

为什么疏通经络需要坚持3-6个月

人体胃细胞7天更新一次；
皮肤细胞28天左右更新一次；
肝脏细胞180天更换一次；
红血球细胞120天更新一次；

在一年左右的时间，身体98%的细胞都会被重新更新一次。而骨细胞更新需要7年。所以，不管你要美容、减肥、改善亚健康问题，都需要耐心，要坚持！！给身体一点时间，改变自己！用科学的方法，针对性的配方，让自己越来越健康，越来越美丽！

什么是调整反应？

在保健及调理过程中，必然会有各种各样的调整反应,这是好现象，说明身体的气血还算旺盛，正气能够被调动起来积极对抗病邪，一般反应越明显调理效果越好；反而，调理后如果人体没有明显的反应，则说明身体虚弱反应迟钝，那疾病被治愈也就会缓慢。

一、各种疼痛

各种疼痛，是由于血流量增强，硬化萎缩，瘀堵的微血管开始恢复弹性，后面推，前面堵，会牵拉周围的组织，就会反映疼痛，有的人反应强烈，有的人反应弱。

- 1、局部肌肉酸痛，胀痛，刺痛，这是肌肉微循环严重堵塞；
- 2、关于胯骨，颈椎，腰椎，酸痛，刺痛，痛无定处，这是关节炎，风湿性，类风湿性、股骨头炎的一种表现，越痛说明越严重；
- 3、意想不到的局部出现疼痛，说明这个部位有淤积；
- 4、全身无力，全身酸痛，或者发烧，这是月风病，风湿类疾病，心脏病，痛风病的反映，巨噬细胞吞噬病毒的能力增强了，机体应变能力差，暂时不能适合新的平衡；
- 5、头痛，这是脑血管萎缩，微循环瘀堵，脑肿瘤，脑神经功能不稳定的反映，微血管恢复弹性时，改变了周围组织的形态；

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- 6、小腹疼痛，胀痛，极不舒服，射是原来有盆腔炎，子宫位置不正，子宫肌瘤，子宫内膜异位，宫颈炎，阴道炎等的反映；
- 7、手足疼痛，这是末梢神经，微循环恢复的反映；
- 8、抽筋，腹部等部位酸痛加腹部疼痛：这是糖尿病或者胰腺炎等病人的反映；
- 9、腰疼，腰胀，腰酸：这是肾不好，肾炎，肾结石，膀胱结石，输尿管结石，输卵管，子宫肌瘤等疾病的反应，是活血化瘀，结石松动，血管恢复弹性的一种表现；
- 10、胃痛并发有呕吐，胀排气多，这是胃病，胆汁返流性胃炎，萎缩性胃炎，浅表性胃炎，胃窦炎等的反映，这是一种修复，排毒，提高胃功能的一种表现。

二、皮肤痒

糖尿病，血糖不稳定，肾病，肝胆类疾病，寄生虫病，肿瘤，内分泌紊乱的必然反映，是大量废物，病毒从皮肤排泄的表现。



- 1、白细胞吞噬能力增强，皮部组织出现奇痒，病变部位气血流通了；
- 2、肾功能不好，气滞血淤的人，会反映皮肤奇痒无比，是皮肤无法应对大量毒素的排出；
- 3、皮肤出现小红肿，小红块，风疹块，呕吐，是胆囊炎，胆汁返流性疾病的一种表现，人体血液、体液内的废物在皮肤弱酸环境中的反映。皮肤承受不了调节，产生各种新的瘀堵，这是暂时的；
- 4、皮肤溃烂，流水，脱皮，局部肿大，是皮肤微循环瘀堵，流通不畅的一种表现，是原来瘀堵和病变的局部被打通了；
- 5、淋巴痛，咽喉红肿，口腔内痒，咳嗽，这是淋巴结，咽喉，等有疾病或瘀堵，病毒结合物，废物体，淤血点，粘膜内废物开始松动或分解，疏通；
- 6、头皮痒、头屑多，这是典型的肾阳虚反映，原来瘀堵在头皮的毛囊内脂肪和废物被大量排出后产生的适应感觉。

