

# MASTER YANG LIVE

QIGONG FOR HEALTH

## Better Digestion

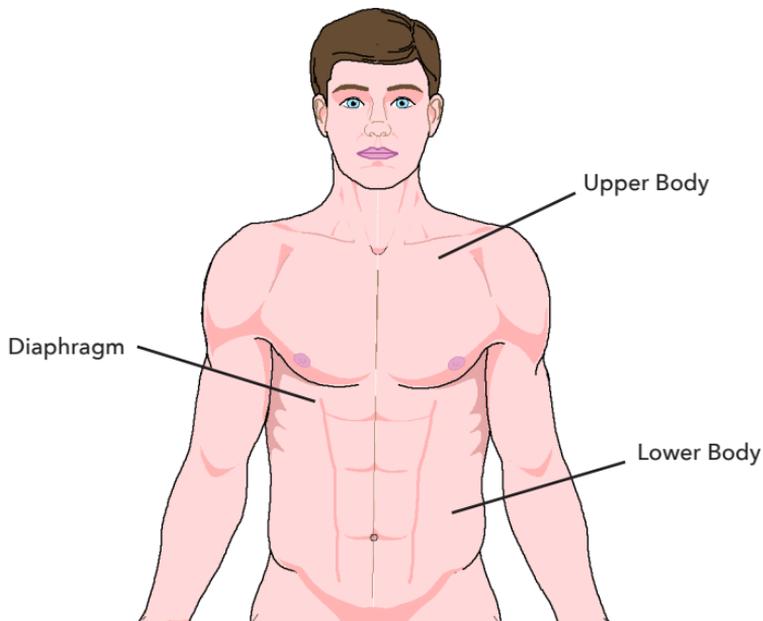
A deeper  
conversation  
about improving  
digestive health



DR. YANG, JWING-MING

## BASIC INFORMATION

### 1. Upper and Lower Body (Chinese Concepts)

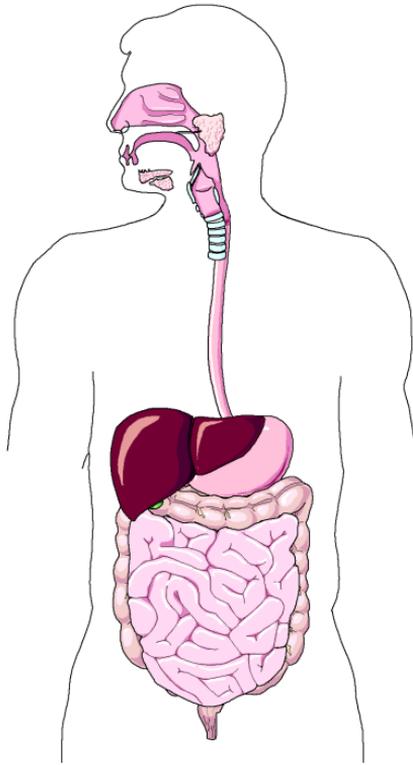


### 2. Digestive System—Western Medical Viewpoint

Hollow organs: mouth, esophagus, stomach, small intestine, large intestine, rectum, and anus. Solid organs (accessory digestive organs): liver, gallbladder, and pancreas.

#### Liver

- Production of bile, which helps carry away waste and break down fats in the small intestine during digestion
- Production of certain proteins for blood plasma
- Production of cholesterol and special proteins to help carry fats through the body
- Conversion of excess glucose into glycogen for storage (glycogen can later be converted back to glucose for energy) and to balance and make glucose as needed
- Regulation of blood levels of amino acids, which form the building blocks of proteins
- Processing of hemoglobin for use of its iron content (the liver stores iron)
- Conversion of poisonous ammonia to urea (urea is an end product of protein metabolism and is excreted in the urine)
- Clearing the blood of drugs and other poisonous substances
- Regulating blood clotting



- Resisting infections by making immune factors and removing bacteria from the bloodstream
- Clearance of bilirubin, also from red blood cells. If there is an accumulation of bilirubin, the skin and eyes turn yellow.

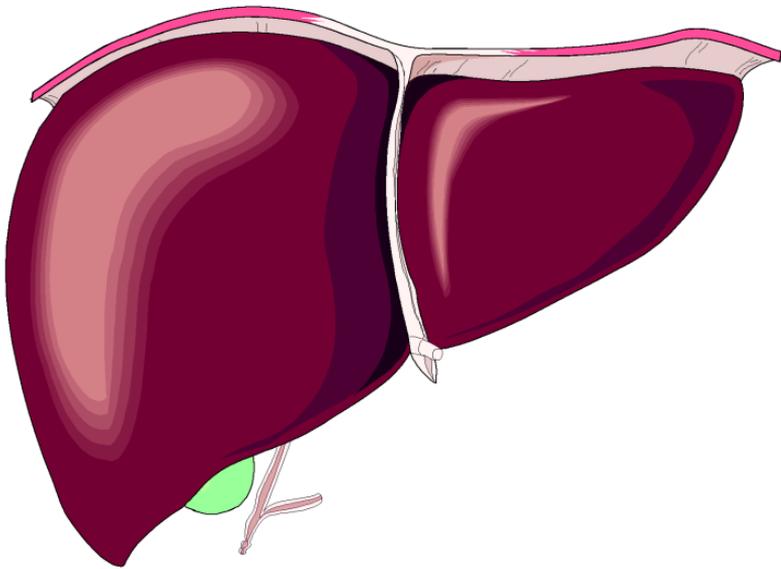
When the liver has broken down harmful substances, its by-products are excreted into the bile or blood. Bile by-products enter the intestine and leave the body in the form of feces. Blood by-products are filtered out by the kidneys, and leave the body in the form of urine.

