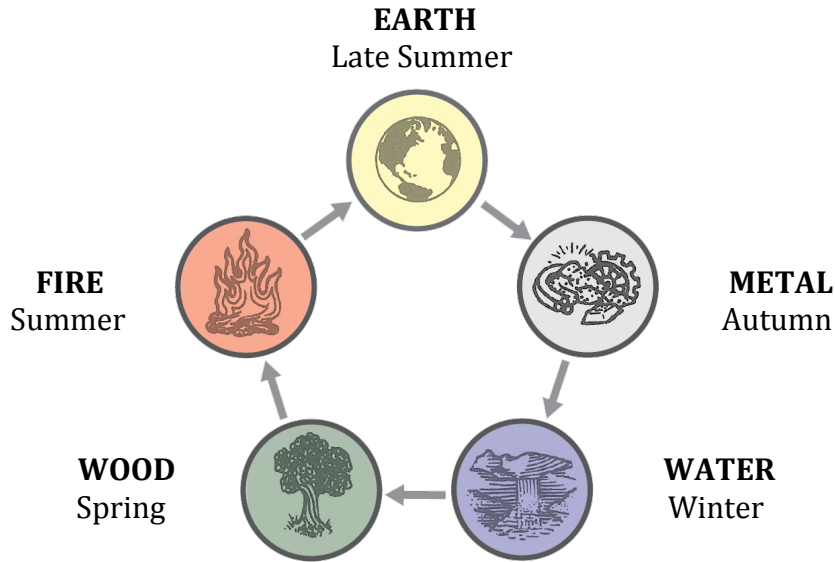


EARTH
Element
The DOYO

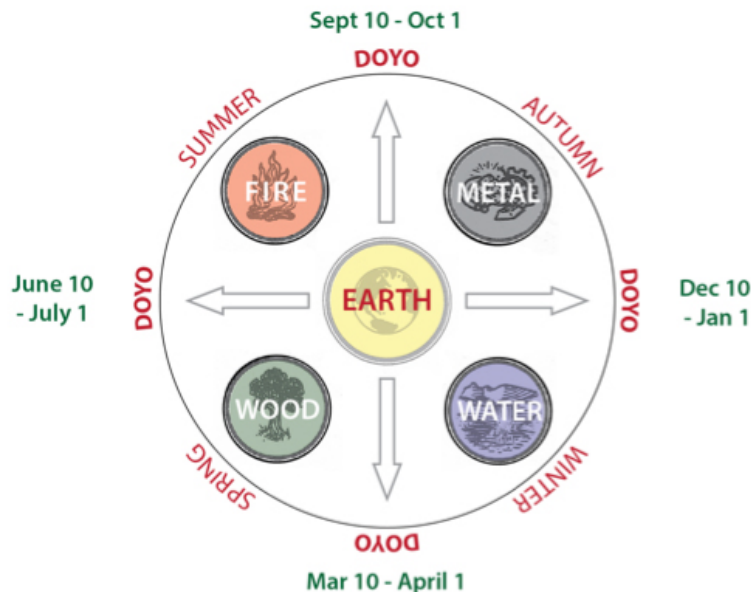
art of earth

EARTH – the Fifth Element and the Doyo

The System of Traditional Chinese Medicine that is the basis of the ALL Seasons Health Program and the book *Staying Healthy with the Seasons*, has five elements and seasons rather than the four that we’re used to in the West. This fifth element is Earth and its seasonal correspondence is Late Summer, so we get this picture of the year:



Earth is known as the Doyo and sits at the Center. The Doyo also occurs before and after of each Solstice and Equinox which creates this arrangement of the elements:



Doyo literally means “all together” and each of the elements is in play during this time. It is a short “season” - about 3 weeks - but it’s a busy one and a time to prepare for the changes ahead. In this program we’ll be revisiting this material four times during the year. We return to the center between seasons to rebalance and prepare.

