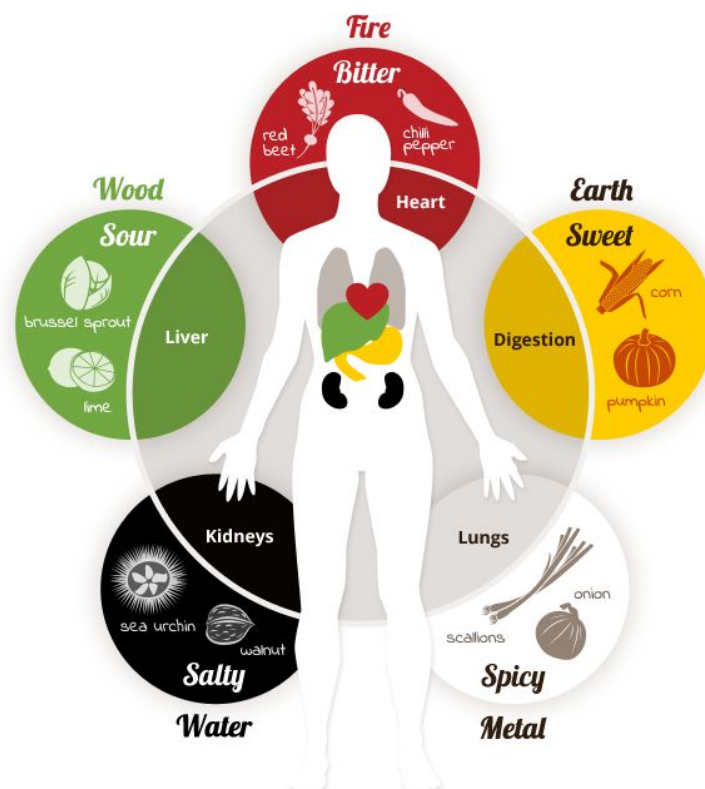


Review of Support and Control Cycles

The generating cycle (also called the mother-child relationship) describes a process of mutual support from transformation to transformation. For example, by having a good diet and eating in moderation (benefiting the earth element) we will have energy to support our metal element (lungs). The metal transformation provides good immunity and facilitates proper circulation of our energy. Thus the cycle continues, each transformation supporting the next in a mother-child relationship.

Problems may arise when either the mother is weak (cannot provide for her son) or the son is too immoderate and wastes all of mother's resources. A real life example is illustrated by a stagnant liver from too much stress and an unhealthy lifestyle. A stagnant liver cannot feed the heart, leading to depression, anxiety, etc. and it will pull too much energy from the kidneys, leading to fatigue, sexual problems, and more. A poor diet weakens the lungs for example, leading to asthma and/or allergies, which is why people with allergies need to watch their diet and particularly avoid dairy food.

The control cycle (also called the grandparent-grandchild relationship) can be best described as the body's backup plan. When the mother can no longer control her son, she asks the grandparent for help. To continue with the liver stagnation example (i.e. stress) – the kidneys are weakened in part because they use their water to try to control the fire (heart – anxiety) as the liver is no longer providing the proper generative function. If this continues for a long period of time, you end up with a stagnant liver, heart fire burning out of control and weak kidneys (no cooling aspect of the body) which can translate as night sweats, low libido, fertility problems, etc.



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Seasonal Healing

In fall if our lung system is weak we are prone to colds, flus and allergies. If our kidney system is weak we may have poor hearing and/or tinnitus. A stagnant liver may lead to blurry vision or poor night vision, etc. Between seasons we are often prone to broken bones.

Emotional Healing

Tree

Tree is the transformation of determination, assertion, and anger. The main emotion will range from a sense of frustration to hopelessness. These people want to know that you are in control so they can relax. They may feel pushy and want you to push back. Their voice will have shout or a sense of assertion to it.

Fire

A Fire transformation will want to have relationship and be equal with you. They may either lack joy or have an excess. Even the most joyless Fire person will occasionally rise like a fire into laughter. Their voice will have a sense of laughter even when discussing quite grave topics. You can gain rapport with this element either by going up to the laughter and having a good time or by going down into the lack of joy or sadness. The Fire transformation will feel this to be normal, as this is where they live most of their lives. Sometimes this person may show a shy nature or you may feel they are keeping you at bay with their laughter. In this pair, the heart is inspiration; the small intestines are actualization.