### **Gallbladder**

The gallbladder, though small, plays an important role in our digestion. It holds bile produced in the liver until it is needed for digesting fatty foods in the duodenum of the small intestine.

### **Pancreas**

The pancreas, located in the abdomen, plays an essential role in converting the food we eat into fuel for the body's cells. The pancreas has two main functions: an exocrine function that helps in digestion and an endocrine function that regulates blood sugar.



### 3. Digestive System—Chinese Medical Viewpoint

#### Liver 肝臟

Liver (Yīn) is a matching organ of gallbladder (Yáng). These two organs coordinate and help each other to manage the function of detoxification. The toxin is then removed by the kidneys. From the Liver's bile secretion, the toxin can also be discharged to the outside through the intestines. Furthermore, liver also has a capability to dissolve the toxins in the body. The bile secreted from the liver is stored in the gallbladder. This greenish bile is able to dissolve fat stored in duodenum and thus help the digestion and absorption of the food.

Liver is also able to covert extra glucose into glycogen and store it. When glucose in the body is too low, it can supply the glucose by converting glycogen back to glucose.

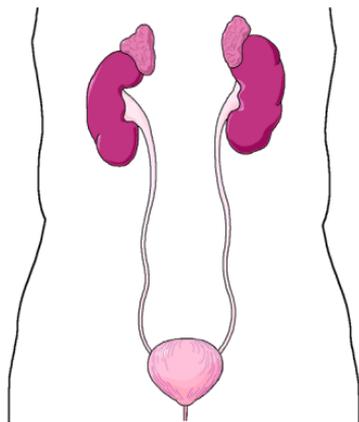
#### Spleen 脾臟

Spleen (Yīn) is a matching organ of stomach (Yáng). The main function of these two organs is to dissolve food and distribute nutrition to the entire body. The spleen's function is to act as a filter for our blood. It recognizes and removes old, malformed, or damaged red blood cells.

The spleen performs as quality control of the body's red blood. Spleen is also recognized as the biggest lymphoid organ.

## Kidneys 腎臟

Kidneys (Yīn) are matching organ of bladder (Yáng). The kidneys remove wastes and extra fluid from our body. Our kidneys also remove acid that is produced by the cells of our body and maintain a healthy balance of water, salts, and minerals, such as sodium, calcium, phosphorus, and potassium, in our blood. According to Chinese medicine, kidneys harmonize and coordinate liver's function.



## Pancreas 胰臟

Traditionally, there was not much information about the pancreas in Chinese medicine. It has always been considered part of the spleen and share the same function. However, through modern medicine, the function has been understood more clearly and its importance has also been recognized. As mentioned in western medicine, the pancreas includes two main functions. An exocrine function that helps in digestion and an endocrine function that regulates blood sugar.

## 4. Causes of Digestion Problems

### A. Lifestyle

- Sitting too long, torso (Triple Burner) is tense, lack of movement in the legs
- Lack of sleep, fatigue
- Depression, physical/mental tension (torso is tense)

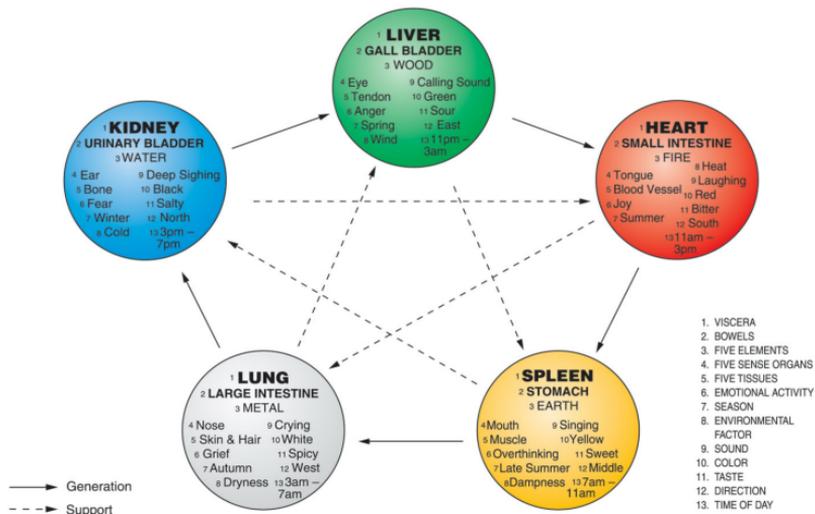
### B. Diet

- Too much meat, not enough fibers and fruits
- Irregular eating
- Alcohol, too much spices and sugar

### C. Emotions

- Liver – Anger (Nù, 怒)
- Kidneys – Fear (Jù, 懼) (Kǒng, 恐)
- Spleen – Overthinking/Thoughtfulness (Sī, 思)
- Heart – Happiness/Joy (Xī, 喜)
- Lungs – Sadness/Anxiety (Yōu, 憂)

## CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



## 5. Qigong Approaches

### A. Lifestyle

Avoid sitting too long, stretch the torso (Triple Burner)

Get plenty of sleep and rest

Harmonize emotions

### B. Diet

Drink plenty of water

Vitamins, probiotics (e.g., yogurt, pickles, miso)

Fresh fruits (not juices) (e.g., prunes, dates, papaya, pear)

