



# The Lungs



# The Lungs, our bodies' trees.

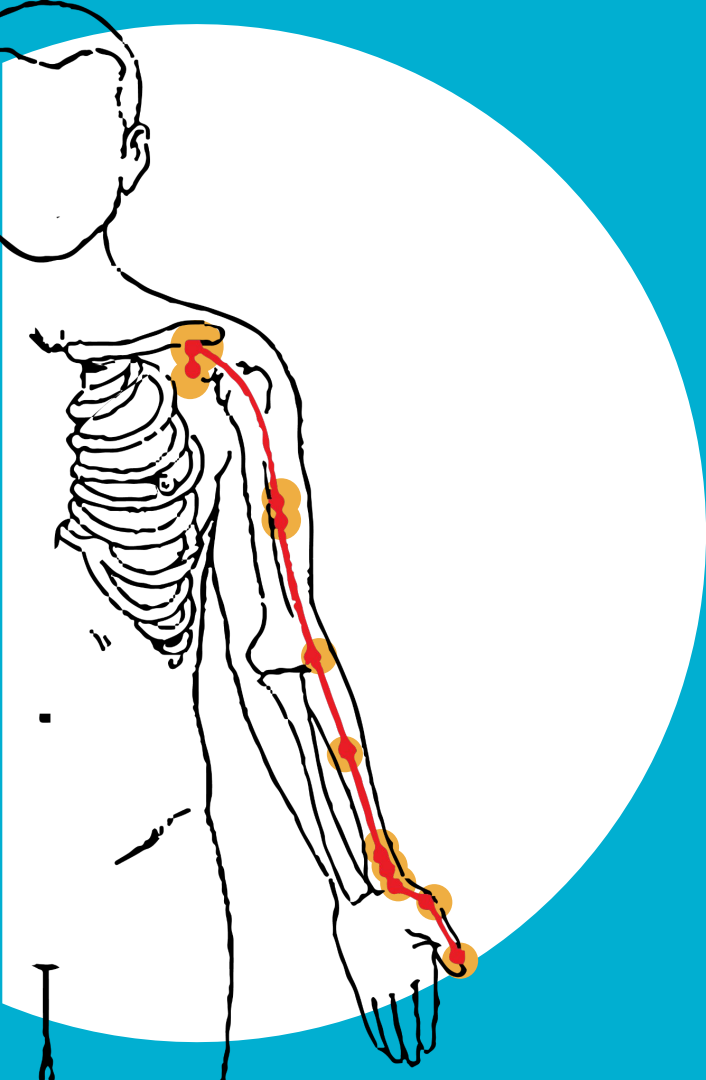
They clean and oxygenate  
our bodies.

# 5 ELEMENT THEORY: TRADITIONAL CHINESE MEDICINE (TCM)

Lungs support the immune system by moving Qi (energy) downwards.

We need mild cardiovascular movement for at least 20 minutes per day to maintain lung health. This can be anything from walking to calisthenics to breathing exercises.

We can also do simple lung meridian stimulation.



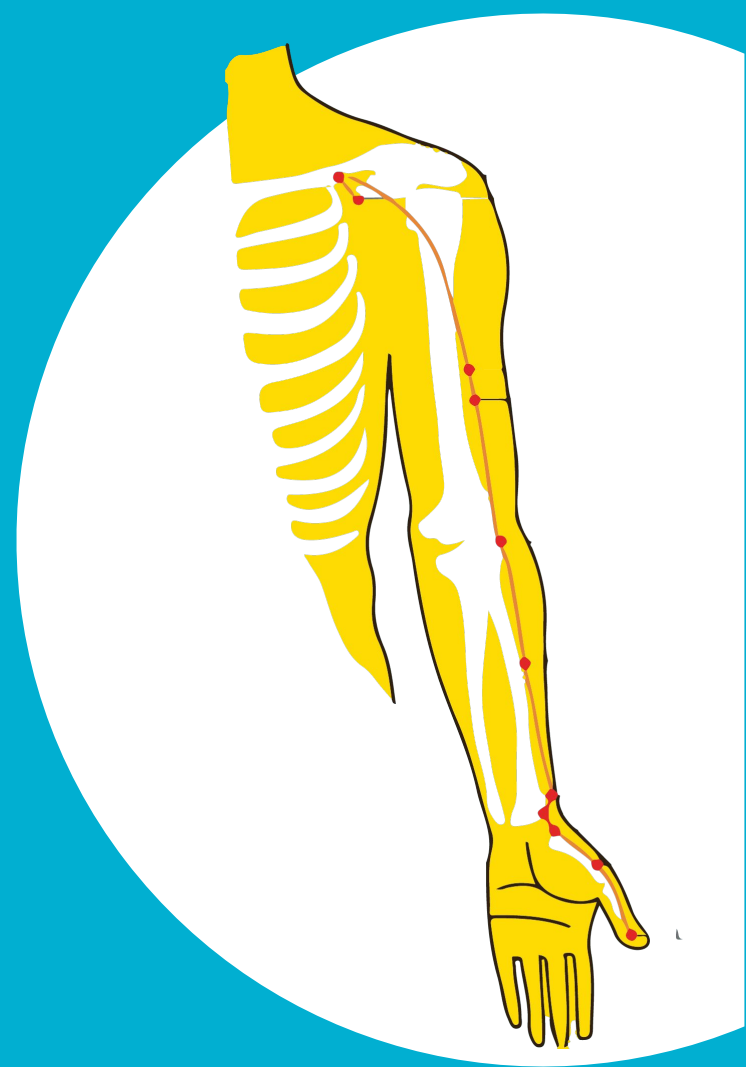
# Lung Meridian Stimulation

To support the lungs make a fist and gently knock down the meridian pathway on each side of the body (between the area that the skin color changes).

