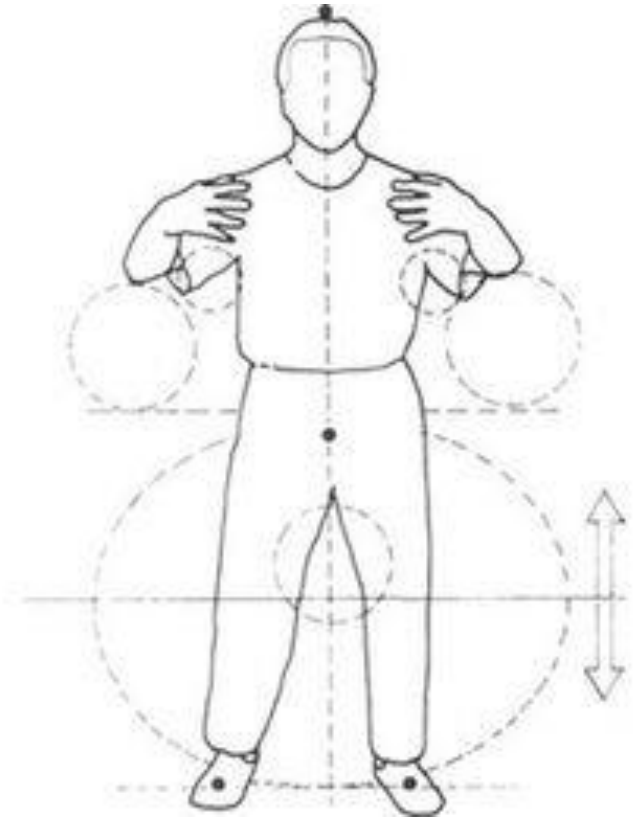
HIDDEN HEAT

DISCOVER EASTERN MEDICAL SOLUTIONS

MICHI NAOMOTO – ACUPUNCTURIST & HERBALIST

Chippy Well Fest

- Energy?
- Material force?
- Matter?
- Life force?
- Vital force?



Heaven

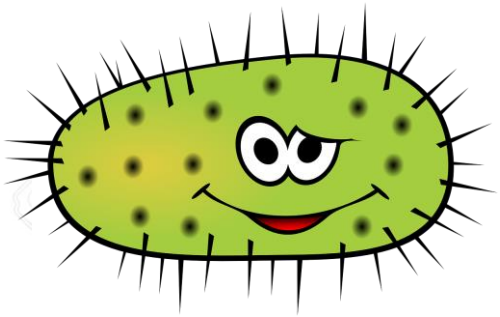
Earth

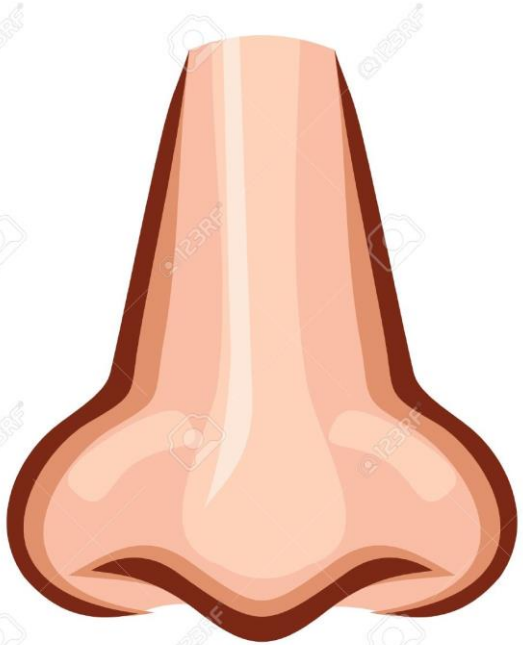
Nature
Environment

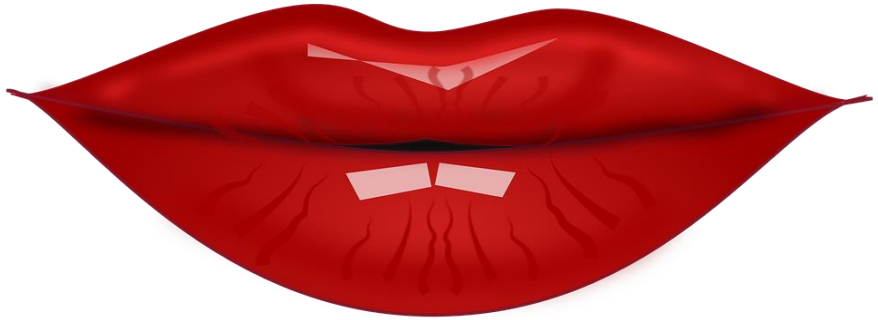
“A energy which manifests simultaneously on the physical and spiritual level”