Eat plenty of green vegetables

Eat adequate amount of meat and fibers

### C. Qigong Exercises

a. Spine movements (lower back), forward and sideways; open Mìngmén (命門)

b. Sounds: Xū (嘘) - Liver, Hū (呼) - Spleen, Chuī (吹) - Kidneys

c. Abdominal exercises

d. Anus exercises, prevent hemorrhoids (Zhìchuāng, 痔瘡)

e. Hip Joints (junction of torso and legs)

f. Lead Qi downward – leg exercises (e.g., walking), toe exercises

#### D. Qigong Massage

- Rub the Stomach and Intestines in a Circle (Follow the Bowel System)
- Massage the ankle area and foot. Massage the Large Intestine (LI) and Small Intestine (SI) channels on the arms.
- Gently hit lower back (kidneys)

#### E. Acupressure

## 6. Treatments

#### A. Bloating/Indigestion 胃脹氣 (消化不良)

- Eat slowly and chew food many times
- Avoid foods that cause bloating, such as: beans (豆類), wheat bran (麥麩), apple (蘋果), peach (桃子), onion (洋蔥), kale (甘藍菜), sweet potato (地瓜), potato (馬鈴薯), and carbonated drinks (碳酸飲料)
- Rub the stomach area
- Walk

#### B. Diarrhea 腹瀉

Massage the Following Cavities:

Ab-3: 天樞穴 (Tiānshū, S-25)

Extra: 下痢穴 (Extra Point)

Hd-9: 外勞宮穴 (Wàiláogōng, M-UE-23)

Lg-5: 梁丘穴 (Liángqiū, S-34)

Ab-5: 關元穴 (Guānyuán, Co-4)

Hd-8: 合谷穴 (Hégǔ, LI-4)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

#### C. Esophageal Reflux 食道逆流

Avoid smoking, alcohol, tension, obesity, and greasy foods.

#### D. Constipation (便秘)

Eat more fibers, fresh fruits (not juices), and greens; avoid spicy foods.

#### E. Stomach, Abdominal Pain 肚、腹痛穴

#### F. Hemorrhoids (Zhìchuāng, 痔瘡)

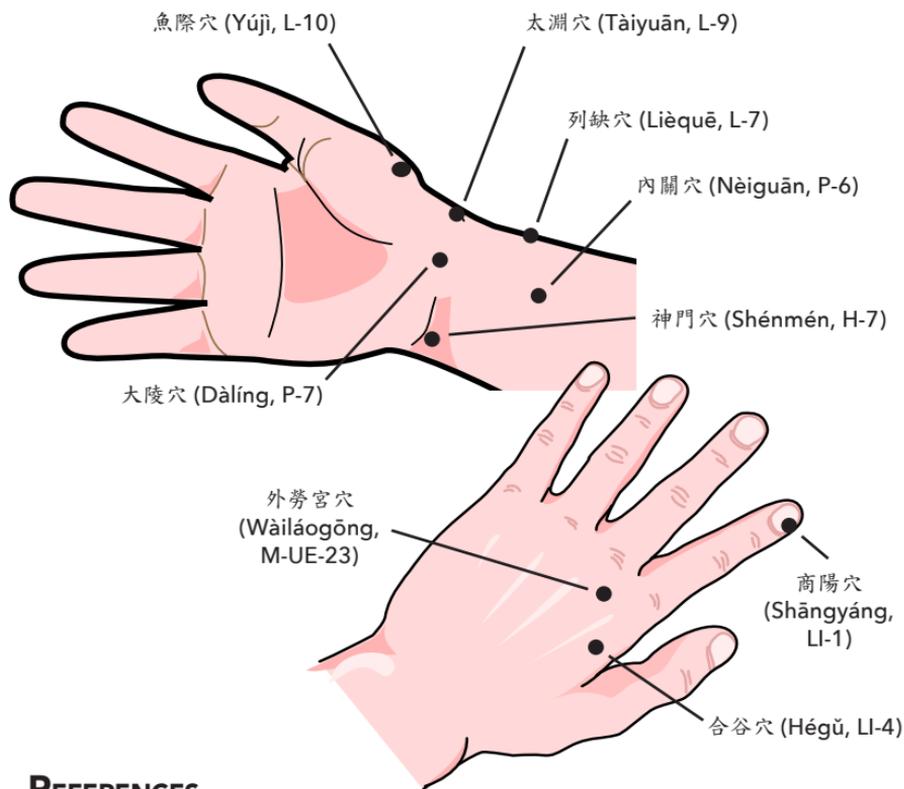
Prevent constipation.

Diet: Eat more fibers, such as yam, corn, seaweeds, bamboo shoots, and all kinds of greens. Prunes, dates, mango, persimmon, guava, apples, bananas, oranges, etc.

Qigong Exercises: Anus Exercises

#### G. Unusual Foul-Smelling Stools (大便異常的臭)

Eat less meats and more fibers, fruits, and greens.



