



PE #4 Specific Nutrition

This mode is about finding the muscle specific foods / nutrition required to balance the qi
Mode may come up to balance an unlocking muscle / meridian or to support a locking
muscle / meridian to stay that way

Evaluation:

1. Mode in circuit - IM unlocks
2. CL MAP for meridian - 1st lock
3. Find meridian muscle - 1st lock
4. Close circuit
5. Find emotion
6. CL C1 & ear-acu points (and balance if needed) to ensure they are clear on their own before using them to screen the required nutrition

Tools / Resources

Paper squares or post-it notes to write the substance name on to / or vials / or actual food items

Balance:

1. Test muscle again - If unlocked put unlock in your circuit
2. Scan food list for associated muscle pages to balance - 1st lock
3. Test food against C1 and ear-acu points to ensure biogenic
4. Find specifics with reaction to nutrition - eg how much, how often and for how long

OR

1. Test muscle again - If locked
2. Scan food list for associated muscle pages to balance - look for IM change or a Y / N
3. Test food against C1 and ear-acu points to ensure biogenic
4. Find specifics with reaction to nutrition - eg how much, how often and for how long

Checking Changes:

1. Check emotion
2. Check mode