

# Earth's Organs in Chinese Medicine & Female Health

## Yin organ - Spleen-Pancreas

- Governs nutrition, digestion, absorption, transformation and transportation
- Source of Blood and Qi
- Governs connective tissue, muscle/organ mass and tone
- Directs ascending movement, holds things up/in place
- Governs articulations
- Governs Lymphatic system
- Governs balance
  - Intestinal flora
  - Blood sugar metabolism
  - Acid-alkaline balance (Stomach)
- House the 'Yi' spirit - Awareness and focus

## Yang organ - Stomach

- Works closely with the Spleen
- Receiving, rotting and ripening of food and ideas