

WELLNESS CONSULTATION

Thank you for attending a wellness consultation today.

This document is designed to explain your Acugraph Results which you will receive in a separate PDF file.

The report is organized to display several types of information pertaining to the energetic balance in your acupuncture meridians.

Not only will this document explain your graph but will also provide you with some advice on treatments, exercise, stress management and nutritional guidelines based on your results to bring the mind and body into balance and improve your overall health.

If you have any questions, then please feel free to email me at the email address below.

Warm regards,
Toby Maguire
Wellness Manager
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THE CHINESE MERIDIEN SYSTEM

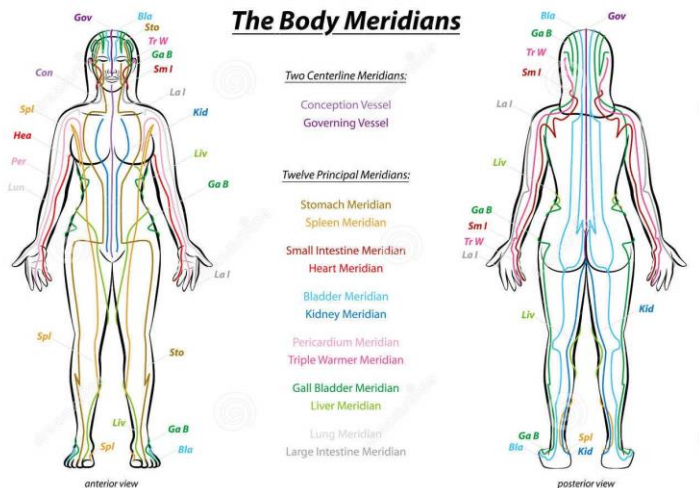
In Chinese Medicine, your internal organs (liver, lung, heart, etc.) need to work harmoniously for optimal health.

However, unhealthy living, a lack of exercise, poor dietary habits and can lead to an imbalance resulting in ill health.

The internal organs are also connected to pathways that run through the body, known as meridians. Meridians send bio-electrical impulses known as 'Chi' around the body to keep it functioning correctly. However, an imbalance in the Chi can also lead to physical pain.

The Acugraph test that you do measure the amount of 'Chi' running along each meridian and therefore gives a good indication of how well balanced the energy system and internal organs are functioning.

Any imbalances can be corrected with nutrition, exercise (particularly Qi Gong), meditation, and physical treatments such as massage and acupuncture.



YOUR GRAPH

On the Graph you will also notice up to four different colors:

- █ Green is normal
- █ Red means there is excessive energy flowing along a channel
- █ Blue means the energy is deficient
- █ Purple means that there is more energy flowing down the meridian on one side than there is on the other

If the graph shows up Blue or Purple, then these organs can be nourished, strengthened, and balanced by incorporating foods, meditations, exercise, and therapies such as massage, Chi Nei Tsang or Auriculotherapy (electrical stimulation of Acupuncture points).

By strengthening the deficient organs, (Blue or Purple), the other organs will naturally rebalance

GENERAL LIFESTYLE GUIDELINES

1 Massage Therapy

Massage therapy is a treatment that can both stimulate or relax the body or help relieve areas of discomfort such as the neck, back, or shoulder pain.

Massage therapy can also place the body into a deep state of relaxation which can also bring the mind and body back into a state of balance, boost the immune system and improve the quality of your sleep.

Amanyara Treatments: Auriculotherapy, Chi Nei Tsang (Abdominal Massage), Chi Balancing, Visiting Specialist Treatments, Aman Signature Massage.

2 Exercise Regularly

Moving your body daily not only helps you sweat out toxins, but it can also potentially help flush out bacteria from your lungs and keep your lungs healthy. Exercise also helps your circulatory system and promotes good circulation which allows your cells and immune system substances to flow properly through your system so they can do their jobs more effectively. What's great about exercise is it can really be anything – Qi Gong, yoga, pilates, power walking, running, weightlifting, spinning, etc. There is no end to possibilities. It's important to get your blood pumping and your blood circulating every single day.

Amanyara Fitness Activities: Qi Gong, Yoga, Pilates, Tennis, Mountain Biking and Personal Fitness Training

3 Take care of your gut

Our gut contains about 70% of our immune system. So when our gut isn't happy, our immune system is compromised. It's important that we support our gut by eating foods that nourish it. Add probiotic-rich foods into your meals like kimchi, sauerkraut, and yogurt. You could consider taking a probiotic as well. Cutting back on sugar and alcohol is another way that we can support our gut health. Those two feed bacteria and can potentially cause too much of the bad bacteria to thrive.

Amanyara Treatments for Digestive Disorders: Chi Nei Tsang abdominal massage, improves digestion, detoxifies the internal organs and helps relieve some digestive disorders.

