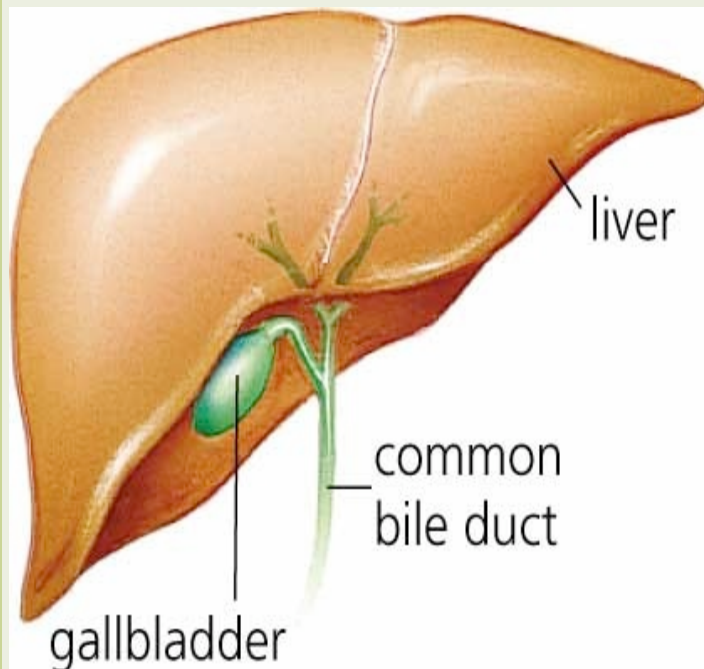




Hi Everyone

This month's newsletter is about the Gallbladder from Chinese medicine and Shiatsu theory perspectives. It's a follow up to last month's newsletter about the Liver ("The General"). They both make up the Wood element one of the five elements in our theory.

The Gallbladder



The gallbladder, a small, pear-shaped organ located directly under and just below the liver. It acts as a bile reservoir and concentrates and stores bile, a substance produced by the liver to aid in the digestion of fats. Bile is stored in the gallbladder and secreted into the duodenum (the portion of the small intestine joined to the

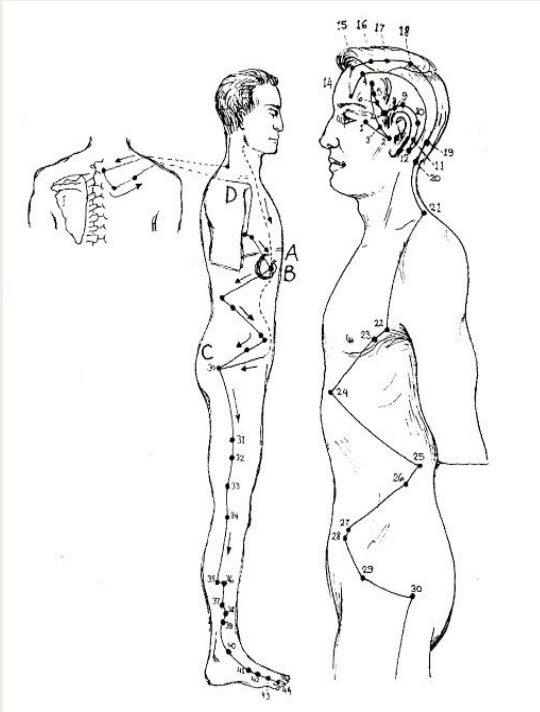
stomach)

Bile contains cholesterol, bile salts, lecithin, and other substances. A change during digestion in the composition of bile may trigger stone formation. *Cholecystitis* is the inflammation of the gallbladder. If the liver is overloaded with toxins and saturated fats, the bile (which carries toxins and fats) will eventually inflame the gallbladder. It may be acute or chronic. When enough cholesterol deposits (from saturated fats) have formed, they crystallize with the bile to form gallstones. *Cholelithiasis* is the formation or presence of calculi or bile stones (gallstones) in the gallbladder or common duct of the gallbladder. Gallstone formation is the most common gallbladder disorder. It usually occurs when excessive amounts of cholesterol in the bile clump together into solid masses

Channel Location

The Gallbladder Channels ran along the sides of the body and help support the body in moving forward. The wood element governs the tendons so structurally the health of the Gallbladder can influence areas of :

- Neck
- Shoulders
- Ribcage
- Hips & Glutes
- Iliotibial band
- Lateral side of knees
- Ankles



*Gallbladder Channel

Eyes, tendons and coordination

Healthy Liver and Gallbladder nourish the eyes and tendons preventing poor vision and an inactive body that is affected with lack of coordination, which makes it prone to accidents and injuries.

Gallbladder Shiatsu Theory

Decision making

Where the Liver (“The General”) makes long term plans, the Gallbladder (“The Lieutenant”) makes moment to moment decisions. When in harmony risk taking and determination to stand by decisions. When in disharmony timidity, hesitation and reluctance to take risks.

Clarity & Organization

When Gallbladder is in harmony it helps us with organization and clarity in our daily lives at home and at work. Creative energy flows freely (like the pure bile)

compulsive behaviour, lack of spontaneity and creativity are displayed. Indecisiveness and an inability to move forward (psychologically and physically) can occur.

Flexible mind = Flexible body

In the same way that the Gallbladder helps us psychologically to be flexible so does it help the body physically to be supple, strong and flexible (especially the tendons and joints).

Stimulating the points using Shiatsu on the Gallbladder channel can stimulate the organ and create more balance energetically and physiologically in the areas that channel runs through.