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What is the Function of Blood in our Bodies?

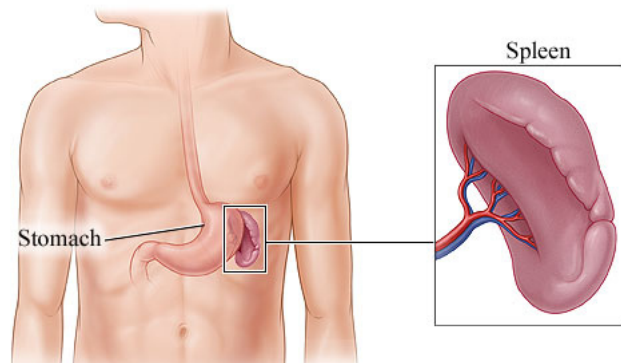
(Part 1. In Oriental Medicine &

Part 2. In Western Medicine)

1. In Oriental Medicine

Blood has wider connotations in Oriental Medicine than in Western understanding. Apart from transporting the body's nourishment, the Blood also plays a role in housing the Mind.

The process of blood formation begins with the Spleen, which transforms and refines food and liquid into *Ki*, the basis of Blood. From the Spleen, Food-*Ki* is raised by the Lungs to the Heart. Here, with the help of the Original-*Ki*, it is transformed into Blood.. Although the Spleen is the origin of Blood, it is the Heart which 'governs' the Blood, mainly because it is responsible for its circulation. However, the



Spleen also plays an important role in keeping the Blood in the blood vessels; it 'controls' the Blood.

Apart from providing the Original *Ki* necessary for Blood formation, the Kidneys play a further role through their production of the Bone Marrow, which also contributes to the manufacture of Blood.

The Liver is not directly involved in the production of Blood, but it is responsible for the storage of Blood during times of sleep and rest.

The Functions of the Spleen

The Spleen is the primary Zang Organ of the Earth Element, and includes the Pancreas as part of its functional unit.

The Spleen governs the transformation and the transportation of Blood:

The first function of the Spleen is the transformation of ingested food and drink into Food-*Ki*, and the transportation of nutrients into the other body viscera. Food-*Ki* provides the raw material for the manufacture of *Ki* and Blood. It is derived from the 'pure essence' of food and is directed upwards by the Spleen to the Lungs and Heart. It is in the chest that Food-*Ki* combines with the '*Ki* of clean air' to form Gathering-*Ki* and in the Heart that it is converted into Blood.

The Spleen is the main Organ of digestion due to its central role of transformation and transportation, and is the source of bodily *Ki* and Blood. Its importance is highlighted by the fact that it is the foundation of 'Post-Heaven Essence'. The Spleen is also responsible for the transformation, separation and transportation of fluids. The 'clean' Body Fluids go to the Lungs for dispersal around the body and the 'dirty' part enters the intestines for further refinement.

A healthy Spleen ensures that digestion and absorption are efficient and normal, that there is a good appetite, and that bowel movements are regular. If this process is disrupted, digestion will be upset and the appetite poor. There will be abdominal swelling, loose stools and the accumulation of excessive Body Fluids in the form of Dampness, Phlegm or oedema.

The Functions of the Heart

Of the four Organs within the Fire Element, the Heart is the most important. Its two primary functions are to govern the Blood and blood vessels and to house the Mind.

The Heart governs the Blood:

The Heart governs the Blood in a way that is similar to its function in Western Medicine: it acts as a pump which circulates blood around the body. However, Oriental Medicine also states that the Heart is the site for the final stage of Blood production. According to Oriental Medicine, it is in the Heart where the transformation of Food-*Ki* into Blood takes place. The Heart and the Blood are closely interdependent: the Heart ensures the Blood's vitality through its proper circulation, and the Blood in turn nourishes the Heart and helps it to anchor the Mind. Together, they help determine the constitutional strength of an individual.

When the *Ki* or Blood of the Heart are weak, the circulation may be sluggish and the extremities cold. The person will feel tired and unenthusiastic.

A central function of the Heart, unique to Oriental Medicine, is that it rouses the Mind.

The Functions of the Mind

There are five main aspects to the Mind, those of: basic consciousness; mental activity (including the emotional); thinking; memory; and sleep. When the Heart is in good health and properly nourished by the Blood, consciousness is clear and the thinking process normal. There will be a well-balanced emotional life, a strong memory and restful sleep. Because they nourish the Heart, both the Blood and the *Yin* help to anchor the Mind and thus keep it calm and peaceful. A Mind which is harmonious is said to be discerned in eyes through which its brilliant sparkle shines.

When the Heart is undernourished by the Blood and *Yin*, the Mind becomes 'ungrounded' and hyperactive. Feelings in general are intensified, and excessive 'Joy' manifests in the form of nervousness and excitement.

