

## VitalChi Vision

Our goal is to provide information and additional education for the healthcare professional. With this guide, the professional can learn invaluable information on products and related case studies in the USA and in the Orient.

The Vital Chi training program will equip health care professionals with the knowledge to tackle varied aspects of the most difficult-to-treat chronic diseases. For the opportunity to participate in the Vital Chi training program and in bona fide clinical trials call or e-mail us.

If you are a lay public interested in better understanding of the underlying root causes of your chronic ailment or maintaining your top health, please download and fill out either "Lifestyle Analysis Questionnaire" or "Women Life Style Analysis Questionnaire" by clicking the "Health Questionnaires" top link on the [www.vitalchi.com](http://www.vitalchi.com) website. Upon answering all the questions, e-mail to us. Then, we shall get back with you.

## About Dr. Ging



**OMD, Ph. D.**  
**in Chinese Medical Science,**  
**Dipl. Acupuncturist (NCCAOM)**

Christopher Ging is an Oriental Medical Doctor (OMD) who graduated in Traditional Chinese Medicine (TCM) integrated with Western Medicine from School of Medicine of Xiamen University and earned his Ph.D. from China Academy of Chinese Medical Science, Beijing, China. He also has his MBA from TCU. He is a licensed acupuncturist (L. Ac.) in the state of Texas and certified with the National Commission of Certification of Acupuncture and Oriental Medicine (NCCAOM). He is a founder of Texas Acupuncture Practice

He is a noted researcher in Chinese herbs as well as a popular speaker on health issues, viewed from the unique context of Bioenergetic and Integrative Medicine.

He has researched and developed a unique line of Traditional Chinese herbal formulas to help relieve the chronic health issues such as oral health problems, drug withdrawal syndromes, chronic fatigue, autoimmune response, parasitic/yeast/fungal/viral infection, weight control, sleep disorder and etc.

The focus during a consultation with Christopher Ging goes beyond the Western allopathic model that is satisfied with a sub-clinical limbo of chronic malaise. That objective is vibrant health. Patients are also empowered to actively perpetuate their healthy status, employing breathing exercises and acupressure techniques as well as knowing the right selections for their diet and required life style changes.

# VitalChi



### Oral Health Powder

Made from ten Chinese herbs.

For tooth pain, hypersensitivity, cankers and much more . . .

BRINGING  
THREE  
THOUSAND  
YEARS OF  
HERB  
EXPERTISE

[www.vitalchi.com](http://www.vitalchi.com)

## Amazing Liver

### Product Informaion

#### The Liver Tree

Traditional Chinese Medicine has accumulated at least 4,000 years of experience in treating the liver. Through these thousands of years, of observing and treating patients, TCM discovered that the liver function directly impacts the autonomic nervous system, heart, kidney, pancreas, small intestine, spleen and stomach.

An irregular menstrual cycle is one of the earliest clinical signs of liver functional abnormality; although the list of possibilities is far more extensive and not limited to women: bloated stomach, blurry eyes, constipation, depression, excessive gastric secretions, dizziness, fatigue, flatulence, frustration, nausea, numbness in the limbs, irritation, impatience, hyperactivity, and waking up frequently during the night.

Standard, medical "liver function" test results may be "normal", which should not be interpreted as proving that your liver is functioning normally. According to my clinical observation, many people who have come to me as patients had liver functional abnormality, yet didn't know.

In Traditional Chinese Medicine, the liver is described as a tree in many ways. If we understand how the liver works, we can live a longer, better life by taking care of our liver.

**The liver is a biochemical plant, like a tree in many ways:** The color of the tree: Green. The primary color of the liver and gall bladder is green. Any green vegetables, herbs, or fruits are ingested into the liver and gall bladder. Green light has a shorter wavelength, between 500 - 560 nm, compared with the stomach, which is dominated by citric light (590 nm - 620 nm), and the heart, which is dominated by red light (620-760 nm). Green light, however, carries a

higher frequency than citric and red light. Therefore, the liver is capable of purifying the blood and performing chelation and detoxification, just as the green vegetables, herbs, and fruits detoxify the body and kill non-beneficial bacteria and viruses. To eat green vegetable and green apple (instead of red apple) benefits the liver regeneration.

**The leaves of the tree:** Blood and Resource Bank. The chief function of leaves in green plants is to make food (carbohydrates, proteins) and release oxygen through photosynthesis, which combines energy from sunlight with water from the roots of the tree. The liver combines light energy with organic matter and assimilates them into sugar and protein, processing and assimilating the juice from the heart, lungs, and stomach into sugar (glucose), amino acids, proteins,

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# VitalChi



## Amazing Liver

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fatty acids and ketone bodies. After assimilation, the liver is able to store the blood, sugar, and other building materials. When the body needs blood or other building materials, the liver dispenses them back to the heart, lungs, and stomach, so the liver is a resource bank, always making the blood, glucose, fatty acids, amino acids, ketone bodies available to the organs.