Earth – Doyo – The Fifth Element & Season

Key topics:

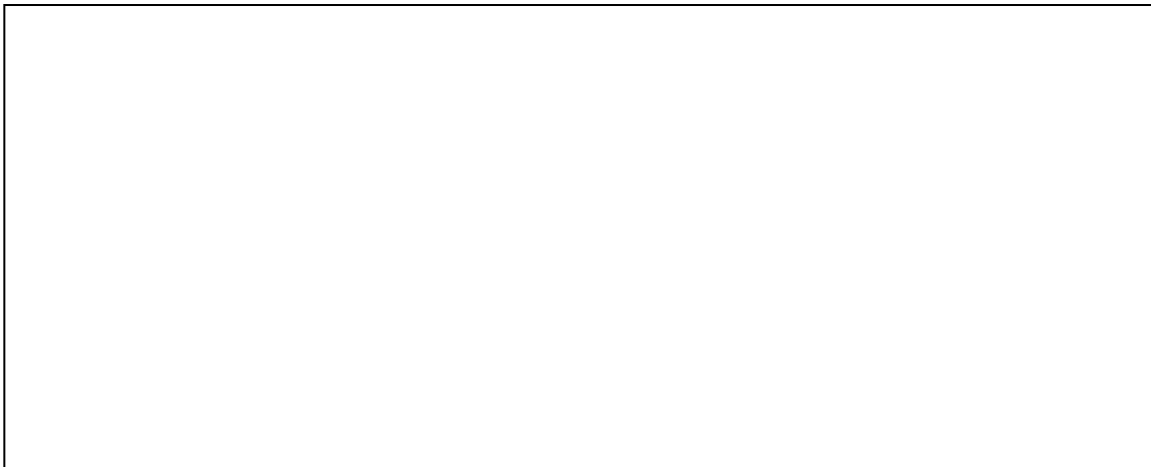
- The Elemental correspondences/associations
- Organs – Stomach/Spleen (Pancreas)
 - Digestion (Charts: Food Combining/Acid Alkaline)
- The Sugar Web
- Centering – Guided Visualization
- Herbs for Stomach and Spleen
- Review

Questions:

What is your sense/experience of the Doyo?

- Do you have associations with, or particular memories of, this “season?”
- Remember that it occurs four times each year – the following dates are approximate.
- **September 10 through October 1** – 10 days either side of the Autumn Equinox
- **December 10 through January 1** – 10 days either side of the Winter Solstice
- **March 10 through April 1** – 10 days either side of the Spring Equinox
- **June 10 through July 1** – 10 days either side of the Summer Solstice

It is interesting the school year in the US creates transitions around these four periods: back to school in early September, Christmas break over the Winter Solstice, Spring break around the Spring Equinox (Easter) and the Summer vacation typically beginning in June. So, we’re somewhat familiar with the Doyo already!



Which of the correspondences/qualities of the Earth Element resonate with you?

- this could be either attraction or resistance/antipathy

- Element: Earth _____
- Quality: Transition/Change _____
- Color: Yellow _____
- Direction: Center _____
- Sense: Taste _____
- Sense Organ: Mouth _____
- Fluid: Saliva _____
- Indicator: Lips _____
- Tissue: Flesh/Muscles _____
- Organs: Stomach _____
 - Spleen _____
 - Pancreas _____
- Smell: Fragrant _____
- Taste: Sweet _____
- Sound: Sing _____
- Emotion: Sympathy _____
- Climate: Dry _____
- Life Cycle: Manifestation _____

During the Doyo/Transition period observe your responses to these correspondences of the Earth Element. Don't forget your dreams! Review the discussion of the Earth Element on pages 96-98 in the book *Staying Healthy with the Seasons*.

Another line of enquiry is to notice and maybe track how your energy changes during the day (and the night). Each 24-hour cycle is like a microcosm of the year.

In Traditional Chinese Medicine each organ/meridian system has a 2-hour period of optimal performance and 12 hours later, a period of "weakness" (see pgs. 28-29). Do you have regular daily high and lows?