The Functions of the Lungs

The Lungs govern Ki and Respiration:

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Exhalation is a way of discharging ‘dirty *Ki*’. Respiration thus ensures the continual renewal and freshness of bodily *Ki*.

The Lungs also dominate the formation of *Ki* in the chest. Food-*Ki*, made from refined food and drink, is directed by the Spleen up to the chest where it combines with the ‘pure *Ki*’ of air to form Gathering-*Ki*, or ‘*Ki* of the chest’. Gathering-*Ki* forms the basis of Nutritive and Defensive *Ki*, and lends force to Lung and Heart function. A deficiency of Lung-*Ki* will directly affect the *Ki* of the whole body.

The Lungs also control the Channels and Blood Vessels:

Because the Lungs govern the *Ki* and *Ki* propels the Heart and circulation, the Lungs are said to control both the Channels and the blood vessels. The dispersal of Body Fluids by the Lungs ensures that sufficient moisture reaches the skin and muscles.

2. In Western Medicine

What does “Blood Pressure” mean?

Blood pressure refers to the amount of force exerted in the bloodstream as it passes through the arteries. When the left ventricle of your heart contracts, or squeezes down, it forces your blood out into the arteries. The major arteries then expand to receive the oncoming blood. In every individual, blood pressure normally goes up and down during the day and night, depending on a variety of factors, including activity level, diet, and emotions.

How Pressure Occurs

The muscular linings of your arteries resist the pressure; the blood is squeezed out into the smaller vessels of your body. Blood pressure is the combined amount of pressure the blood is under as a result of the pumping of the heart, the resistance of the arterial walls, and the closing of the heart valves.

How is blood pressure diagnosed?

There are two basic terms involved:

- Systolic pressure - The pressure at which your heart pumps blood through the arteries and puts maximum pressure against their walls. It is the blood pressure which occurs during the contraction of squeezing part of the heart’s cyclic activity and is the top figure in a diagnostic reading.
- Diastolic Pressure - This is the minimum pressure, which occurs when your heart is at peak relaxation between beats and fills with blood; and pressure against the artery walls drops. This is the bottom figure in a diagnostic reading.

What is a normal level?

A systolic/ diastolic reading of “120 over 80” is considered to be normal.

What are risky levels?

Doctors describe high blood pressure as mild, moderate, or severe. The diastolic (bottom) reading is usually used as the main indicator.

- Borderline Hypertension – a reading of 140/90
- Mild Hypertension – a reading of 170/105
- Moderate Hypertension – a reading of 185/115
- Severe Hypertension – a reading of 220/140

What is normal blood pressure?

Normal blood pressure is the pressure which the heart *must* exert to keep up the circulation and maintain life. It is determined by listening with a stethoscope to a succession of sounds heard over the artery during the period of deflation of the bag.

Toxic waste overload is a basic cause of runaway blood pressure

The accumulation of toxic wastes is a key factor in erratic and runaway readings of blood pressure. Consuming synthetic foods, salt residue, artificial ingredients, excessive fats, and irritating stimulants (found in coffee, tea, soft drinks, and packaged beverages) all cause these toxic wastes to be deposited on the vital components of your cardiovascular system.

Toxins cause a risky rise in blood pressure

Accumulation of toxic wastes creates deposits that stick stubbornly to the walls of your arteries. Glue-like, these toxins squeeze the channels through which blood and oxygen must travel to nourish your body. This situation still allows your heart and arteries to perform, but the choking action ultimately brings on the risk described by doctors as *congestive heart failure*. To protect against this threat to your health, your goal should be the internal washing of these sludge deposits clinging to your arteries. When cleansed, your arteries will function smoothly. You can then balance your blood pressure and so enjoy a more energetic and youthful lifestyle.

Nine ways to cleanse your arteries and balance blood pressure

Sludge accumulation increases your risk of high blood pressure, but a few simple changes in your way of life (and eating) can help you wash out this sludge - and keep it out - so that you can clean your arteries and balance your pressure. The changes are easy to follow - lifesaving, too.