## REFERENCES

*Hand (Hd), Arm (Am), Leg (Lg), Foot (Ft), Chest (Cb), Abdomen (Ab), Back (Bk)*

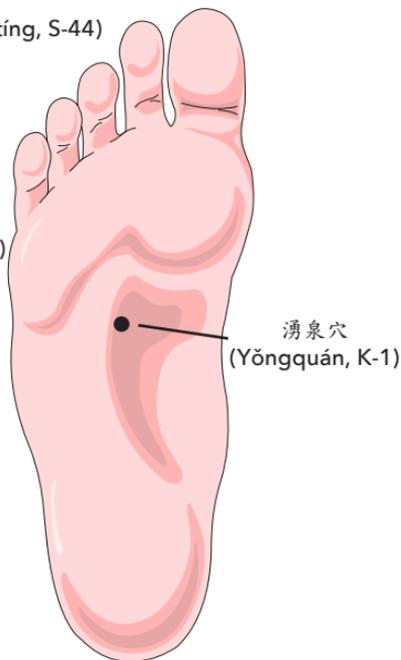
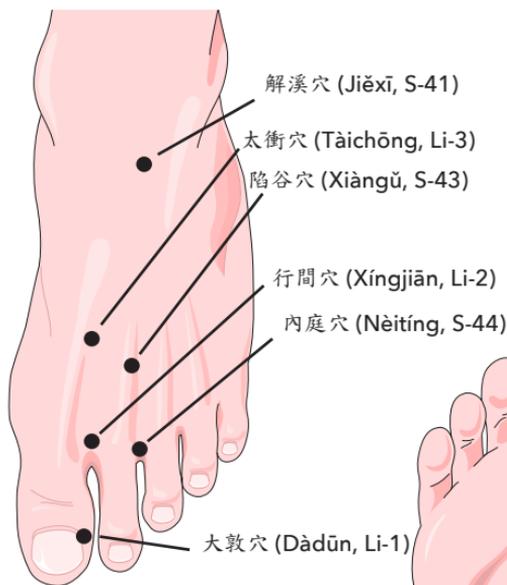
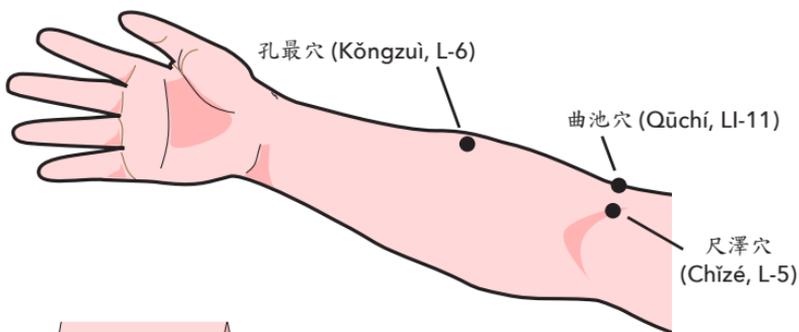
## I. Acupressure Cavities 點穴穴位

### Hand (Hd)

- Hd-1: 魚際穴 (Yújì, L-10)
- Hd-2: 太淵穴 (Tàiyuān, L-9)
- Hd-3: 列缺穴 (Lièquē, L-7)
- Hd-4: 內關穴 (Nèiguān, P-6)
- Hd-5: 大陵穴 (Dàlíng, P-7)
- Hd-6: 神門穴 (Shénmén, H-7)
- Hd-7: 商陽穴 (Shāngyáng, LI-1)
- Hd-8: 合谷穴 (Hégǔ, LI-4)
- Hd-9: 外勞宮穴 (Wàiláogōng, M-UE-23)

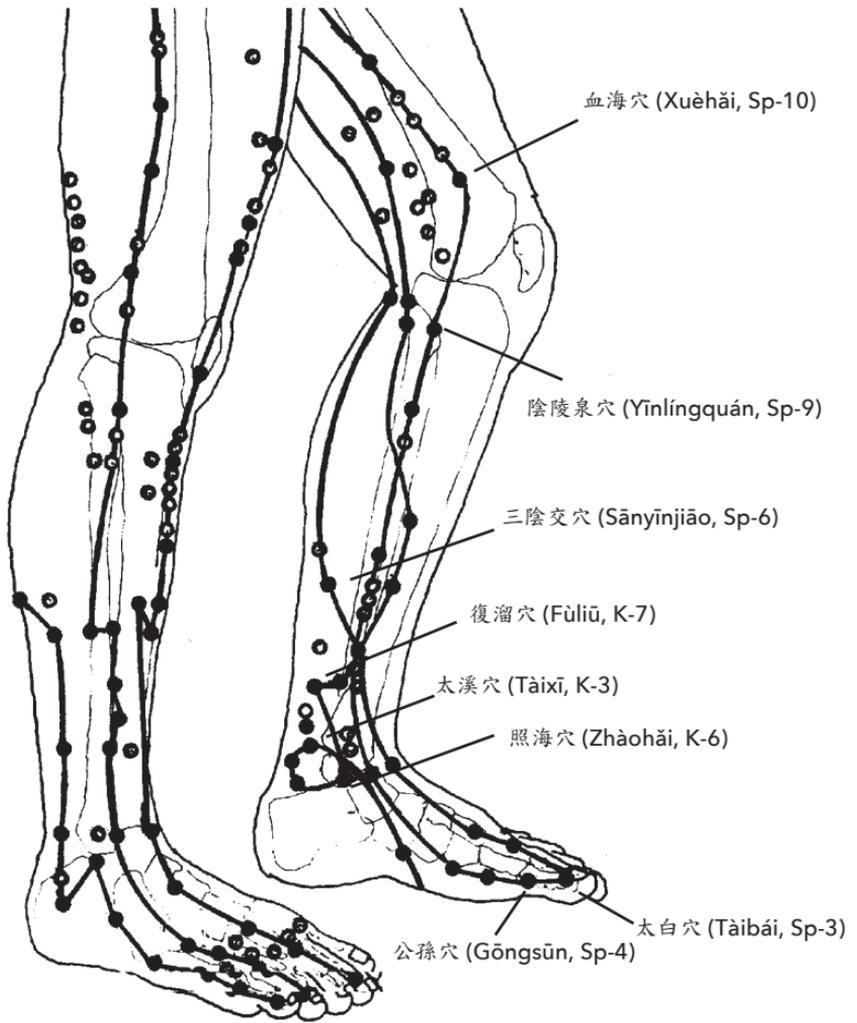
### Arm (Am)

