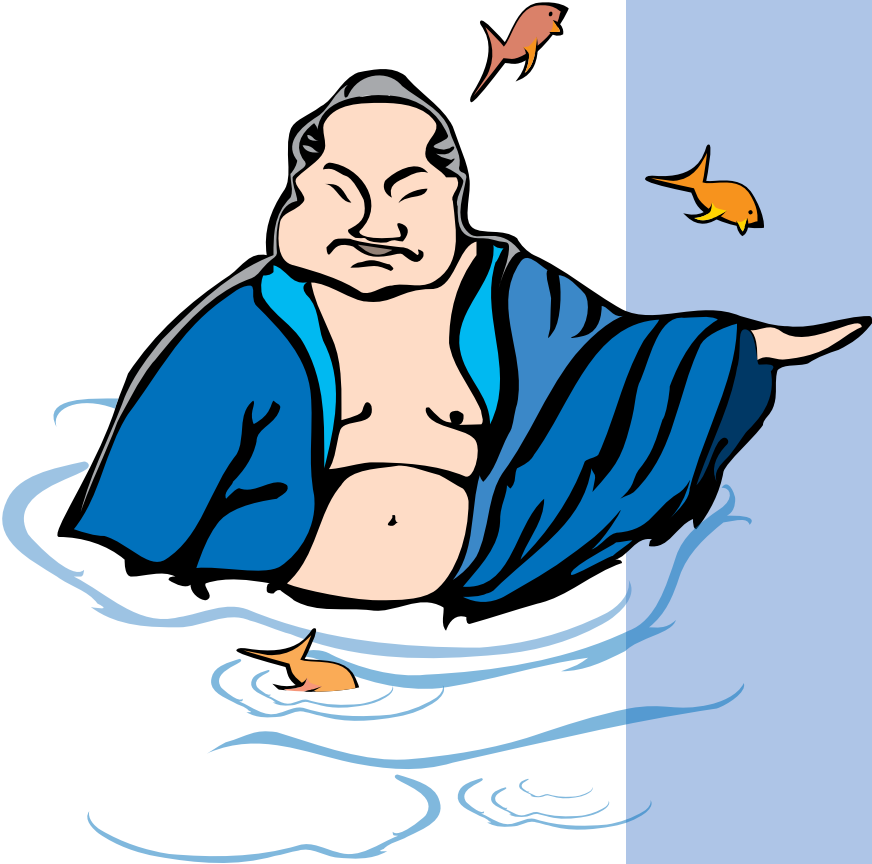
Fear /Anxiety

Yin

Kidney Meridian 5pm - 7pm

Yang

Bladder Meridian 3pm - 5pm



Kidney Meridian (5p.m to 7p.m)

Place your fingers under the ball of each foot and bring your fingers up to the inside of each foot, circle behind the inside of each ankle bone, and go straight up the front of the body onto the chest to the K27 points; beneath the clavicle at the top of the sternum. Do both sides.

The Kidneys

The kidneys are two bean-shaped organs that lie just below the diaphragm and posterior abdominal wall on either side of the lumbar region of the spine.

In Traditional Chinese Medicine, the kidneys are said to store *chi*. The kidneys are responsible for the life force and vitality of the entire body. They need to be healthy to produce reproductive energy and contribute the nurturance of the fetus. The kidneys regulate the body's water balance and temperature. All of the body's life regulating processes is related to the kidneys. A general lack of energy to the body often indicates a Kidney Meridian imbalance.

The Kidney Meridian rules the Water element, which means all the fluids of the body including perspiration, skin moisture, and urine. The kidneys filter the water from the digestive process and send the purified water to the lungs and the wastewater to the bladder.

The Kidney Meridian also rules marrow, which in turn rules the bones. It has been noticed that stiffness of the lower spine, soft, brittle bones, and weak legs and knees are related to the Kidney Meridian. The Kidney Meridian also seems to control the teeth, head hair and ears.

According to the Five Element Theory, kidneys and adrenals are connected.

Functions:

Filter blood

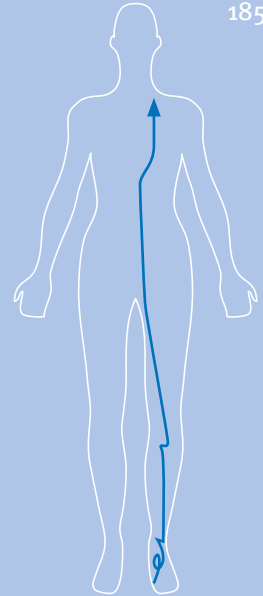
Produce and excrete urine to the bladder

Regulate the water, electrolyte and acid-base balance

Stimulate the production of the red blood cells

Regulate composition and pH-value of tissue fluid

Produce enzyme rennin which controls blood pressure



Signs And Symptoms

Physically

Formation of urine
Hormones
Stiff joints
Brain
Reproduction, growth and development
Physical energy, stamina
Edema

Mentally

Alertness
Ability to perceive
Critical

Emotionally

Fear
Phobias
Secretiveness

Spiritually

Gravitates towards symbols
Worshipping hidden (unseen) gods
Will to persevere on chosen path

CLEAVERS

Gallium aparine

KIDNEY MERIDIAN

186

ELEMENT: Water
MERIDIAN: Kidney
SPECTRUM: Green; 55
EMOTION: Creative security

GROWN: Local
PARTS USED: Upper part
TYPE: Perennial
HARVESTED: June



Uses

- Helpful for obstructions in the urinary organs
- Helps to reduce or eliminate urinary stones
- Good for urinary conditions with pain
- Moderate but persistent diuretic
- The best lymphatic tonic
- Liver tonic
- Supports the health of tonsils and adenoids
- Good for skin conditions
- Use with tumors
- High vitamin C content

Attitude

Cleavers has the quality of clinging as in holding on to. On a physical level it has to do with keeping together and holding in. On an emotional level, cleavers has to do with maintenance, upholding and supporting. On a metaphysical level it can do the same thing. Cleavers would be useful if you wanted togetherness in a club or any group of people; it would help maintain their connectedness.

Habitat

Cleavers is found on riverbanks, in moist woodlands and fields. It occasionally “misbehaves” as a weed in grain crops.

Cautions

Avoid cleavers when the body is cold or combine with warming herbs.



The flower of Faithfulness

UVA-URSI BEARBERRY

Arctostaphylos uva ursi

KIDNEY MERIDIAN

192

ELEMENT: Water
MERIDIAN: Kidney
SPECTRUM: Violet; 90-100
EMOTION: Decisiveness

GROWN: Local
PARTS USED: Leaves
TYPE: Perennial
HARVESTED: August



Uses

- Is one of the best known herbs to lower blood sugar
- Strengthens and tones urinary passages
- Increases the flow of urine
- Affects bladder and kidney infections and stones
- Has been used for arthritis, cystitis and nephritis
- Has been used postpartum to reduce hemorrhaging and uterus contractions
- Use as a wash for rash or skin irritations
- **Do not use during pregnancy**

Attitude

Uva-ursi's keyword is empowerment. Uva-ursi gives one the power to walk into life and into the wisdom of self-discovery. It supports those that are ready to embrace their power, to fully express themselves and live out their true potential. It helps to integrate the fruits of life's experience and gives certainty to the direction and action to be taken.

Habitat

Uva-ursi grows on dry, sterile, sandy soils and gravelly ridges and is a native to North America.

Cautions

Do not use if pregnant or lactating or with children under 12.



The flower of Toughness