三、眩晕

这是贫血，气虚，高血压，高血脂，高血粘度，痰阻，肝胆气不足人的表现，这是血流加快的一种表现，是由于原来很慢的血流量加快后，血管收缩能力跟不上，不同步的表现。

四、口干舌燥、尿频、放屁多

原来身体酸性过多，减肥时排出细胞内多年的水分，油腻，废物等物质所表现的特征，这是排酸的表现，需要大量喝水。

五、耳鸣、心慌、胸闷

这是鼻炎、咽喉炎、扁桃体炎、心脏病、高血压、腹痛的一种表现，这是活血化瘀的一种表现。



六、贪睡、睡不醒

这是体内毒素太多，血呈酸性，肝脏有病的一种表现，肝的排毒和修复，是要在睡眠中完成，这是修复的必然反映。

七、血脂、血糖、血压升高

许多人在保健及调理中，都会发生此类状况，这都是一种调整修复反映，同时，都是一种假性症状，不管怎样反映，自我感觉是良好的，不象过去的症状那么让人害怕，即根源已经好了，但还有一些调节现象没有结束。

- 1、血脂升高：高血脂、高血粘度的人的一种表现，细胞内的多余血脂被大量分解出，排到血液内，人体自身分解血脂的能力跟不上调整反应；
- 2、血糖升高：这是糖尿病、血糖高、胰腺有病的人特有的，也是一种假象反映，细胞多余的糖会被大量排出，细胞的活力大大增强，人体的自我感觉越来越好，如果细胞内堆积的糖分不排出，必然会产生各种并发症，细胞死了，器官组织必然会衰亡；
- 3、血压升高：这是高血压，血管萎缩，硬化特有的反映，血液循环增大了，血管的韧性未恢复，还不能适应环境的变化

MERIDIAN DREDGING NEED TO BE PERSISTED FOR 3-6 MONTHS?

The human body undergoes cellular renewal cycles:

- * Gastric cells are renewed every 7 days.
- * Skin cells renew approximately every 28 days.
- * Liver cells are replaced every 180 days.
- * Red blood cells renew every 120 days.

Within about a year, 98% of the body's cells are renewed, while bone cells take 7 years. Thus, whether for beauty, weight loss, or improving sub-health, patience is key. Give the body time to change! Use scientific methods and targeted approaches to become healthier and more beautiful.

What is an adjustment reaction?

During health care and conditioning, various adjustment reactions will inevitably occur. These are positive signs, indicating that the body's vital energy is strong enough to mobilize actively fight against pathogens. Generally, more obvious reactions mean better conditioning effects. Conversely, if there is no obvious reaction, it may suggest physical weakness or slow response, leading to slower disease recovery.

1. Various pains

Pain arises as blood flow increases, hardened, atrophied, or blocked microvessels begin to regain elasticity. The pressure from behind and blockage in front pull surrounding tissues, causing pain—some experience it intensely, while others feel it mildly.

1. Muscle soreness, pain, Indicates severe blockage in muscle microcirculation.
2. Pain in the hip, cervical, or lumbar spine, with stabbing or shifting pain: A manifestation of arthritis, rheumatism, rheumatoid arthritis, or femoral head inflammation. More severe pain suggests a worse condition.
3. Unexpected local pain: Indicates stagnation in that area.
4. General weakness, body aches, or fever: A reaction of Yuefeng disease, rheumatic diseases, heart disease, or gout, as macrophages enhance their virus-phagocytizing ability, and the body's stress response is temporarily unable to adapt to the new balance.
5. Headache: A reflection of cerebral vascular atrophy, microcirculatory blockage, brain tumors, or unstable brain nerve function, as microvessels regain elasticity and alter the surrounding tissue structure.
6. Lower abdominal pain and distension: A sign of previous pelvic inflammatory disease, abnormal uterine position, uterine fibroids, endometriosis, cervicitis, or vaginitis.