- Am-1: 曲池穴 (Qūchí, LI-11)
- Am-2: 尺澤穴 (Chǐzé, L-5)
- Am-3: 孔最穴 (Kǒngzùi, L-6)
- Am-4: 手三里穴 (Shǒusānlǐ, LI-10)
- Am-5: 支溝穴 (Zhīgōu, TB-6)



### Foot (Ft)

- Ft-1: 解溪穴 (Jiěxī, S-41)
- Ft-2: 陷谷穴 (Xiàngǔ, S-43)
- Ft-3: 太衝穴 (Tàichōng, Li-3)
- Ft-4: 內庭穴 (Nèitíng, S-44)
- Ft-5: 行間穴 (Xíngjiān, Li-2)
- Ft-6: 大敦穴 (Dàdūn, Li-1)
- Ft-7: 湧泉穴 (Yǒngquán, K-1)
- Ft-8: 復溜穴 (Fùliū, K-7)
- Ft-9: 太溪穴 (Tàixī, K-3)
- Ft-10: 照海穴 (Zhàohǎi, K-6)
- Ft-11: 公孫穴 (Gōngsūn, Sp-4)
- Ft-12: 太白穴 (Tàibái, Sp-3)
- Ft-13: 然谷穴 (Rángǔ, K-2)



## Leg (Lg)

Lg-1: 血海穴 (Xuèhǎi, Sp-10)

Lg-2: 陰陵泉穴 (Yīnlíngquán, Sp-9)

Lg-3: 三陰交穴 (Sānyīnjiāo, Sp-6)

Lg-4: 委中穴 (Wěizhōng, B-40)

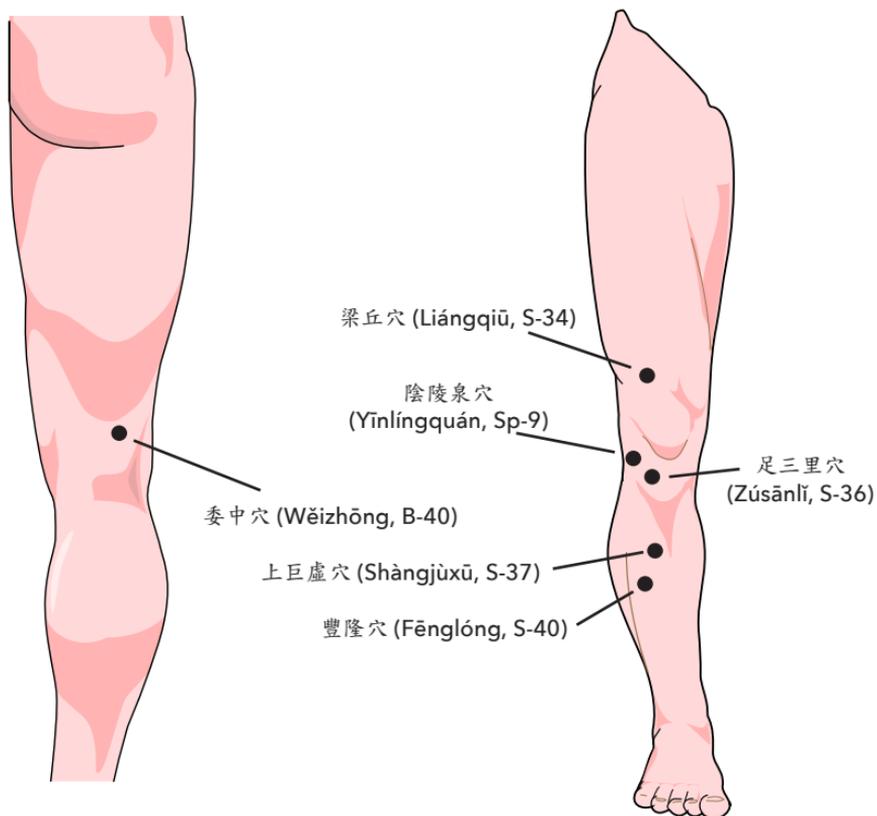
Lg-5: 梁丘穴 (Liángqiū, S-34)