The Earth Element Organs: Stomach & Spleen

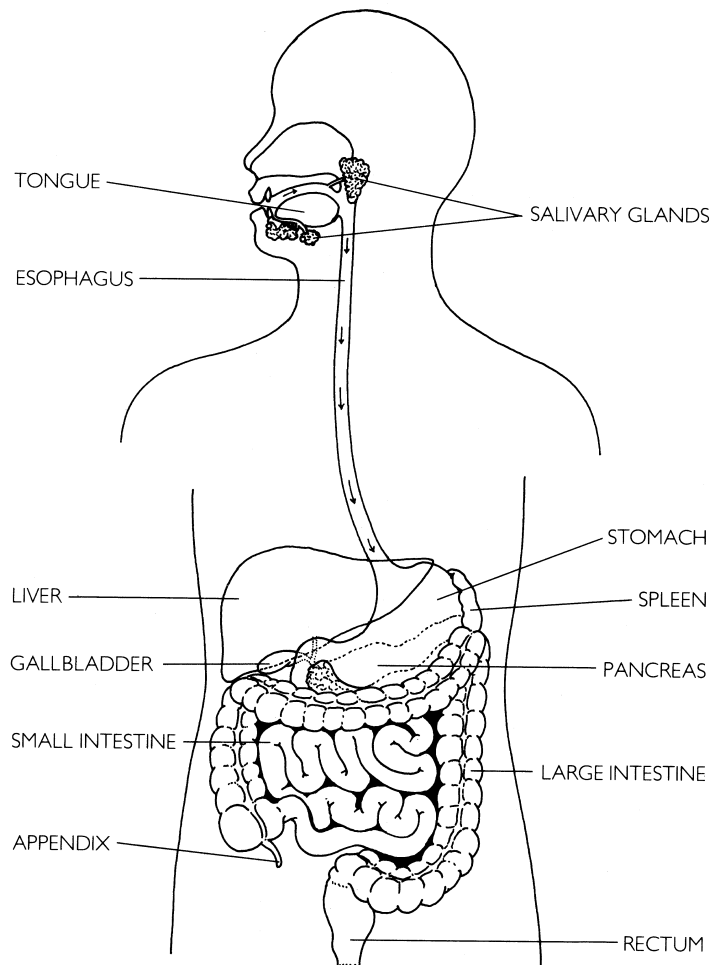
Because nutrition is the cornerstone of good health it is very helpful to have a basic understanding not only the functions of the stomach, spleen and pancreas, which are the organs associated with this Element/Season, but also the entire digestive system from start to finish.

On page 101 of *Staying Healthy with the Seasons* there is a detailed breakdown of the actions of each part of the system and the role that each plays in the digestion and assimilation of what we eat and drink. We'll cover the large intestine in more detail when we review the organs of elimination in the Autumn season module.

Become familiar with the Digestive System

- Tongue,
- Salivary Glands
- Esophagus
- Stomach
- Spleen
- Pancreas
- Liver
- Gall Bladder
- Small Intestine,
- (Large Intestine)
- Appendix
- Rectum

