in the body where the equilibrium or homeostasis of the body is disturbed (Li 2011). This disturbance affects the "vital essence" or the essential energy that gives life, and it is in the vital essence or vital force where disease begins (Li 2011; Hahnemann 2003).

When there is preponderance or excess of yang, there is "hyper-function of the organism and heat manifestations" and "yang in excess makes yin suffer" (Li 2011). If there is a deep damage to the yin energy, the yang energy suffers as well. When the yin organs and functions are disturbed (i.e., the vital organs), the repair, replenishing, and restrengthening of the vital essence (life energy) is a must. Root causes of dis-ease and disease are often found in the yin organs and functions, though the manifestation of disease is often found as an expression of yang through symptoms, signs, and skin problems (Guilin Sino-Western Joint Hospital Chinese Medicine Advisory Department 2003).

The purpose of explaining these health relationships in Traditional Chinese Medicine is to show more deeply the nature of how excess yang conditions are related to our cellular states, our cultural and community states, the way medicine is practiced, and thus health. When yang energy is imbalanced, it is "considered weak yang because it has little to no healthy yin balance," and "to strengthen weak yang, you first strengthen yin" (Pokea 2010). The natural state of yin is "weakened whenever it is not permitted healthy expression to weak, out of control, driven yang." In the mind, this out of control yang can manifest in a "perceptual delusion in thinking that you can live ruthlessly in continual conflict with others and force your own, unrelenting, independent identity." On a collective level, many "human bodies" can be shut down by this yang experience, which is expressed in the body as autoimmune disease, or the body attacking itself (Pokea 2010).

Homeopathy

Homeopathy, by its nature of practice, focuses on getting to the depth of an individual and to the essential root cause of the dis-ease/disease source. It goes about it, however, a bit differently than acupressure. By definition, homeopathy is based on the premise of "like cures like" and seeks to match the energy of the dis-ease/disease with the energy of its medicines. Homeopathic medicines can be of a plant, animal, or mineral original source and they are diluted hundreds to thousands of times so that only the energetic imprint of the medicine remains (Bioenergetic Medicine for Practitioners). The medicines are not a material source in the dilutions used to treat a patient, and they work on a level that is equivalent to the energetic "vital force" or life force of an individual (Hahnemann 1997).

To understand this better, it is to say that dis-ease/disease leaves an imprint of cellular memory in our physical body whether it comes from a physical, emotional, mental, or spiritual trauma. You can see under a microscope what a healthy cell looks like and what a diseased cell looks like, but there can be various causes to how a cell becomes diseased. It can be genetics, lifestyle, malnourishment, physical injury, or environmental toxicities or chemicals (Diaz 2010). Our emotions and mental patterns can also change cells, since increased stress that comes from extreme or constant emotions, trauma, or post-traumatic stress can change how cells receive nourishment and energy (Diaz 2010; Block 2010). When a body's cells become diseased over time and change the normal functioning of an individual on either emotional, mental, physical, or spiritual level, there is a specific energy that is connected to that which has its root in either an animal (survival), plant (sensitivity), or mineral (structural) energy (Sankaran 2004; Block 2010; Diaz 2010). The key is to find the essential match between that core issue/energy in the dis-ease/disease state and that of medicine.

Homeopathy is a yin/feminine therapy because is seeks to find the deepest and core state of an individual, the state that defines the disease energy. By providing a medicine that matches the disease state nearly exactly, the patient can work toward a curative state because such a medicine will work at a level deeper than the disease on repairing the vital force energy (Hahnemann 1997). While science is still determining how this works, the theory is that the energy of the homeopathic medicine eliminates the disease state because the medicine is stronger and deeper than the disease state when the dose is chosen correctly by assessing the level of the disease between the yin and yang levels as mentioned earlier (Little 2007).

Yin/Feminine Approaches

Now, before there is a discussion about men, boys, women, and girls, it should be said that "feminine" medicine or a "feminine" medical approach is not way of saying "take the man out" of medicine. It has nothing to do with being a man or a woman, since each man, woman, boy, and girl has both masculine and feminine energies. It does, however, define an approach to medicine that focuses beyond standard of care and into the home of individualized medicine. Just as yin/feminine energy is deep and core, understanding an individual's uniqueness along with the uniqueness of his or her disease is also a yin/feminine endeavor. Naturopathic medicine is known for setting itself apart from Western medicine by individualizing treatments that don't necessarily fit with an approved standard of care for a condition but with the root cause of dis-ease/disease and the essential nature of a patient. This is why it is essentially natural that naturopathic medicine could otherwise be known as a Feminine Medicine. The work of naturopathic medicine is feminine/listening/yin, and to apply its tools is masculine/manifesting/yang. Here are a few ways to look at the specific therapies within naturopathic medicine through a yin/feminine approach:

- **Physical Medicine/Naturopathic Manipulation**

Physical medicine can be approached from a yin or yang perspective and the softer and intuitive manipulations represent more of the yin approach while the force and aggressive manipulations are more of a yang approach. At times both may be necessary; however, with patients who have history of deep trauma (either emotional, mental, physical, or spiritual) or great sensitivity, a yin/feminine approach may be more suited in physical manipulations because they are more gentle and the patient is likely to receive this approach without awakening unwelcome aggravations.

- **Environmental Medicine/Nature Cure**

Naturopathic hydrotherapy, by its nature, can be an invigorating yang therapy because of its contrast between the use of heat and cold in a strong (but nonharming) range to help reset the circulatory patterns in the body needed to eliminate disease. To apply a yin/feminine approach to a yang therapy is to watch the reaction of the body and the person through each phase of the treatment and understand how to adjust the treatment to bring out the best invigorating response to the vital force. Like homeopathy, it is a discovery of the correct dose that