Earth

The Earth Transformation carries a deep hollow sense. The emotion of earth is sympathy and they may convey a sense of neediness. They will either be the type of person who really wants you to understand all they have been through or expresses that they, "Do not need anyone." Their voice will have a singsong to it.

Metal

The Metal person wants respect. The emotion of Metal is grief. This is a sense of loss, a feel for what could have been. This is different than the sadness of Fire. The color of metal is white; this will show on the skin. It may look like they have a white powder on. They want to know you are not going to feel better than they. It will feel normal for you to be at a physically lower position to them in the room. The space will have the quiet feel of respect, like a church. Any laughter will be at your expense.

Water

Water is the element of Fear. These people will either be frozen like ice or raging like an over flowing stream. They are driven, maybe manic or quiet like a still pond. The color will show on top of the skin as a ruddy red/blue. A Water person lives on the edge of fear where they have a love/hate relationship with the emotion. They want reassurance. Their voice will groan, have a continuous maybe monotonous feel to it.

Relationship Healing

As with our body, we can understand our personal relationships according to the five transformation theory. A quick analysis of our co-workers and other associates can allow us to adapt our behavior to “make the world a better place.” For example, getting angry at a liver/wood/angry person does nothing to help the situation, nor does scaring a kidney/water type. We speak assuredly and calmly to the water person and they feel heard and are happy. We speak plainly with groundedness and a neutral tone to the liver person and they calm down and feel acknowledged.

For a simplified example of this, let's take the wood type person (liver). In a relationship with a fearful/water type person they may not do well, as their anger would drain the other person. They may also not do well with a fire/heart person who might feed off of the anger and become very anxious or depressed (just as our own body would). They may, however, do very well with their grandparent element, earth, who is solid and grounded and provides a safe landing pad for their bouts of frustration and spurts of outgoing energy. It's true with Ginat (tree) and Sheldon (earth)!

Nutritional Healing: Kitchen Cures

WHEN THE DIET IS WRONG, MEDICINE IS OF NO USE.
WHEN THE DIET IS RIGHT, MEDICINE IS OF NO NEED.

Macrobiotic home remedies are based on the traditional medicine of China and Japan. These remedies have been used for thousands of years to alleviate various imbalances caused by diet or unhealthy lifestyle. An engaging article about our own tradition is called [JEWISH HEALING—HOLISTICALLY BIBLICAL](#).

“Any illness which can be cured by nutrition should not be treated by any other means.”

-Maimonides

Beverages:

Bancha Tea Available at Teva Castel at the First Station

Use for strengthening the metabolism in all sicknesses.

Use 1 tablespoon of tea to 1 quart (liter) of water, bring almost to a boil, reduce flame, and simmer 4–5 minutes. The tea may be reheated several times for reuse.

Salt Bancha Tea

Used to loosen stagnation in the nasal cavity or to cleanse the vagina. Salt bancha tea can be used as a wash for problems with the eyes, sore throat, and fatigue.

Add enough salt to warm bancha tea (body temperature) to make it just a little less salty than sea water. Use the liquid to wash deep inside the nasal cavity through the nostrils or as a douche.

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Tamari Bancha Tea

Neutralizes an acidic blood condition, promotes blood circulation, relieves fatigue.

Use 1 tablespoon of tea to 1 quart (liter) of water, bring almost to a boil, reduce flame, and simmer 4–5 minutes. The tea may be reheated several times for reuse.

Pour 1 cup hot bancha twig tea over 1–2 tsp. tamari soy sauce. Stir and drink hot.

Ume-Sho-Bancha

Strengthens the blood and circulation through the regulation of digestion.

Pour 1 cup bancha tea over the meat of 1/2–1 umeboshi plum and 1 teaspoon tamari soy sauce. Stir and drink hot.

Ume-Sho-Bancha with Ginger

Increases blood circulation.