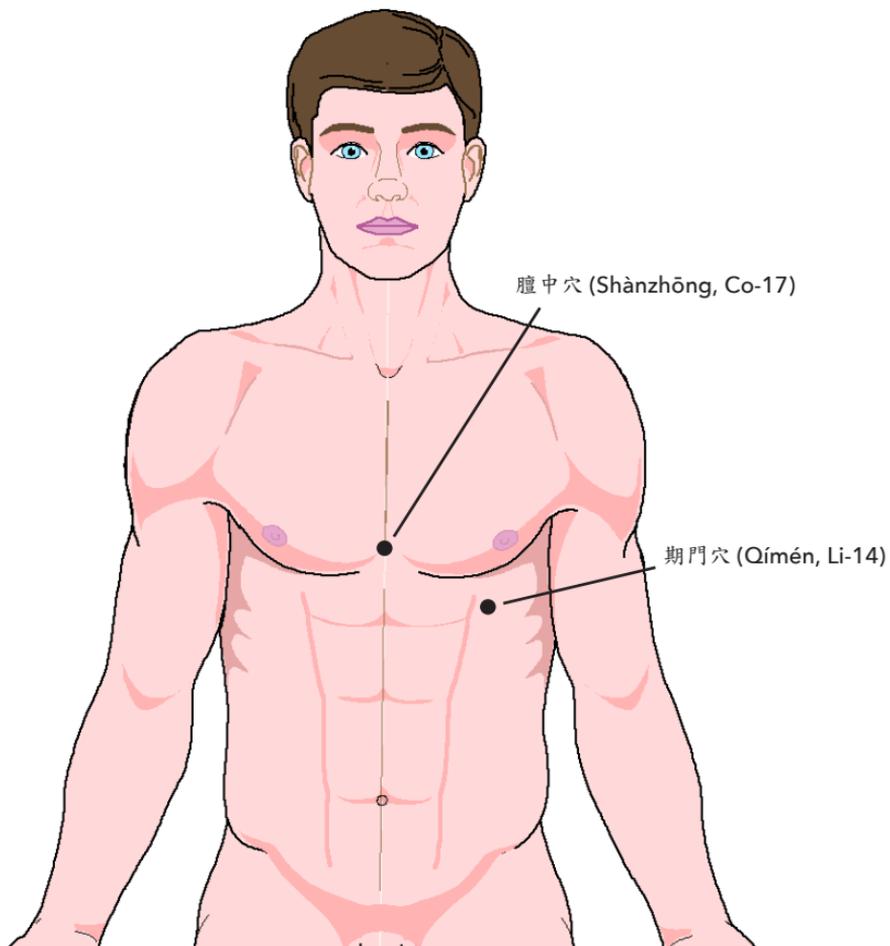
Lg-6: 陽陵泉穴 (Yánglíngquán, GB-34)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

Lg-8: 上巨虛穴 (Shàngjùxū, S-37)

Lg-9: 豐隆穴 (Fēnglóng, S-40)





### Chest (Ch)

Ch-1: 膻中穴 (Shànzhōng, Co-17)

Ch-2: 期門穴 (Qímén, Li-14)

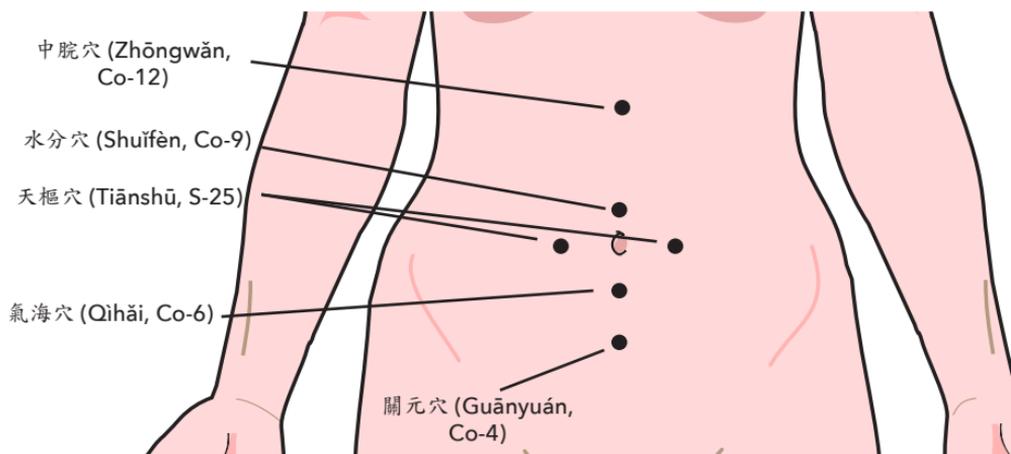
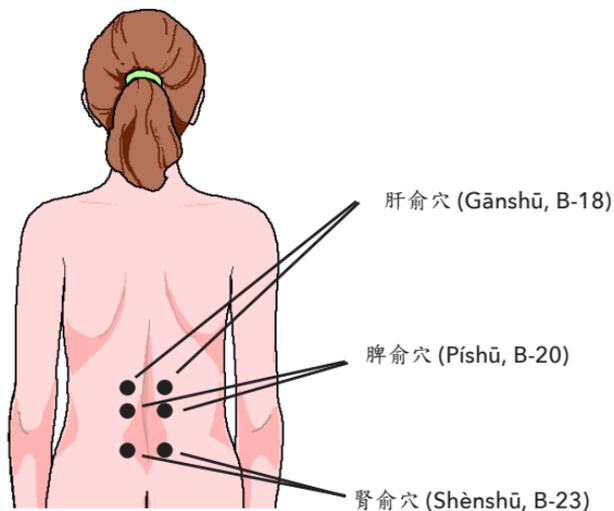
Ch-3: 極泉穴 (Jíquán, H-1)

### Back (Bk)

Bk-1: 肝俞穴 (Gānshū, B-18)

Bk-2: 脾俞穴 (Píshū, B-20)

Bk-3: 腎俞穴 (Shènsū, B-23)



### Abdomen (Ab)

Ab-1: 中脘穴 (Zhōngwǎn, Co-12)

Ab-2: 水分穴 (Shuǐfèn, Co-9)

Ab-3: 天樞穴 (Tiānshū, S-25)

Ab-4: 氣海穴 (Qìhǎi, Co-6)

Ab-5: 關元穴 (Guānyuán, Co-4)