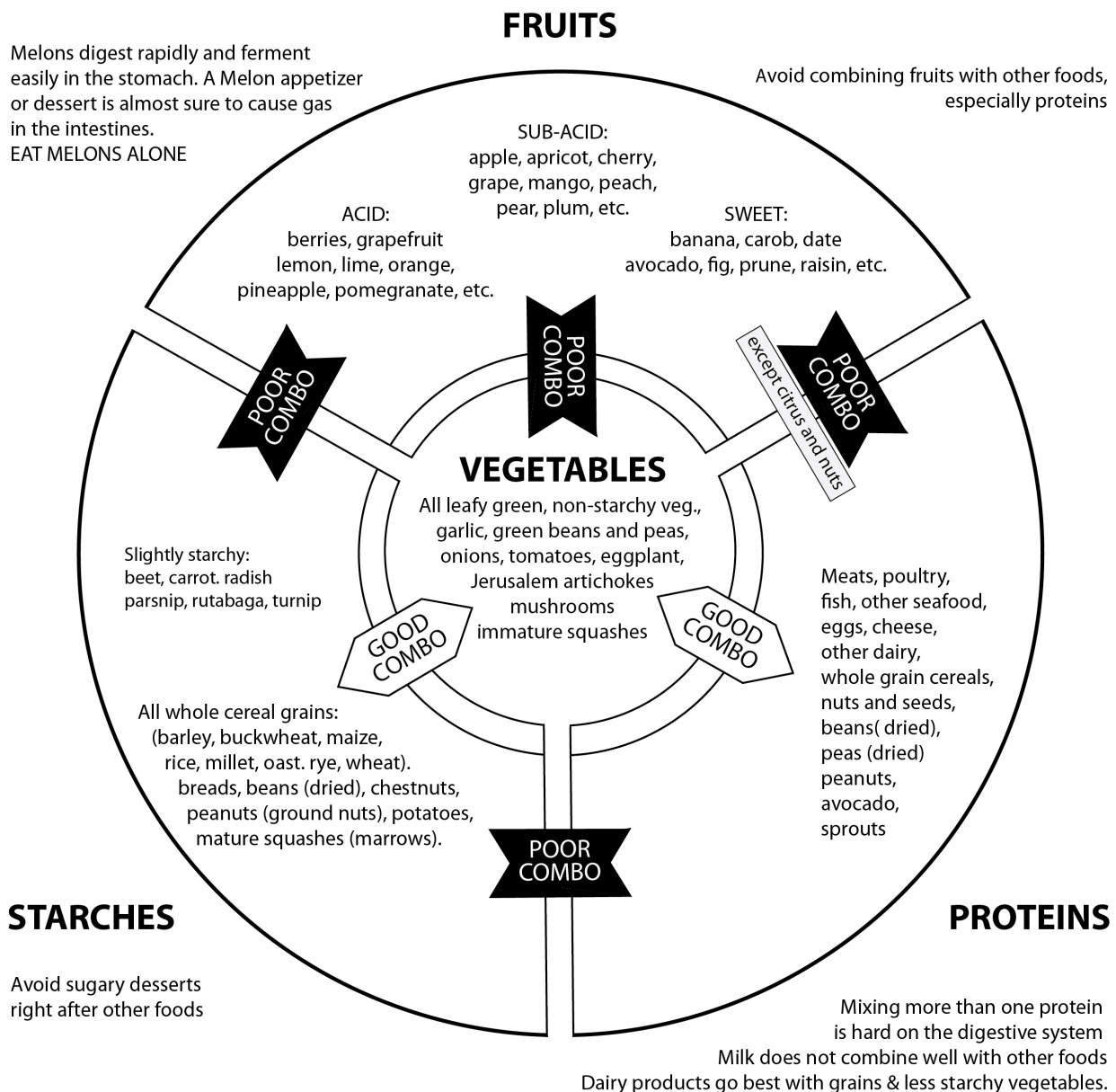
Although the teeth are not listed they are also an important part of the digestive process. Not chewing our food enough is one of the basic problems most of us have. Take your time with your food – eat slowly and appreciate.



Stomach-Spleen-Digestion

Consider tracking your daily food/beverage intake. Use the 2 charts on Food Combining and Acid Alkaline Foods below to see how your current nutritional choices align with these two useful tools. Dr. Haas also discusses the negative role that excess sugar can play in our diet, similarly with milk and alcohol (Foods on Trial pgs. 110-117). As part of this Doyo period use the daily tracking of your food/beverage in relation to these 3 foods to see how you might make changes in the weeks ahead. Use the tracker provided in the course.