Put the meat of 1/2–1 umeboshi plum and 1 teaspoon tamari soy sauce in a cup and add 1/4 teaspoon grated ginger juice. Pour 1 cup hot bancha tea over it, stir and drink.

Green Tea

To help dissolve and discharge animal fats and reduce high cholesterol levels.

Place 1/2 teaspoon tea into the serving kettle. Pour 1 cup hot water over the tea and steep for 3–5 minutes. Strain and drink 1 cup per day.

Kuzu (Kudzu) Drink

Strengthens digestion, increases vitality, and relieves general fatigue.

Dissolve a heaping teaspoon of kuzu powder in 2 teaspoons water and add to 1 cup cold water. Bring the mixture to a boil, reduce the heat to the simmering point, and stir constantly, until the liquid becomes a transparent gelatin. Stir in 1 teaspoon tamari soy sauce and drink while hot.

Ume-Sho-Kuzu (Kudzu) Drink

Strengthens digestion, revitalizes energy, and regulates the intestinal condition.

Kuzu gently lines / coats/ soothes the intestinal tract while enhancing movement.

Add ginger for gentle, soothing expansion of the blood vessels.

Prepare the kuzu drink according to the instructions for Kuzu Drink above and add the meat of 1/2–1 umeboshi plum. One-eighth teaspoon fresh grated ginger may also be added to improve circulation and increase warmth.

Daikon Radish Drink No. 1:

May reduce a fever by inducing sweating. Cover the patient well with blankets.

Mix 1/2 cup grated fresh daikon with 1 tablespoon of tamari soy sauce and 1/4 teaspoon grated ginger. Pour hot bancha tea over this mixture, stir, and drink while hot.

Daikon Radish Drink No. 2:

To induce urination.

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Use a piece of cheesecloth to squeeze the juice from 1/2 cup grated fresh daikon. Mix 2 tablespoons of this juice with 6 tablespoons of hot water to which a pinch of sea salt has been added. Boil this mixture and drink only once a day. Do not use this preparation more than three consecutive days without proper supervision, and never use it without first boiling.

Daikon Radish Drink No. 3:

To help dissolve fat and mucus; to balance an oily condition.

In a teacup, place 1 tablespoon fresh grated daikon and a few drops of tamari soy sauce. Pour hot bancha tea over mixture and drink. It is most effective when taken just before sleeping. Do not use this drink longer than one week unless otherwise advised by an experienced macrobiotic counselor.

Roasted Barley Tea

Good for melting animal fat from the body. This is a very nice summer drink and may also aid in the reduction of fever.

Roast barley in a skillet, stirring constantly to prevent burning, until a fragrant aroma is detected. To 1 portion barley, add 10 times the amount of water. Bring to a boil, reduce flame, and simmer 10 minutes.

Roasted Rice Tea

Good for all sicknesses. This is also a good tea for reducing fever.

Roast rice in a skillet, stirring constantly to prevent burning, until a fragrant aroma is detected. To 1 portion rice add 10 times the amount of water. Bring to a boil, reduce flame, and simmer 10 minutes.

Shiitake Mushroom Tea

Used to relax an overly tense, stressful condition and help dissolve excessive animal fat. This simple tea is designed to regulate kidney function, softening them so they can do their job efficiently, including detox and weight loss.

Soak a dried black shiitake mushroom cut in quarters. Cook in 2 cups of water for 20 minutes with a pinch of sea salt. Drink only 1/2 cup at a time.

Carrot-Daikon Drink

This spicy, pungent tea is designed to help dissolve hardened fat deposits that have accumulated deep within various organs, inhibiting their function. Working deep in the body to restore balance, this drink works to dissolve the fat, while adding minerals to create strong blood quality. This is THE remedy to begin your weight loss process. Note: You'll begin to sweat as you drink this tea—it's that powerful.

Finely grate 1 tablespoon each of raw daikon and carrot. Cook in 2 cups of water for 5–8 minutes with a pinch of sea salt or 7–10 drops of tamari soy sauce.

Kombu Tea

Good for strengthening the blood, kombu is an amazing restorative. Kombu has so many benefits in the body—strengthening blood quality; Dissolving animal fats, which helps to stimulate the loss of hard fat on our bodies, Balancing nervous system function There's a lot of power in this simple sea plant.