## II. General Treatments

### General Major Cavities for Pain Relief 止痛要穴

- Hd-8: 合谷穴 (Hégǔ, LI-4) – Face/Mouth  
Lg-7: 足三里穴 (Zúsānlǐ, S-36) – Stomach/Abdomen  
Lg-3: 三陰交穴 (Sānyīnjiāo, Sp-6) – Women Illnesses  
Lg-4: 委中穴 (Wěizhōng, B-40) – Waist/Lower Back  
Hd-4: 內關穴 (Nèiguān, P-6) – Heart/Chest/Stomach  
Lg-6: 陽陵泉穴 (Yánglíngquán, GB-34) – External Injury

#### 常備六穴位口訣

面口合谷收，肚腹三里留。  
婦科三陰交，腰背委中求。  
內關心胸胃，外傷陽陵泉。

### Secret of Six Often Used Cavities (Song)

*Face and mouth restrained with Hégǔ (LI-4); stomach and abdomen problems, need treatment of Zúsānlǐ (S-36).*

*For women dilemmas, use Sānyīnjiāo (Sp-6); waist and back problem, Wěizhōng (B-40) should be asked for.*

*Nèiguān (P-6) is used for heart, chest, and stomach; external injuries should be treated with Yánglíngquán (GB-34).*

### Six Key Cavities for Various Illness Treatments 療病六大穴

- Hd-4: 內關穴 (Nèiguān, P-6) – Lower Blood Pressure (降血壓)  
Hd-5: 大陵穴 (Dàlíng, P-7) – Improve Stomach and Digestion System (健胃促消化)  
Ft-3: 太衝穴 (Tàichōng, Li-3) – Protect Liver and Detoxification (護肝排毒)  
Ft-13: 然谷穴 (Rángǔ, K-2) – Hypoglycemic (降血糖)  
Ft-10: 照海穴 (Zhàohǎi, K-6) – Sore Throat (消炎護嗓)  
Ch-3: 極泉穴 (Jíquán, H-1) – Palpitations (心悸急救)

### Seven Important Cavities for Treatment 療病七要穴

- Hd-3: 列缺穴 (Lièquē, L-7) – Tonic Lungs and Kidneys (補肺益腎)  
Am-2: 尺澤穴 (Chǐzé, L-5) – Disperse Heat and Stop Pain (散熱去痛)  
Hd-4: 內關穴 (Nèiguān, P-6) – Health Care the Heart (保健心臟)  
Hd-6: 神門穴 (Shénmén, H-7) – Prevent Insomnia (防止失眠)  
Lg-4: 委中穴 (Wěizhōng, B-40) – Relax Waist and Back (舒服腰背)  
Lg-1: 血海穴 (Xuèhǎi, Sp-10) – Nourish Blood and Liver (補血養肝)  
Ab-3: 天樞穴 (Tiānshū, S-25) – Enhance Gastric Motility (增強胃動力)

### III. Special Treatments for Digestion System

#### Bloating 胃脹氣 (消化不良)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

Hd-4: 內關穴 (Nèiguān, P-6)

Ab-1: 中脘穴 (Zhōngwǎn, Co-12)

Ab-2: 水分穴 (Shuǐfēn, Co-9)

Ab-5: 關元穴 (Guānyuán, Co-4)

Ft-2: 陷谷穴 (Xiàngǔ, S-43)

#### Diarrhea 腹瀉

Ab-3: 天樞穴 (Tiānshū, S-25)

Extra: 下痢穴 (Extra Point)

Hd-9: 外勞宮穴 (Wàiláogōng, M-UE-23)

Lg-5: 梁丘穴 (Liángqiū, S-34)

Ab-5: 關元穴 (Guānyuán, Co-4)

Hd-8: 合谷穴 (Hégǔ, LI-4)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

#### Esophageal Reflux 食道逆流

Lg-2: 陰陵泉穴 (Yīnlíngquán, Sp-9)

Ft-4: 內庭穴 (Nèitíng, S-44)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

Am-4: 手三里穴 (Shǒusānlǐ, LI-10)

Hd-4: 內關穴 (Nèiguān, P-6)

Lg-3: 三陰交穴 (Sānyīnjiāo, Sp-6)

#### Stomach, Abdominal Pain 肚、腹痛穴

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

Ft-12: 太白穴 (Tàibái, Sp-3)

Ab-1: 中脘穴 (Zhōngwǎn, Co-12)

Lg-5: 梁丘穴 (Liángqiū, S-34)

Hd-8: 合谷穴 (Hégǔ, LI-4)

Ab-1: 中脘穴 (Zhōngwǎn, Co-12)

Hd-4: 內關穴 (Nèiguān, P-6)

Lg-3: 三陰交穴 (Sānyīnjiāo, Sp-6)

Lg-4: 委中穴 (Wěizhōng, B-40)

Lg-6: 陽陵泉穴 (Yánglíngquán, GB-34)

Ft-11: 公孫穴 (Gōngsūn, Sp-4)

Ft-2: 陷谷穴 (Xiàngǔ, S-43)

Ft-1: 解溪穴 (Jiěxī, S-41)

#### Constipation 便秘

Hd-7: 商陽穴 (Shāngyáng, LI-1)

Hd-1: 魚際穴 (Yújì, L-10)

Am-5: 支溝穴 (Zhīgōu, TB-6)

Am-1: 曲池穴 (Qūchí, LI-11)

Ab-4: 氣海穴 (Qìhǎi, Co-6)

Ab-3: 天樞穴 (Tiānshū, S-25)

Lg-7: 足三里穴 (Zúsānlǐ, S-36)

Lg-8: 上巨虛穴 (Shàngjùxū, S-37)

## IV. Liver, Kidneys, and Spleen

### Liver Acupressure Cavities 肝臟按摩穴

Maintaining Liver's Health Function

Bk-1: 肝俞穴 (Gānshū, B-18)