FOOD COMBINING



ACID - ALKALINE

A diet which contains 70%-80% alkaline-forming foods is ideal for healthful living

FRUITS

Acid

Cranberries
Pomegranates
Strawberries
Sour fruits

Alkaline

Apples
Bananas
Citrus fruits
Dates
Grapes
Cherries
Peaches
Pears
Apricots
Plums
Papaya
Mangoes
Pineapple
Raspberries
Blackberries
Huckleberries
Elderberries
Boysenberries
Persimmons
Olives
Coconut
Figs
Raisins
Melons

GRAINS

Acid

Brown Rice
Barley
Wheat
Oats
Rye
Breads
Molasses

Alkaline

Millet
Buckwheat
Corn
Sprouted grains

BEANS & PEAS

Acid

Lentils
Navy
Kidney
Aduki

Alkaline

Soybeans
Limas
Sprouted beans

MEATS & DAIRY PRODUCTS

Acid

All meats
Fish
Fowl
Eggs
Cheese
Milk
Yoghurt
Butter

Alkaline

Non-fat milk

NUTS

Acid

Cashews
Walnuts
Filberts
Peanuts
Pecans
Macadamia nuts

Alkaline

Almonds
Brazil nuts

SEEDS

Acid

Pumpkin
Sesame
Sunflower
Chia
Flax

Alkaline

All sprouted seeds

SUGARS

Acid

Brown sugar
White sugar
Milk sugar
Cane syrup
Malt syrup
Maple syrup

Alkaline

Honey

OILS

Acid

Nut oils
Butter
Cream

Alkaline

Olive oil
Soy
Sesame
Sunflower
Corn
Safflower
Cottonseed
Margarine

VEGETABLES

All vegetables are *Alkaline* including starchy ones like potatoes, squash and parsnip

[Learn more about Acid-Alkaline Balance in Elson's blog at www.elsonhaasmd.com](http://www.elsonhaasmd.com)

The Sugar Web

The flavor associated with the Earth element is sweet so this is an appropriate time to take a closer look at our sugar intake.

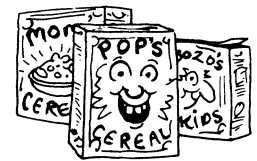
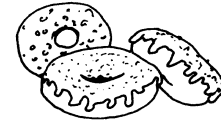
Our lives are filled with advertising in stores, magazines, television and online commercials, for the use of refined sugar products, from breakfast cereals to soda pop to salad dressings. *High fructose corn syrup* is a hidden ingredient in many popular processed foods, and I believe that this broad use of refined sugar products in our culture constitutes a major health problem. Its overuse is a primary source of illness, both physical and mental, affecting children and adults. It is a main contributor to common chronic conditions like obesity and diabetes.

These “sugars” have caloric energy, but no nutrition. They over stimulate the body and deplete many important and essential nutrients such as protein, vitamin Bs, zinc, chromium, and manganese, all which are necessary for physical, mental and emotional functioning, and whose deficiency has been associated with low blood sugar, fatigue, and depression.

When you take refined sugar into your body, it is close to your own internally produced glucose and escapes digestive processing, passing right through the intestines to be absorbed rapidly into the blood. This often creates a metabolic seesaw – from the sugar high to the low blood sugar crash – with attendant disruption of insulin balance as well as the over stimulation of adrenal and the pancreatic hormones. This can have serious long-term negative health consequences. Sugar can even become physically addictive, like a drug, not to mention its contribution to excess weight and obesity, especially in children.