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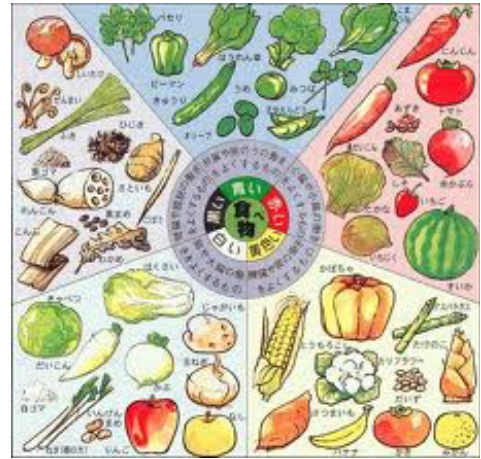
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Use one 3-inch strip of kombu to 1 quart (liter) water. Bring to a boil, reduce flame, and simmer for 10-15 minutes. Drink one cup while hot. You may reheat the remaining tea for another serving.

Umeboshi Plum Drink

Neutralizes an acidic condition and relieves intestinal problems, including those caused by microorganisms.

Take 1/2–1 umeboshi plum with 1 cup bancha tea. Or you may bake the whole plum and mash into a powder. Add a tablespoon to 1 cup hot water.



Foods

Brown Rice Cream

Used in cases when a person in a weakened condition needs to be nourished and energized or when the digestive system is impaired, such as after giving birth or returning from a hospital stay.

Dry-roast brown rice evenly until all the grains turn a yellowish color. To one part rice, add a small amount of sea salt and 3–6 parts water, then pressure cook for at least 2 hours. Squeeze out the creamy part of the cooked rice gruel through a sanitized cheesecloth. Eat with a small volume of condiment, such as umeboshi plum, gomasio (sesame salt), tekka, kelp, or other seaweed powder.

Grated Daikon

A digestive aid, especially for fatty, oily, heavy foods and animal food.

Grate fresh daikon (red radish or turnip may be used if daikon is not available). Sprinkle with tamari soy sauce and eat about 1 tablespoon. You may also use a pinch of grated ginger.

Raw Brown Rice and Seeds

Will help eliminate worms of various types.

Skip breakfast. Then, on an empty stomach, eat a handful of raw brown rice with half a handful of raw seeds, such as pumpkin or sunflower, and another half handful of chopped raw onion, scallion, or garlic. Chew everything very well, and have your regular meal later in the day. Repeat for two to three days.

Plasters & Applications

Brown Rice Plaster

For the swelling of a boil or infection, a rice plaster can be used to help reduce the fever around the infected area.

Hand grind 70% cooked brown rice, 20% raw green leafy vegetables, and raw nori in a suribachi — the more grinding, the better. (If the mixture is very sticky,

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add water.) Apply the paste to the affected area. If the plaster begins to burn the skin, remove it, since it is no longer effective. To remove, rinse with warm water to remove hardened paste.

Scallion, Onion, or Daikon Juice

Neutralizes the poison of a bee sting or insect bite.

Cut either a scallion or daikon or their greens and squeeze out the juice. (If you cannot obtain these vegetables, red radish can be used.) Rub the juice thoroughly into the wound.

Buckwheat Plaster

Draws retained water and excess fluid from swollen areas of the body.

Mix buckwheat flour with enough hot water to form a hard, stiff dough. Apply in a 1/2-inch layer to the affected area; tie in place with a bandage or piece of cotton linen, and leave in place for up to 4 hours.

Special considerations for cancer cases: A buckwheat plaster should be applied in cases where a patient develops a swollen abdomen due to retention of fluid. If this fluid is surgically removed, the patient may feel better temporarily but may suddenly become much worse after several days. It is better to avoid such a drastic procedure.

This plaster can be applied anywhere on the body. In cases where a breast has been removed, for example, the surrounding lymph nodes, the neck, or, in some cases, the arm often become swollen after several months. To relieve this condition, apply ginger compresses to the swollen area for about 5 minutes, then apply a buckwheat plaster; replace every 4 hours.