Please see dietary recommendations below

4 Manage your stress

You might have heard before that stress is the silent killer. And what people mean by that is that stress has a profound negative impact on our health and wellbeing.

Treatments at Amanyara: Meditation, Hypnotherapy, Stress Management Coaching, Massage, Qi Gong and Yoga

5 Get enough sleep

Sleep helps with stress management, but it also helps us stay motivated to move, gives us more energy, helps our metabolism stay regulated and ultimately can also help with weight loss. On the immune system side, studies have shown that people who don't get adequate sleep are more likely to get sick after being exposed to an illness. That's because when we are sleeping, our immune system is releasing proteins that help fight infection and inflammation. Plus, when you're sleep-deprived, the cells and antibodies in your body that fight infections are lowered. On average you should aim to get 7 – 8 hours of sleep per night as an adult, more for teenagers and children.

Treatments at Amanyara: Meditation, Hypnotherapy

6 Cut back on sugar & alcohol

Number four on our list of ways to stay healthy isn't something you necessarily have to do all the time, but you should definitely do when you're feeling sick/fighting something off. Sugar and alcohol both have a negative impact on our gut as well as our immune system. They can also affect our sleep which has a direct impact on our health as well. I'd say just try to limit your intake and cut back when you can!

7 Stay hydrated

Drinking enough water and staying hydrated is again one of the best ways to stay healthy. It's key in flushing out toxins and waste materials from the body so that your immune system is more effectively able to fight infections. When your system is clogged up with toxins, your immune system can't do its job. Water also carries oxygen into our cells which allows our entire body to function properly. Without adequate hydration, we risk a host of issues. I recommend that you aim to drink at least half of your body weight (lbs) in ounces of water per day. So if you weighed 150lbs, you'd be drinking 75 ounces of water minimum.

8 Take vitamin C

Vitamin C has been shown thousands of times to support your immune system and overall health. When you're feeling compromised, it would be wise to take a vitamin C supplement, but if you're just living your everyday life, I think getting vitamin C from whole foods is perfect. Things like oranges, grapefruits, lemon, and even pineapple are packed with vitamin C!

DIETARY RECOMMENDATIONS

General Guidelines

- 1) Eat a balanced diet including fresh unprocessed foods — free of chemicals, additives, and preservatives.
- 2) The process of digestion involves breaking food down into a warm soup-like substance. For optimal digestion, it is best to avoid too many cold, raw foods, and include foods that are easier to digest like soups and stews. Grains should be fully cooked to avoid incomplete digestion.
- 3) Fruits and vegetables should not be overcooked, thus conserving valuable nutrition. Sugar, salt, oil, and unhealthy fats should be avoided.
- 4) Ideally 50% of everything you eat should be fresh fruit, and vegetables.
- 5) Alcohol intake should be limited to a maximum of 14 units per week
- 6) Coffee should be limited to 2 cups per day
- 7) Also make sure that you drink at least 2 liters of water a day, more if you exercise or are living in warm climates.

FOODS TO STRENGTHEN ORGANS

The organs that have shown up on your graph in either purple or blue can be strengthened and balanced by incorporating some of the foods below.

If multiple organs are deficient (**Blue** or **Purple**) low, just follow the guidelines for the 2 organs that are the lowest.

Once these are strengthened you can add foods from the other

THE ORGANS AND MERIDIANS

1 Lung

Function: Regulates respiration and intake of energy.



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Symptoms of imbalance: Viral and bacterial infections, excessive perspiration, inflammation issues in the upper parts of the body, problems with the olfactory organs (nose/sense of smell), and adverse skin conditions.

2 Large Intestine

Function: Extracts and processes water from waste material before expelling it.

Symptoms of imbalance: Abdominal pains, and on an emotional level, difficulty holding on or letting go.

Recommended Foods to Support the Lung and Large Intestine:

Cauliflower, leeks, onions, radish, water cress, almonds, butter, milk, chili, curry, ginger, pepper, spiced teas like ginger and yogi tea.

Avoid:

Raw, cold foods, like salads, dairy, oily and fatty foods, sugar, cold food and cold drinks.



3 Stomach

Function: Digests and extracts energy from food and distributes that energy to the spleen and intestines.

Symptoms of imbalance: Feelings of worry and nervousness, and a lack of acceptance.

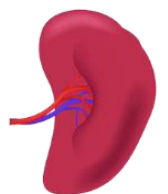
4 Spleen

Function: Distributes nutrients throughout the body, maintains muscle and limb tone, and regulates blood flow.

Symptoms of imbalance: Diarrhea, constipation, bloating, lack of appetite, prolapsed internal organs, weak muscles, general fatigue, brain fog, and absentmindedness.