“In a constant state of flux and in varying states of aggregation. When Qi condenses, energy transforms and accumulates into physical shape”

Pathogenic Factors







Illness

Lurking Pathogen (2nd century)

- Transformed into Heat
- Appear at a later time

= Hidden Heat

Tiredness/ fatigue

Heat/ low grade fever

Generalised/ local swelling

Chronic inflammation

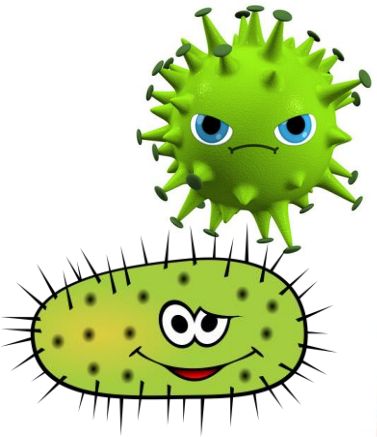
- Autoimmune diseases
- Skin problems
- Rheumatoid arthritis

Breakdown of immune system

- Allergies
- Chronic asthma
- Skin problems

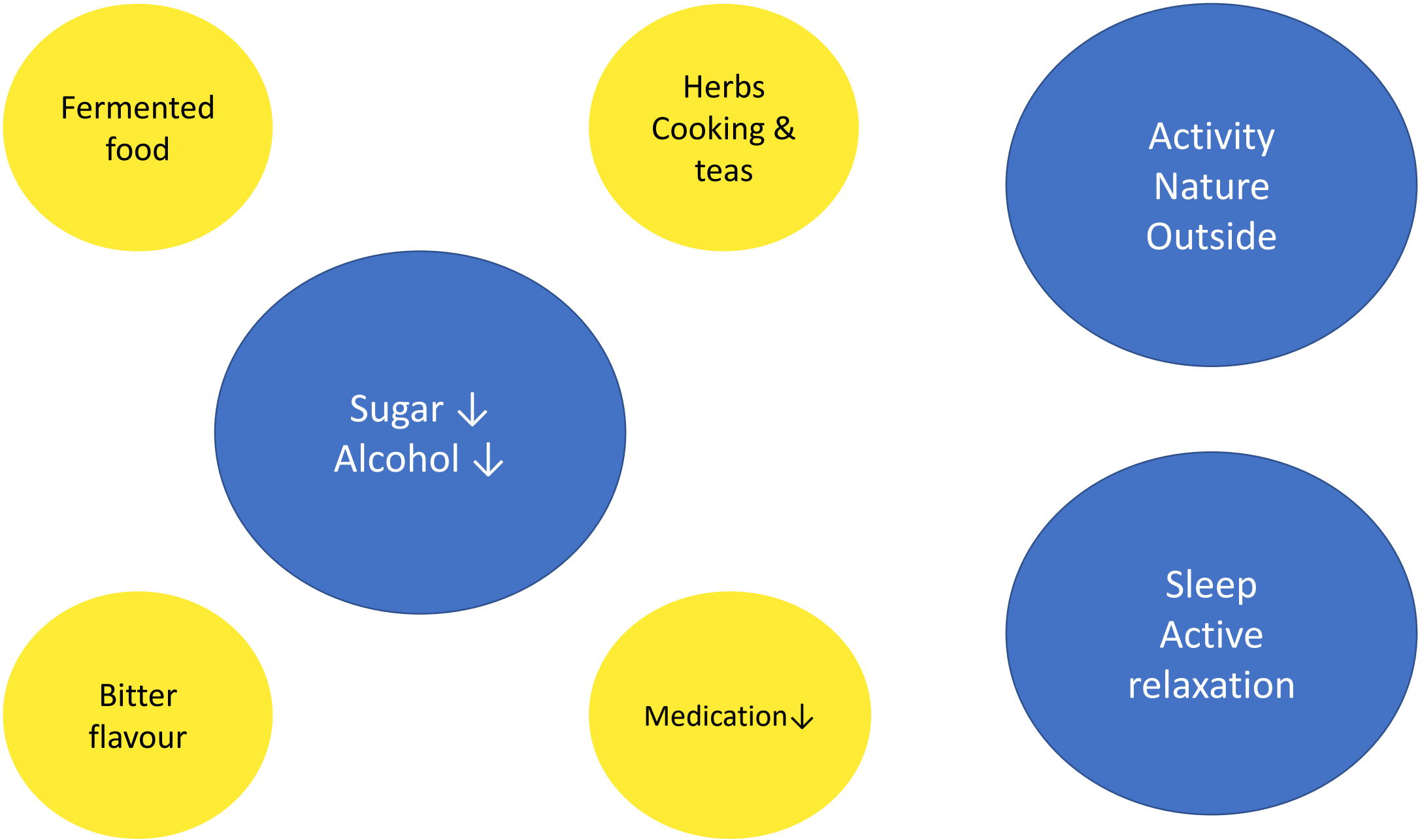
Chronic diseases

- Type 2 diabetes
- Cardiovascular disease
- Alzheimer's
- Depression
- Cancer




EMMA'S HOMEMADE ANIMAL CUPCAKES
HOMEMADE VICTORIA SPONGE CAKE £2.95
HOMEMADE CARROT CAKE


LONDON


Fermented food
Herbs Cooking & teas
Activity Nature Outside
Sugar ↓ Alcohol ↓
Bitter flavour
Medication↓
Sleep Active relaxation

Glymphatic system

- Dr Maiken Nedergaard
- Lymphatic system-like structure deep in the brain
- “ a network of microscopic channels that clear waste laden cerebrospinal fluid from the brain.”
- Turned on during sleep
- Activity sharply decreases during aging!

The fire inside

Stress fuels inflammation, the hidden cause of many modern ailments. It is time to put out the blaze, finds Caroline Williams

JOB, kids, mortgage, bills, groceries, housework... coping with modern life can sometimes feel like a remorseless treadmill. Many of us end up exhausted, with a vague feeling that all this pressure can't be doing us any good. But we do it anyway, driven by the notion that stress is for wimps. And there's always a glass of wine and a takeaway to look forward to at the end of the week.

Big mistake. Far from being for wimps, physical and psychological stress are major triggers of a modern scourge that has been linked with every malady from heart disease, depression and chronic pain to neurodegenerative diseases. That scourge is inflammation. Until recently, we have known little about how what starts as a protective immune process in the body goes awry, and there have been frustratingly few evidence-based suggestions on what we should do about it. But now we are starting to learn more about how the process works, how it connects body and mind, and what we might do to keep it in check. This new understanding is leading to treatments that may finally let us douse this constant fire – not by stopping it from happening, but by turning it off when it is no longer useful.