After removing the plaster, you may notice that fluid is coming out through the skin or that the swelling is starting to go down. A buckwheat plaster will usually eliminate the swelling after only several applications, or at most after 2 or 3 days.

Ginger Compress

Stimulates blood and body fluid circulation; helps loosen and dissolve stagnated toxic matter, cysts, tumors, etc.

Place a handful of grated ginger in a cheesecloth and squeeze out the ginger juice into a pot containing 1 gallon of hot water kept just below the boiling point, if you boil, you will lose the power of the ginger. Dip a towel into the ginger water (preferably a 100% cotton towel), wring it out tightly, and apply, very hot, directly to the area to be treated.

A second, dry towel can be placed on top to reduce heat loss. Apply a fresh hot towel every 2–3 minutes until the skin becomes red.

Special considerations for cancer cases: If a ginger compress is applied repeatedly over an extended period, it may accelerate the growth of the cancer, particularly if it is a more yin variety.

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Ginger Sesame Oil

Activates the function of the capillaries, circulation, and nerve reactions. This is helpful to relieve aches and pains and for headache, dandruff, and hair growth.

Mix the juice of grated fresh ginger with an equal amount of sesame oil. Dip cotton linen into this mixture and rub briskly into the skin of the affected area.

Mustard Plaster

Stimulates blood and body fluid circulation and loosens stagnation.

Add hot water to dry mustard powder and stir well. Spread this mixture onto a paper towel and sandwich between two thick cotton towels. Apply this "sandwich" to the skin area, leave on until the skin becomes red and warm, then remove. After removing, wipe off remaining mustard plaster from the skin with towels.

Tofu Plaster

More effective than an ice pack to draw out fever or a burn.

Squeeze the water from the tofu, mash it, then add 10–20% pastry flour and 5% grated ginger. Mix the ingredients and apply directly to the skin. Change every 2–3 hours, or sooner if plaster becomes very hot.

Salt Pack

Used to warm any part of the body. For the relief of diarrhea, for example, apply the pack to the abdominal region.

Roast salt in a dry pan until hot, then wrap in a thick cotton linen pillowcase or towel. Apply to the troubled area and change when the pack begins to cool.

Salt Water

Cold salt water will contract the skin in the case of burns, while warm salt water can be used to clean the rectum, colon, and vagina.

When the skin is damaged by fire, immediately soak the burned area in cold salt water until irritation disappears. Then apply vegetable oil to seal the wound from air.

For constipation or mucus or fat accumulation in the rectum, colon, and vagina, use warm salt water (body temperature) as an enema or douche.

Sesame Oil

Use to relieve stagnated bowels or to eliminate retained water.

To induce the discharge of stagnated bowels, take 1–2 tablespoons raw sesame oil with 1/4 teaspoon ginger and tamari soy sauce on an empty stomach.

To eliminate water retention in the eyes, remove impurities in the oil by boiling it and then straining it through a sanitized cheesecloth. Then put a drop or two of pure sesame oil (it is best to use dark sesame oil if available) in the eyes with an eyedropper, preferably before sleeping. Continue up to a week, until the eyes improve.

Dried Daikon Leaves

Used to warm the body and treat various disorders of the skin and female sex organs. Also helpful in drawing odors and excessive oils from the body.

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Dry fresh daikon leaves in the shade, away from direct sunlight, until they turn brown and brittle. (If daikon leaves are unavailable, turnip greens may be substituted.)

Boil 4–5 bunches of the leaves in 4–5 quarts water until the water turns brown. Stir in a handful of sea salt and use in one of the following ways:

1. Dip cotton linen into the hot liquid and wring lightly. Apply to the affected area repeatedly, until the skin becomes completely red.
2. Women experiencing problems in their sexual organs should sit in a hot bath to which the daikon leaves liquid described above with the addition of 1 handful of sea salt has been added. The water should come to waist level, with the upper portion of the body covered with a towel. Remain in the water until the whole body becomes warm and sweating begins. This generally takes about 10 minutes.

Repeat as needed for up to ten days. Following the bath, douche with a combination of warm bancha tea, a very small pinch of salt, and juice of half a lemon.

Homework:

Prepare 9*Ki birthdates of your S.O.s.