1. **Avoid Salt Sediment.** Keep this toxic 'food' out of your home. Avoid its use in foods. Read *t* use salt, keep it to an absolute minimum and definitely no more than 1½ teaspoons a day. Sodium reduction is a widely-recognized and standard practice for reducing blood pressure readings.
 2. **Boost Potassium Intake.** This mineral is an effective 'blood washer'. It boosts your catalytic response; that is, it activates 'messages' through your nervous system to dispatch enzymes that dilute and wash wastes out of your system. Plan to eat high-potassium foods as outlined previously. Avoid sodium foods. You'll wash out blockages that threaten to raise blood pressure.
 3. **Be Cautious about Hard Fats.** Animal (saturated) fats cling to your vital organs, choke off transportation of the blood and oxygen. Use them moderately, if at all. Switch to polyunsaturated oils (in moderation, too - a little goes a long way).
- They have valuable essential fatty acids that break up and wash away wastes. Make it a general practice to use just enough fat in cooking to induce flavour and make foods palatable. Avoid deep-frying altogether - it can triple the calories in some foods. Vegetarians and persons eating a diet high in polyunsaturated fats have been shown to have a lower blood pressure than those with a diet high in saturated fats and low in polyunsaturated fats ... It has been shown that ingesting 50ml (3 tablespoons) of fish oils per day for two months resulted in an average decline of 6.5mm of systolic and 4.5 mm of diastolic blood pressure in hypertensives ...
4. **Unlock Blockage on a Caffeine-free Program.** Coffee, tea, chocolate products, and many cola beverages and soft drinks contain heavy concentrations of caffeine. This drug-like substance distorts your nervous system, 'chokes' your circulation, and deposits sediment at crucial points. It also boosts hypertension. Switch to coffee substitutes, herbal teas, carob confections (without sugar), and fresh juices. This will help unblock congestion and balance pressure.
 5. **Avoid Excess Weight (Less Weight = Less Blood Pressure).** Too much weight increases tissue fluid volume and peripheral resistance, which leads to a rise in blood pressure. Fat-encrusted cells and tissues cause excess weight: wash out burdensome fatty calories, control fat intake, limit caloric intake, exercise more. Losing weight will help your blood pressure to work smoothly.
 6. **Exercise Away Toxic Wastes.** Physical activities, simple exercises speed up your sluggish system. Fitness exercises will loosen stubborn toxic waste build-up and assist in its removal.
 7. **Avoid smoking (also, passive smoking).** Nicotine, carcinogenic tars, and other pollutants enter your body through tobacco smoke. Your circulatory system becomes congested, causing severe pumping of blood and a rise in pressure.
 8. **Moderate Alcohol Consumption.** Too

much alcohol can raise your blood pressure. Alcoholic beverages often contain chemicals, artificial ingredients, colourings, and preservatives of which you are unaware.

9. **Avoid Stress and Tension.** Lowering stress can help to lower blood pressure too. Certain substances released during times of stress increase salt retention and slow down kidney excretion, so, where possible, steer clear of situations that make you stressful.

Nutrition Programs to Treat Hypertension

GARLIC + ONIONS = HEALTHY BLOOD

PRESSURE : a combination of these two special vegetables can work cleansing miracles in providing you with a healthier blood pressure. Unique Power: Used in combination, both vegetables are able to (1) lower high levels of blood fats and (2) reduce levels of fibrin, the substance that becomes clogged with wastes and may cause blood clotting.



Onions contain a powerful substance which acts as a super cell-cleanser

This cleanser is known as **prostaglandin A**. When you eat onions together with garlic, this super cell-cleanser is doubly invigorated (more than if onions alone are eaten) and works swiftly to create a fibrin-washing and lifesaving benefit.

Garlic cleans arteries

When additional garlic is included in the daily food program, it is able to dissolve a harmful toxic waste that sticks to your low-density lipoprotein (LDL) factor. Garlic, because of its allicin content, scrubs away toxic wastes and cleanses arteries so you have better distribution of blood-carrying oxygen. By

opening up arterial channels, there is a welcome relief from forced blood pumping, thus pressure is restored to a healthier reading. Include garlic in your diet daily for this internal washing benefit.

Garlic improves basic circulation

A unique benefit of garlic is its power to increase a washing called *fibrinolytic activity*. It exerts its allicin power along with its mitogenetic factor, which stimulates a healthy flow of blood. This allows the fibrins (protein-like substances) to become cleansed, free of sludge that otherwise would choke off circulation and predispose to a risk of clotting.

Defective Kidneys and High Blood Pressure Often Go Together

Just as the heart pumps all the blood through the circulatory system every seven minutes, so does it pass through the kidneys in the same amount of time.

The function of the kidneys is remarkably intricate. These two little organs, weighing less than 226 grams each, consist of an amazing network of tiny filter tubes which measure 450kms!

Through these tiny tubes the entire blood content of the body passes every few minutes and it is the function of the kidneys to filter out of the blood all the uric acid waste matter and expel it from the body via the bladder.

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**I** hope some of the information I have set out above is helpful or at least interesting to you in some way.

I am a qualified herbalist and homeobotanicals practitioner and able to assist with blood purification if you have problems in that area. Homeobotanical formulations are drainage remedies.

The formulation (Hb) B, for instance, has three functions



# THE SHIATSU MAN

- To facilitate healthy blood chemistry and circulation
- To address lymphatic stasis and immune response, and
- To promote reversal of chronic degeneration.

Thus, (Hb) B is a drainage remedy for the entire body.

And please allow me to remind you that, if you drink at least 2 litres of pure water daily and frequently have a Shiatsu treatment, you will very soon be on the road to recovery.



I wish you, dear reader, the kind of health where you will have no need of my services. However, should that sadly not be the case, then please remember that I am here to help you.

Klaus