Such treatments could benefit the millions of people around the world who have chronic inflammatory conditions like rheumatoid arthritis, asthma and coeliac disease. They could also assist those of us who want to have our cake, eat it and not end up inflamed. Finding a way to manage inflammation could help prevent modern life from damaging our long-term physical health.

"There's no question, inflammation is everything," says Charles Serhan, an immunologist at Harvard Medical School. "In the post-genomic era, understanding inflammation is the next frontier."

Inflammation is the body's first line of defence. Without it, we would be at the mercy of every pathogen going. When the body's protective barrier has been breached by injury or infection, the classic inflammatory response brings redness, heat, swelling and pain. First, damaged cells secrete chemicals known as cytokines, which increase blood flow to the affected area and alert the rest of the immune system to prepare for a fight. Heat comes as a side effect of increased blood flow, redness as blood vessels dilate, bringing blood closer to the surface of the skin, and swelling happens as blood vessels become more permeable, allowing fluid and white blood cells to leak out and flood the tissue. These cells then attack and gobble up any invading pathogens, and later clear up the debris.

This basic response comes in different flavours, depending on what challenge the body is facing. If you sprain your ankle, for example, the joint swells and becomes hot, painful and difficult to move. If you have a cold, it is the blood vessels in the airways that swell, blocking the nose while inflammatory histamines stimulate mucus production, which in turn sets off coughs and sneezes. If you have flu, you get all of this, plus inflammation spreads throughout the body, causing joints and muscles to ache.

Throughout our evolutionary history, acute inflammation has mostly worked just fine, flaring up, tackling the problem and dying away again when the danger has passed. But now modern life is stacked against this delicate balance. Obesity, stress, pollution, ›

ROBERT FAITH


The National Autistic Society
Adventure!

THANKS FOR LISTENING

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