is just deeper than the disease state. This is judged often by assessing the patient's vital force state and disease state. If a patient has a high vital force (i.e., the immune system is strong), then the patient will likely be able to receive strong hydrotherapy treatment with higher frequency. If the vital force energy is low (i.e., the immune system is weak), the duration, strength, and frequency of the hydrotherapy treatments also have to match this level of energy in order to prevent aggravation or deep worsening of a patient's condition.

- **Herbal Medicine**

Herbal medicine is based on understanding the doctrine of signatures of each plant to understand how to apply the plant's medicine to an individual's disease (National Institute of Medical Herbalists, nd). A doctrine of signature of a plant is a method of looking at the characteristics of a plant and predicting how that plant might be used in the body (The National Institute of Medical Herbalists). It can be anything from the shape of a plant predicting which organ of the body it can be used for to the physical characteristics of the plant predicting the type of action it would have in the body (National Institutes of Medical Herbalists).

To apply a yin/feminine approach to herbal medicine would be to listen to the patient's complaint deeply and thoroughly to find what specific action of a plant is needed, which specific organ and function is related most to the root cause of the complaint, and how the vital force of the patient relates to the strength of the plant's action. Stronger and more aggressive plant actions are more yang in nature and are suited for patients who have the vital force level to bear the action of the plant's medicine through a potential healing crisis to eliminate the dis-ease/disease state. More milder and soothing plant actions can be yin in nature by the nature of being nourishing and gentle. Another aspect to look at in a plant action and nature is to assess if a plant medicine will act more superficially and quick or long and deep. *Take a guess* at which is yin and yang in its approach and how you would apply them to a patient's disease state and vital force.

- **Nutritional Medicine**

For nutritional medicine, as the saying goes, food becomes medicine if it is used for its medicinal properties at the right time and in right dose. Whether the food is a protein, mineral, or vitamin source, it is a matter of matching the disease state with the deficiencies and needs of the condition along with the vital force level of the patient. It is also good to question if nutritional medicine will answer the problem alone or is a more aggressive therapy needed. Nutritional medicine can be seen as a yin/feminine therapy and approach because changing a diet or treating therapeutically through nutrition can achieve deeper and more long lasting changes, which is a yin characteristic, but it may be slower.

Feminine Medicine

Changing a diet quickly would be an example of a yang approach to treatment, while making gradual and therapeutic changes with the level of the vital force would be more of a yin approach. Choosing the correct foods and doses of the foods is also important too. Some foods, due to the nature of their biochemical makeup, can have

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PHYSICIAN FORMULATED

NaturLo Cholesterol

Red Yeast Rice and Plant Sterol Blend Dietary Supplement

300 gram POWDER

One Scoop (one teaspoon) Provides:

Phytosterol Complex (providing beta sitosterol, campesterol & stigmasterol) . . . . . 1250 mg

Red Yeast Rice (citrinin free) (monascus purpureus) . . . . . 1200 mg

Other Ingredients: Dark Chocolate flavoring, fruit sugar

Recommended Usage:
As a dietary supplement, take 1 level scoop (1 teaspoon) in the morning before breakfast and 1 level scoop in the evening before dinner. Recommended to be mixed in soy or skim milk.

NaturLo Cholesterol is designed to support the maintenance of HDL cholesterol and triglycerides within normal ranges. The formula helps maintain healthy cholesterol levels with natural and effective ingredients.*
NaturLo Cholesterol is a powerful combination of red yeast rice and a plant sterol blend. It is a safe addition to any diet and exercise program.
NaturLo Cholesterol is simple, safe and effective.

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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OPTIMAL NUTRITIONAL SUPPORT