7. Hand and foot pain: A response to the recovery of peripheral nerves and microcirculation.
8. Cramps, abdominal soreness, and pain: A reaction in patients with diabetes or pancreatitis.
9. Low back pain, distension, and soreness: A response to kidney problems, nephritis, kidney stones, bladder stones, ureteral stones, fallopian tube issues, or uterine fibroids—indicating blood circulation promotion, stone loosening, and blood vessel elasticity restoration.
10. Stomach pain with vomiting, flatulence, and increased exhaust: A reaction of stomach diseases, bile reflux gastritis, atrophic gastritis, superficial gastritis, or antral gastritis—showing repair, detoxification, and improved stomach function

2. Skin itching

An inevitable reaction in those with diabetes, unstable blood sugar, kidney or liver diseases, parasitic infections, tumors, or endocrine disorders—indicating the excretion of large amounts of waste and toxins through the skin.



1. Enhanced white blood cell phagocytosis leads to itchy skin as the affected area's blood circulation improves.
2. People with poor kidney function or blood stasis may experience extreme itching due to the skin's inability to cope with massive toxin excretion.
3. Small red swellings, patches, hives, or vomiting: A sign of cholecystitis or bile reflux, as waste in blood and body fluids reacts in the skin's weak acidic environment. The skin temporarily cannot adapt, causing new blockages.
4. Skin ulcers, oozing, peeling, or local swelling: A sign of unblocked microcirculation in the skin, where original blockages and lesions are being cleared.
5. Lymph node pain, sore throat, oral itching, or cough: A sign of diseases or blockages in lymph nodes, throat, etc., as viral complexes, waste, blood stasis, and mucosal waste start to loosen or decompose.
6. Itchy scalp and dandruff: A typical reflection of kidney yang deficiency, as fat and waste originally blocked in scalp hair follicles are excreted in large amounts.

3. Dizziness

A reaction in those with anemia, qi deficiency, hypertension, hyperlipidemia, high blood viscosity, phlegm blockage, or insufficient liver and gallbladder qi—caused by accelerated blood flow, where blood vessel contraction cannot keep up with the new speed, leading to asynchronous responses.

4. Dry mouth, Frequent Urination, & Increased flatulence

A sign of excessive body acidity. When losing weight, water, oil, and waste accumulated in cells for years are excreted—indicating acid excretion, which requires drinking plenty of water.

5. Tinnitus, Palpitations, & Chest tightness

A manifestation of rhinitis, pharyngitis, tonsillitis, heart disease, hypertension, or abdominal pain—indicating blood circulation promotion and stasis removal.

6. Drowsiness & Difficulty waking up

A sign of excessive body toxins, acidic blood, or liver problems. Liver detoxification and repair occur during sleep, making drowsiness an inevitable reaction of the healing process.



7. Elevated blood lipids, blood sugar, & blood pressure

Many experience these during health care and conditioning. These are adjustment and repair reactions, as well as temporary "pseudosymptoms." Despite the numbers, one feels better than before—indicating the root cause is improving, though adjustment is not yet complete.

1. Elevated blood lipids: A reaction in those with hyperlipidemia or high blood viscosity, as excess lipids in cells are decomposed and released into the blood faster than the body can process them.
2. Elevated blood sugar: Unique to diabetics or those with high blood sugar/pancreatic issues. It's a false signal as excess cellular sugar is excreted, enhancing cell vitality. Retaining sugar in cells would lead to complications, while excretion signals improved self-feeling.
3. Elevated blood pressure: A reaction in hypertensive patients with vascular atrophy or sclerosis. As blood circulation increases, blood vessels haven't regained flexibility to adapt to environmental changes.