**The circulation of the tree:** Directing body energy upward and downward for blood circulation and metabolism balance. The tree is able to send water stored in the roots upward to the leaves for photosynthesis. As the sun goes down or the winter season arrives, the tree's energy descends, and the water and sugar are stored in the roots, just as two-thirds of the body's blood returns back (downward) to the liver after sunset. The liver is able to uplift every drop of the venous blood in the portal vein to flow back (upward) to the heart for reutilization and purification.

### **Upward flowing energy of the tree:**

Like water desiring to flow free, liver energy flows freely upward. Symptoms in the head, such as anger, depression, stroke, headache, dizziness, vision problems, tinnitus, oral ulcer, gingivitis, sinusitis, ear infection, hair loss, short memory loss, insomnia, etc., are directly related to liver function. When the liver is strained, boxed in, or pressured, it cannot lift life juices to the brain. First, the liver becomes frustrated, then irritated, depressed, shrunk (fatty liver), and hardened (liver cirrhosis), and finally it dies (liver fire is extinguished). When the liver is stressed, it heats up (called 'liver fire'), bringing boiling blood to the brain, causing anger, stroke, high blood pressure, fire eyes, heartburn, reflux, heart palpitations, chronic cough, tinnitus, Bell's palsy, neck/shoulder sprain, twitching eye, and gassy and bloated stomach.

### Symptoms of Liver Function Abnormality

As we can see, liver functional abnormality can cause many symptoms. If you have experienced more than two symptoms listed below, you may have liver functional abnormality:

- fatigue
- hot flashes
- acidic
- hepatitis B, C, D through K
- depression/irritability
- environmental and food allergies
- high blood sugar, high blood pressure
- constipation rotating with diarrhea
- high cholesterol/high triglyceride s
- itching, aches, and pains all over the body
- dizziness and migraine headache s
- irregular menstruation cycle
- skin problems: eczema, acne, aging spots
- liver pain under right rib cage and/or T9 and T10 region
- chronic cough
- gaining weight even when eating little
- feeling gassy or bloated after a meal
- fungus, candida, and parasites
- poor sleep or difficulty in relaxing
- poor vision and/or poor concentration
- deeply lined/burned/cracked nails
- neck and/or shoulder pain
- numbness in limbs
- abdominal cramp
- viral infection

### Underlying Root Causes of Liver Dysfunction

The orthodox "liver function" tests often do not measure liver function, nor do they accurately reflect etiology or severity of a disease process. In other words, if your "liver function" test result is normal, it does not mean that your liver is indeed functioning in a normal state.

Traditional Chinese Medicine (TCM) has accumulated empirically at least



4,000 years of experience in treating various clinical manifestations related to liver functional abnormality.

The early clinical manifestations of liver functional abnormality have mentioned above.

Through a long history of observing patients using the TCM method, it was found that the liver function could directly impact the autonomic nervous system, stomach, spleen, pancreas, heart, small intestine and

kidney function. Therefore, those who have liver functional abnormality often experience high nervous tension, emotional stress, anger mixed with depression, a sluggish stomach, shallow sleep and they tire easily.

### Lifestyle And Dietary Change Are Necessary To Regenerate The Liver:

Go to bed no later than 9:30 p.m.

Sing, rejoice and praise God while taking a shower, while driving, and while walking.

Herbs such as almond and chrysanthemum can bring the liver Yang and the heart Yang down to the abdomen so that the brain can enjoy the tranquil delta waves.

Drink 2 cups of celery, beet, or cabbage juice (not fruit juice), or eat lots of green vegetables. For fruits, only eat apples, papayas, strawberries and grapes.

Eat no sugar food, sweets, such as candy bars or ice cream, and consume no alcohol or tobacco, carbonated beverages, or coffee. These can lead to fatty liver, eventually resulting in liver cirrhosis. Eat no greasy foods, such as fried chicken.

Over-consumption of drugs for a long period of time can damage liver function. Find ways to use natural remedies to cut down the drugs, gradually.

No dairy, cheese, or butter, which can facilitate the formation of intestinal fungal, or bacterial, growth, causing Candida and food allergies.

Drink 2 cups of pure drinking water with Dr. Ging's Herbal Vinegar ( 2 TBS) to cleanse the colon and weight loss upon rising.

Fasting - Chronic liver damage can be healed through fasting. The liver begins to normalize after one to two weeks of fasting, and an amazing amount of liver cell regeneration may take place.

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