Start on the chest edge (breastplate) and knock gently to the edge of the thumb.

# Lung Meridian Pathway

Lung meridian.





# Lung Meridian Exercise

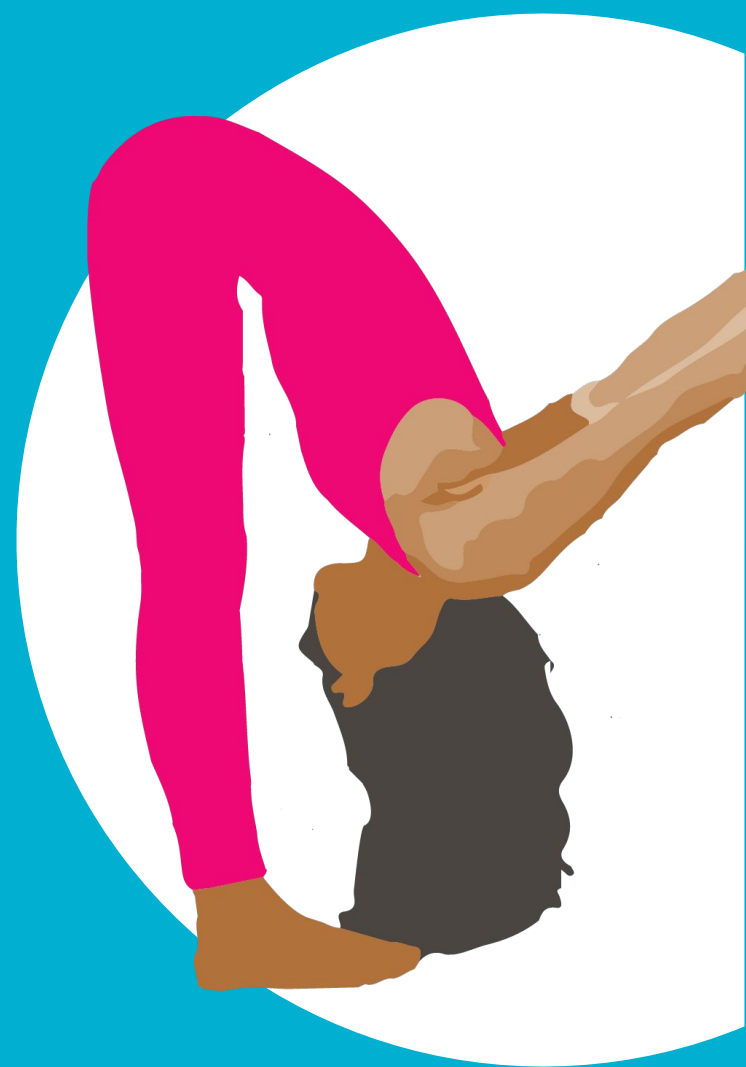
Stand with feet hip-width apart.

Open arms outward and take a deep  
breath in.

# Lung Meridian Exercise

Grasp hands behind back and inhale.

Lean over the front of body  
with knees soft, exhale.



# Lung Meridian Emotion

In TCM the lungs are associated with the emotions of **grief** and **sadness**.

Grief and sadness may be some of the emotions shared during the Covid-19 pandemic.

These two emotions can arise due to bereavement, social distancing, loss of employment or even family dynamics.



# Grief and Sadness

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These are difficult times and emotions may fluctuate. This is a normal response and breathing exercises can help identify and feel these emotions while moving through and releasing them.

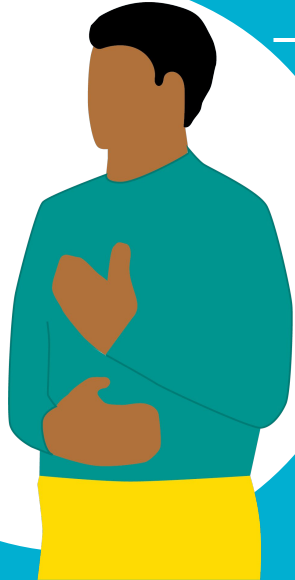
## Breathing Exercise

Start this exercise in a comfortable position, i.e. lying down with a pillow beneath the knees and head. Alternatively sit comfortably.

# Grief and Sadness

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## Breathing Exercise



Place one hand on the belly and the other hand on the breast bone.

Take a full, deep, slow inhalation for up to 4 - 8 counts. Notice the lower back expanding with each breath. Exhale slowly for up to 4 - 8 counts.

Repeat for up to 3 minutes to start. Increase duration of time slowly because increasing too quickly may cause lightheadedness.

# Lung Meridian and Body Armoring

The skin is the largest organ in the body and is literally a barrier with the outside world. It is the first line of defense against pathogens. In TCM the skin and lungs are associated organs.

Activities requiring body armoring (i.e. essential errands) may cause anxiety followed by exhaustion while practicing social distancing. This is a common and normal response.

To replenish energy (Qi) and boost immunity allow time for quiet and ample rest. Remember to get **gentle exercise**, **stimulate** the lung meridian and do **breathwork**.



# DO YOU WANT TO LEARN MORE?

I offer telehealth consultations  
and online classes.

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