八、眼屎多、眼红肿、眼疼

这是肝气疏通上后，从眼中排出会使眼肉微循环，微血管，微弹性恢复疏通的一种表现，瘀堵在眼内的病毒向外排出的反映。

九、气急、气短、心跳加快

- 1、贫血：血流量增大，流动的速度快了，各种器官无法适应和调整；
- 2、心功能不好的人：心脏的搏血和回流血来不及协调。



十、手、脚、身体浮肿

这是糖尿病、肾病、膀胱病、心脏病、胰腺病人的一种表现。这是反映排泄快了，自身器官组织、修复、消化能力跟不上的反映。

十一、流血

- 1、流鼻血、流鼻水、流黄鼻水：这是血红素，不是鼻血，原来血管硬化，萎缩，或者原来流过血的人以及脾、肝功能不好的，调节后重新恢复功能的表现；
- 2、月经不停、出血时间长：严重气滞血瘀、子宫内膜增厚、子宫内膜异位、子宫肌瘤、宫颈糜烂；
- 3、便血：这是肠息肉、肠炎、痔疮病人的反映，活血化瘀过程中，将原组织在各部位的淤血分解后排泄出的反映；
- 4、尿血：这是肾结石、输尿管结石、膀胱结石人的反映，这是在疏通过程中结石松动，排泄中碰伤了血管内膜渗血的反映；
- 5、尿白浊：这是肾病、膀胱有病，这是消炎、消毒、恢复功能的反映
- 6、尿绿：这是胆有病，这是胆汁大量排出时，人体无法分解或者与各种食物结合，溶化的一种表现，也是一种恢复的表现。

以上调整反应是基于您每年定期体检对自身健康了解的情况下(可控范围内)，调理初期短暂的调整现象，而非长期症状，只要坚持调理，随着健康的改善，这些症状会逐渐消失。

8. Excessive Eye discharge, Redness& Pain

A sign of unblocked liver qi, as toxins blocked in the eyes are excreted, and eye microcirculation and vessel elasticity are restored.



9. Shortness of breath & Rapid Heartbeat

1. Anemia: Increased blood flow speed outpaces organ adaptation.
2. Poor heart function: Inability to coordinate blood pumping and return.

10. Hand, foot, & Body swelling

A reaction in those with diabetes, kidney disease, bladder disease, heart disease, or pancreatic disease—indicating faster excretion than the body's organ repair and digestion capabilities.

11. Bleeding and Discharge

1. Nasal Bleeding, Runny Nose, Yellow Nasal Discharge:

This is hemoglobin, not true nasal bleeding. It can occur in individuals with previously hardened or atrophied blood vessels, those who have experienced nasal bleeding in the past, or those with weak spleen or liver function. This discharge indicates a recovery of function after regulation.

2. **Prolonged Menstruation or Continuous Uterine Bleeding:** This reflects severe Qi stagnation and blood stasis. It may also be related to thickened endometrium, endometriosis, uterine fibroids, or cervical erosion.

3. **Rectal Bleeding (Blood in Stool):** Seen in individuals with intestinal polyps, colitis, or hemorrhoids. During the process of promoting blood circulation and removing blood stasis, this bleeding is a sign of old, stagnant blood being broken down and discharged from affected tissues.

4. **Hematuria (Blood in Urine):** Common in those with kidney stones, ureteral stones, or bladder stones. As these stones become loosened and begin to pass during treatment, they may scrape the lining of blood vessels, leading to bleeding.

5. **Cloudy or White Urine:** This may indicate kidney or bladder conditions. It reflects the body's anti-inflammatory and detoxification processes and a sign of functional recovery.

6. **Green Urine:** This indicates issues with the gallbladder. When large amounts of bile are released and the body cannot fully break them down—or when bile interacts with various foods—it may lead to green urine. This too is a sign of recovery.

These reactions are based on your regular health check-ups and your basic understanding of your current health. They are short-term responses that can happen at the beginning of the healing process, not signs of long-term illness. As you continue with proper care and treatment, these symptoms should slowly go away as your health gets better.