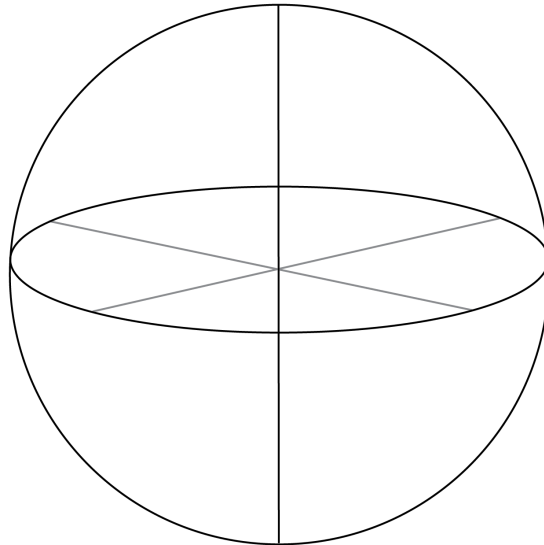
Fortunately there are good alternatives to refined sugars including honey and pure maple syrup in small amounts. Honey is nutritious and can be used in recipes in place of sugar at about one-half to two-thirds the amounts as it is sweeter and more concentrated. We also have date and coconut-based sugars. Still, these sugars, even the most natural ones, should not be a significant part of our overall diet.

If you are already part of this course you may be tracking your daily sugar intake already. If not, consider doing so. You can learn more about this key topic on Elson’s website in a blog called **The Glycemic Index and sugar in our diet**.



CENTERING – Guided Meditation

The Earth Element's place is at the center and learning how to center ourselves is a most valuable skill – a way of staying grounded or being in contact with the Earth in the midst of change and potential chaos. Here is an exercise Elson uses.



Picture a central point within you that is the meeting of a three-dimensional cross. You can choose any one of three points; between your eyes, your heart center, or your center of gravity near your navel – known as *hara* in Japanese and *Dan Tien* in Chinese.

The horizontal line extends left and right, connecting your two sides. This reflects the integration of the functions of the left and right brain hemispheres. Being centered involves an awareness of both the left brain's linear, sequential, logical, time-oriented and verbal functions, and the right brain's timeless, intuitive images existing in space.

The vertical line of above/below is your mind and body. The mind contains your thinking and the body is your senses. Yet to experience your senses, information must be communicated to your brain. The mind and body can easily battle. The mind has the power to override the body to a certain extent, only to have the body express itself possibly in anger throughout its various parts, resulting in dis-ease. The balancing of these two poles is key to long-term health.

The third line of your three-dimensional cross runs from inside to outside - in the center is you. The outer world, the environment of nature and other people, and the inner world of senses, feelings, thoughts, and inner voices must continually communicate.

Through the center we integrate these worlds. The point at which these three lines of life experience cross is your center.

Late Summer Herbs – for the Stomach and Spleen

These will be useful year-round

Herbal Tea Preparation

Each herb can best give its essence to the mixture as follows:

Hard Roots (e.g. comfrey, burdock) – simmer 20-30 minutes.

Soft Roots (e.g. licorice, marshmallow, ginger)
simmer 10-15 minutes,

Barks (e.g. cinnamon, sassafras) simmer 10-20 minutes

Seeds or Berries (e.g. fennel, fenugreek, anise, juniper)
simmer 5-10 minutes

Leaves (e.g. peppermint, rosemary, nettle}
Never boil or simmer! Just place in a pot and pour in boiling water
Steep 20 minutes

Flowers (e.g. chamomile, Hibiscus)
Don't cook – steep 10-20 minutes

Herbs for Late Summer: Stomach & Spleen

Stomach

Weak stomach acid/stimulate hydrochloric acid/better digestion
Mild tea of rosemary, dried orange peel
And/or ripe juniper berries
Drink one cup half and before meals