Recommended Foods to Support the Stomach and Spleen:

Cooked and fermented brothy soups, cabbage, carrots, corn, peas, sweet potato, apricots, apples, dates, figs, grapes, papaya, beef, chicken, duck, eggs, fish, goat, goose, lamb, venison.



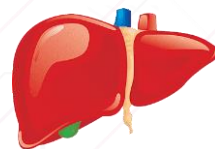
Avoid:

Cold foods and drinks, raw foods and salads, dairy, citrus fruits, dairy products, refined carbohydrates, cold foods such as ice cream, hot spices, fatty, greasy and oily foods.

5 Bladder

Function: Removes liquid waste from the body.

Symptoms of imbalance: Stiffness in the neck and shoulders, headaches, back pains, and all urinary diseases. Emotionally, an imbalance of bladder energy causes feelings of anger and an inability to express emotions.



6 Kidney

Function: Stores sexual energy, regulates the reproductive system, and produces blood and bone marrow.

Symptoms of imbalance: Genital-urinary disorders, backaches, asthma, and tinnitus. On an emotional level, the kidney meridian controls willpower, determination, and ability to cope with hardship.



Recommended Foods to Support the Kidney and Bladder:

bone broths, Himalayan rock or sea salt (but use in moderation), lobster, smoked fish, oysters, salmon, shrimp, tuna, black sesame seeds, chestnuts, walnuts, lentils, millet, oats, quinoa

Avoid:

Sugar, artificial sweeteners, coffee, alcohol, highly processed foods, excessive intake of salt *Overeating *Eating late at night

7 Gallbladder

Function: Stores and expels bile produced by the liver.

Symptoms of imbalance: Bloating, liver pains, and yellow discolouration of tongue, skin, or urine.

8 Liver



Function: Circulates energy, regulates menstruation and the female reproductive system, and maintains flexibility of tendons and ligaments.

Symptoms of imbalance: Menstrual disorders, dry skin and eyes, jaundice, blurred vision, vertigo, stiff joints, and headaches. On an emotional level, an imbalance of energy in the liver meridian results in anger, irritability, depression, and a lack of control and emotional flexibility.

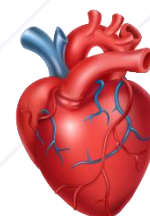
Recommended Foods to Support the Liver and Gall Bladder:

Leafy greens, cruciferous vegetables, beets, carrots, chives, blueberries, goji berries, grapefruit, strawberries, eggs, liver, venison, crab, crayfish, lobster, mussels, oysters, shrimp, squid, trout, whitefish, flax, pine nuts, sesame, cayenne, garlic, onion, vinegar, turmeric olive oil, cod liver oil, krill oil (increases anti-inflammatory omega 3 fatty acids), chrysanthemum tea, green tea, lemon or lime water

Avoid:

Spicy, hot foods (in excess), greasy, fatty, oily, fried foods, alcohol, coffee, caffeine sugar, processed, refined foods

9 Heart



Function: Circulates blood to all the organs in the body.

Symptoms of imbalance: Chest pains, palpitations, shortness of breath, dizziness, hot flashes, cold sweats, irritability, and insomnia. A healthy heart meridian allows for joy and bliss in one's life, while an imbalance can lead to psychological problems like anxiety, depression, and bipolar disorder.

10 Small Intestine



Function: Distributes nutrients throughout the body.

Symptoms of imbalance: Poor circulation, weak legs, feeling cold, swollen lymph glands, sore/stiff shoulders, acne, nerve pain, poor digestion, and stomach distention.

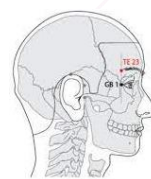
11 Pericardium

Function: The pericardium is the area surrounding the heart and protects, lubricates, and removes excess energy from the heart. This is important because it disperses energy throughout the body preventing the heart from becoming over-energized.

Symptoms of imbalance: Disorders of the heart, chest, and stomach, as well as difficulty expressing emotions, depression, aversions, and phobias

12 Triple Energizer

Function: The triple warmer, also called the triple burner or San Jiao, controls the body as a whole. Rather than being responsible for a particular organ system, it controls metabolism and regulates heat, moisture, and body temperature.



Recommended Foods to Nourish the Heart, Small Intestine, Triple Energizer And Pericardium:

Celery, cucumber, lettuce, mushrooms, lemons, mulberries, chia seeds, brown rice, oats, whole wheat, cow and goat milk, ghee basil, chamomile, dill

*A simple diet is best *Light fasting (18-24 hours) brings clarity and calms the mind

Avoid:

Spicy, rich foods, refined sugar, artificial sweeteners, highly processed foods, coffee, alcohol.

*Overeating *Eating late at night