light, aggressive, masculine, branches, hollow, clear, magnetic, extroverted, and heat. Figure 1 shows the relationship between yin and yang and how both are part of the other.

When TCM is applied to naturopathic medicine in how we look at dis-ease/disease and symptoms, the yin is related to the root cause of disease and what is deep in a condition (what is core to the disease), and yang is related to the symptomatology of the disease and what is superficial (expressed in the disease). The yin aspect of disease is understood by listening and seeking to uncover the hidden causes that may not be seen. The yang aspect of disease is often expressed in the skin, signs, temperature of the body, and how someone walks and looks. A laboratory test result is a yang aspect, and the understanding for the cause of a lab test result is the yin aspect. To understand the layers of disease in a person, the first impression of a patient and the vital signs that are taken are the superficial and yang indicators. When a health-care practitioner talks with a patient with complete physical assessments and interviews, the deeper yin indicators of a disease condition are uncovered.

When the deepest roots of a dis-ease/disease are uncovered, a higher success can be achieved in choosing the correct method of treatment that will be effective and curative for dis-ease/disease. This is why both yin and yang approaches and therapies are necessary, while yin approaches and treatments will work more deeply at correcting the root cause. Once the level of disease is established by determining if the dis-ease/disease condition is yang (acute, superficial) or yin (chronic, life threatening), a health practitioner can apply the therapy or treatment that will specifically best suit that level of disease. Figure 2 shows relationships between the yin and yang organs of the body along with a sample of emotions and heart conditions.

Figure 3: Five Elements Relationships in Traditional Chinese Medicine
Source: http://www.chinadaily.com.cn/ezine/2007-05/11/content_870679.htm

In reality, any practice of medicine can be seen as yin or yang, depending on how you use it; however, based on what has just been shared, two specific therapies in relationship to naturopathic medicine can be seen as "yin/feminine" therapies for specific reasons. There are others and this leaves room to ponder, but here are a few examples as well as considerations for how to approach other naturopathic therapies from a yin/feminine perspective:

Figure 2: Yin and Yang Organs and Conditions
Source: Delhi 2012; Schoenbart and Shefi 2012

Yin Organs, Tissues, Conditions	Yang Organs, Tissues, Conditions
Heart	Small Intestine
Pericardium	Triple Warmer (Regulates temperature in the body)
Spleen	Stomach
Lung	Large Intestine
Kidney	Urinary Bladder
Liver	Gallbladder
Ligaments	Muscles
Bones	Blood
Joints	Skin
Angina	High Blood Pressure
Grief	Anger/Frustration
Depression	Anxiety
	Excess Yang Additives: Coffee, Cigarettes

Acupressure

Acupressure is a key yin/feminine therapy as its primary goal is to listen to the body through touch on specific acupressure points to help balance and remove energetic blockages that can manifest into physical, emotional, mental, and spiritual conditions. To learn what is core to the energetic imbalance, a health care practitioner must listen to a patient talk about the physical, emotional, mental, and spiritual sides of his or her complaint and then apply a protocol that is most suited to the root causes of the chief complaint. The practitioner looks at relationships within the Five Elements (Fire, Earth, Metal, Water, and Wood) to find imbalances in control and support cycle relationships. When the energetic balance is brought to the relationships between the five elements and their corresponding organs, the health in the body is restored. Figure 3 shows the five element relationships along with the corresponding support and control cycles.

In theory of Traditional Chinese Medicine, the "imbalance of yin and yang is one of the basic pathogeneses of a disease" (Li 2011). This is often termed as "preponderance" or having a greater influence of the yin or yang energy

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