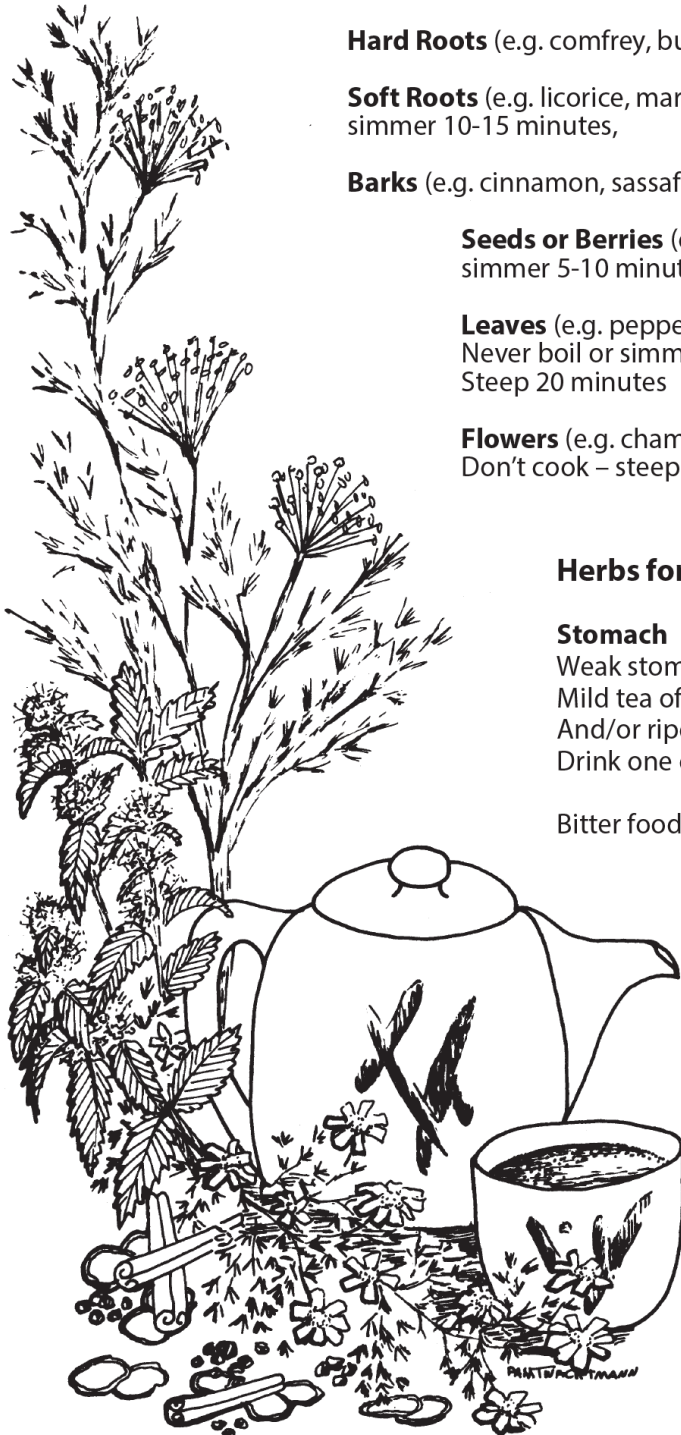
Bitter foods such as endive/chicory, dandelion greens, arugula

Gas, indigestion, hyperacidity:
A seed tea like fennel, anise,
fenugreek, cardamom
Some seeds can also be chewed

Licorice root: soothing/calming, mild laxative
Also catnip, thyme, cinnamon, chamomile,
ginseng, clove, caraway

Spleen

Fresh romaine, parsley, and/or celery juice.
Other fresh green juices such as comfrey leaf,
wheatgrass.
Also chamomile, fennel, golden seal,
dandelion, white oak bark, chicory/endive



DOYO REVIEW – EVALUATION

What was your experience during the Winter to Spring Doyo?

– *What stood out?*

– *What was missing?*

Where Do You Stand?

<u>IN-balance</u>											<u>IM-balance</u>
Adaptability	10	9	8	7	6	5	4	3	2	1	Resisting change
Relaxation	10	9	8	7	6	5	4	3	2	1	Drugs
Breathing deep	10	9	8	7	6	5	4	3	2	1	Shallow breathing
Balanced intake	10	9	8	7	6	5	4	3	2	1	Nervous eating
Preparation, faith	10	9	8	7	6	5	4	3	2	1	Apprehension

土

EARTH



in-balance
 adaptability
 relaxation
 breathing deep
 balanced intake
 preparation, faith

imbalance
 resisting change
 drugs
 shallow breathing
 nervous eating
 apprehension

At affati