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Hot and Cold Health: Controlling the Balance, Traditional Chinese Medicine and Ayurveda

Richard G. Heft

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Health and disease are relatively simple as the **body**, every **structure** nerves, organs, bones, muscles, hair, skin, nails, blood, mucous urine **function** memory, vision, digestion, circulation, respiration, reproduction, locomotion, elimination, immunity does nothing more than balance

- **Build up** increase, thicken, heat, expand
- **Break down** decrease, thin, cool, contract
- Via diet (building, cleansing, heating, cooling, drying, moistening nutrients, foods, herbs), exercise, sex, climate (hot, cold,dry, wet, windy) and thought

The correct **balance**, amounts of building up and breaking down produces **health**, pleasure via **normal** structure function, and is universal as there is only one **body**, **design**, maintenance **plan**, specific recommendations: diet, exercise, etc. for every structure function, healthy, diseased. Any other balance, greater or less, in the **extreme**, produces **disease**, pain via **abnormal**

Too much building, structure function (s/f)

- Thick, hard, **hot**, **cold**, oily, damp symptoms, diseases
- Blood clots, high cholesterol, plaque, atherosclerosis
- High blood pressure tumors, cancer, gout(uric acid)
- Constipation, stones, obesity, insomnia, ulcers
- Acne, psoriasis, rashes, dysmenorrhea, endometriosis
- Mucous, phlegm, cysts, stones, polyuria, diabetes
- Vaginal discharge, yeast infection, cellulite

Too little building, s/f, too much breaking down

- Thin, deficient, **cold**, dry symptoms, diseases
- Anemia (thin blood), fatigue, cold, numbness, shaking
- Amenorrhea, infertility, miscarriage, impotence
- Dry, cracked lips, nails, skin, eczema; arthritis
- Hypotension, autoimmune, constipation, loose stools

Controlling building up (hot) and breaking down (cold) via diet, exercise, etc. is the key to controlling, adjusting the body, health and disease. While most disease can have more than one cause, poor, non-recommended diet is often the major cause. which is why others and I via the recommended foods, herbs were able to change, **reverse**, build up, break down, heat, cool, dry, moisten, **restore** normal structure function, **cure**

- High cholesterol, atherosclerosis, obesity, edema
- High blood pressure, lower back pain, neuralgia

- Plantar Fasciitis, arthritis, impotence, common cold
- GIRD, heartburn, constipation, anal fissure, ADD
- Irritable Bowel Syndrome, anxiety, insomnia
- Dry cracked lips, nails, dry cough, sinusitis
- Acne, psoriasis, eczema, anemia, miscarriage
- Breast cancer, cystitis, yeast infection, cellulite

Hot and Cold Health is a simple guide to biology, physics (energy and matter) and natural healing based on western science, Traditional Chinese Medicine (TCM), Ayurveda and 40+ years personal and professional experiences: books, vegetarian, non- vegetarian diets, herbs, chi gung, yoga, meditation, Kushi Institute, owner operator health food store, acupuncture school, licensed Acupuncture Physician, Nutritional Counselor, case histories, mistakes, cures in my journey, desire to become a doctor. All I knew was that I wanted to help people heal themselves, and this book is one of the results.

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