Ch-2: 期門穴 (Qīmén, Li-14)

Lg-7: 足三里穴 (Zú sān lǐ, S-36)

Ft-3: 太衝穴 (Tàichōng, Li-3)

Lg-3: 三陰交穴 (Sānyīnjiāo, Sp-6)

Ft-6: 大敦穴 (Dàdūn, Li-1)

Ft-9: 太溪穴 (Tàixī, K-3)

Ft-5: 行間穴 (Xíngjiān, Li-2)

Ch-1: 膻中穴 (Shànzhōng, Co-17)

Hd-4: 內關穴 (Nèiguān, P-6)

Lg-6: 陽陵泉穴 (Yánglíngquán, GB-34)

### Kidney Acupressure Cavities 腎臟按摩穴

Ft-7: 湧泉穴 (Yǒngquán, K-1)

Ft-9: 太溪穴 (Tàixī, K-3)

Ft-8: 復溜穴 (Fùliū, K-7)

Ft-10: 照海穴 (Zhàohǎi, K-6)

Am-2: 尺澤穴 (Chǐzé, L-5)

Am-3: 孔最穴 (Kǒngzùi, L-6)

Hd-2: 太淵穴 (Tàiyuān, L-9)

Ab-5: 關元穴 (Guānyuán, Co-4)

Bk-3: 腎俞穴 (Shènsū, B-23)

### Tonify Kidneys, Spleen, Stomach, and Liver 補腎、護脾、健胃、補肝

Lg-7: 足三里穴 (Zú sān lǐ, S-36)

Lg-9: 豐隆穴 (Fēnglóng, S-40)

Bk-2: 脾俞穴 (Píshū, B-20)

Hd-6: 神門穴 (Shénmén, H-7)

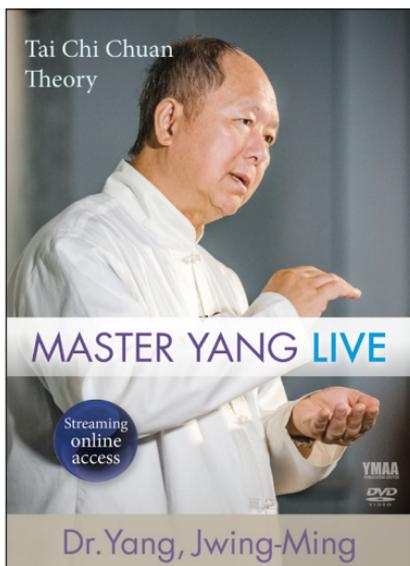
Ab-5: 關元穴 (Guānyuán, Co-4)

Ab-4: 氣海穴 (Qìhǎi, Co-6)

Ft-7: 湧泉穴 (Yǒngquán, K-1)

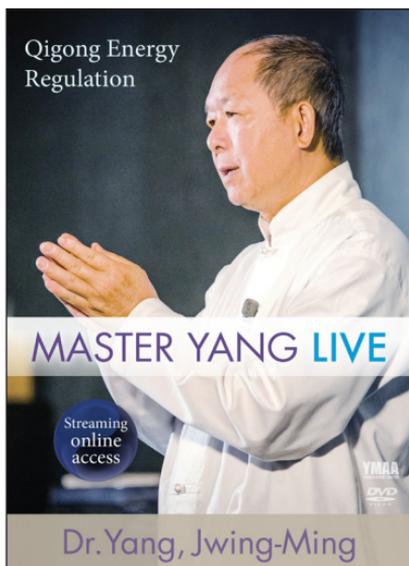


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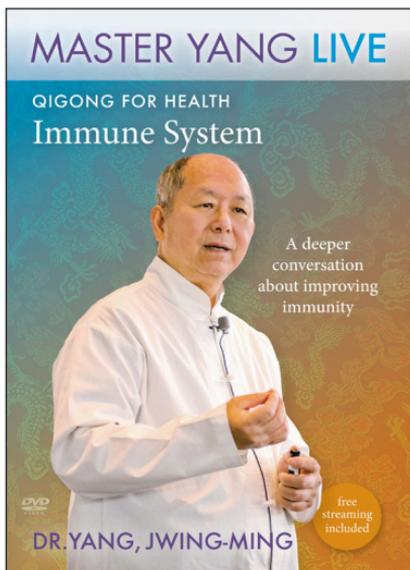
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*Tai Chi Chuan Theory*  
DVD8025 / Stream S8025

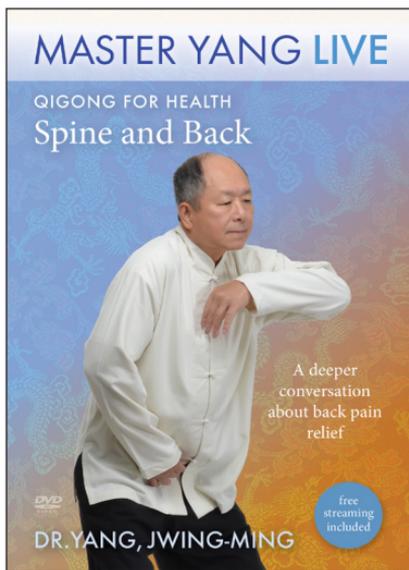


Dr. Yang, Jwing-Ming

*Qigong Energy Regulation*  
DVD8032 / Stream S8032



*Qigong for Health: Immune System*  
DVD8858 / Stream S8858



*Qigong for Health: Spine and Back*  
DVD9459 / Stream S9459