🔸 Week 1 –September.

Autumn Energy: Lung and Large Intestine

💊🍂 Pill 1: Autumn and the Hidden Energy – Introduction to Fu Qi

by Dolores Puertas

As we all know, with every seasonal change we see more clinical imbalances in our patients.
Why? Because:

"Not everything that makes us sick reveals itself at the beginning.
Some diseases lie dormant… waiting for their moment."

🔍 What is Fu Qi?
Fu Qi is a latent, silent pathogenic energy that may have lodged in deep layers of the body (especially in the Shaoyin/Xue regions), after bypassing the surface without clear symptoms.
It can reawaken years later, triggering diseases such as:

- Autoimmune conditions
- Certain types of cancer
- Viral relapses (like herpes)
- Chronic inflammatory syndromes

🎯 **Its particularity**: it does not manifest immediately, but it leaves an internal energetic imprint that can reactivate under stress, internal Heat, or when the *Jing* and *Zheng Qi* are weakened.

🍁 Why talk about Fu Qi in autumn?
Autumn is a time for drawing inward, for harvesting and introspection. According to TCM:

- It is the season of the Lung, which governs protection (Wei Qi).
- It's an ideal moment to work on deep, emotional layers.
- *Fu Qi* often "reappears" when the body lets down its guard — especially during seasonal shifts.

🧠 **Clinical reflection:**
How many animals do we treat that relapse “for no apparent reason”?
How many recurring diseases might be linked to latent pathogenic energy?

🧪 **Basic classification of (external) pathogenic factors**

Formless	**With form (Wu Zhi Xing)**
Climatic factors (Wind, Cold, Heat, Damp, Dryness) that disturb Qi	Viruses, bacteria, prions, identifiable toxins
Deep or latent emotional alterations (*Emotional Fu Qi*)	Epidemic febrile energies (*Wen Xie*)

🔄 Some Fu Qi derive from agents *with form*, while others are more subtle — such as unprocessed emotions (*emotional Fu Qi*).

💎 **Integrative clinical pearl**
Many Fu Qi become active again when there is:

- Yin or Blood deficiency
- Qi or Blood stagnation
- Jing depletion

👉 Treat the Kidney–Liver–Heart axis using formulas, acupuncture, or techniques like Ontake or PRP at Shaoyin-related points.

🔐 **Important:** Fu Qi is often difficult — or even impossible — to fully eliminate.
But we can live with it.
We can keep it at bay **as long as the immune system (Wei Qi)** is strong.
This is where our clinical work must shine.

💭 **What are you taking from this pill?**
❓ Can you identify patients with recurrent symptoms and “no visible cause”?
❓ What energy might you be overlooking in your treatments?
💬 Share a case in the forum where you suspect *Fu Qi* involvement.

💊 🌿 Pill 2: Lung and the Herbs that Release the Exterior

by Dr. Emiel van den Bosch

In autumn, the Lung becomes especially vulnerable. As the most exterior organ, it's the first to suffer when pathogenic factors enter from the outside. Wind is usually the first to strike — but it rarely comes alone.

"Wind is the carrier of a hundred diseases."
(Su Wen, Chapter 3)

So how do we help the Lung expel what doesn't belong? Through acupuncture and **herbs that release the exterior**.

🍃 When it's Excess: Wind-Cold and Wind-Heat

🔸 *Wind-Cold (acute onset, chills > fever, no thirst, clear nasal discharge)*

- 🪴 **Ma Huang Tang**: promotes sweating, releases the surface, stops cough.
  (⚠️ Use with caution – avoid in weak or dry patients!)
- 🪴 **Gui Zhi Tang**: for Wind-Cold with underlying deficiency (sweating, aversion to wind, fatigue). Gentle and harmonizing.
- Acupuncture points: **Du20, Li12, Li4, Lu13**

🔸 *Wind-Heat (sore throat, fever > chills, thirst, yellow discharge)*

- 🪴 **Yin Qiao San**: clears Heat, releases the surface, resolves toxicity.
- 🪴 **Sang Ju Yin**: for early-stage Wind-Heat with cough, mild fever.
- Acupuncture points: **Li11, Li4, Bl14, Lu1**

🧪 Clinical tip: These patterns are common in the first cold days of autumn, especially in young or outdoor animals.

🌫️ When it's Deficiency: Weak Metal, open pores, lingering Damp

Some animals don't show strong symptoms… but they keep getting sick. These are often **deficiency patterns** — the Lung is too weak to hold the exterior.

🔸 Signs: weak voice, spontaneous sweating, recurring infections, tiredness, sad demeanor.

🔸 Key formulas:

- 🪴 **Yu Ping Feng San**: tonifies Wei Qi, stabilizes the surface, prevents invasion.
- 🪴 **Sheng Mai San**: boosts Qi and Yin, especially in older or exhausted animals.
- 🪴 **Bu Fei Tang**: classic tonic for chronic Lung deficiency and cough.

🧬 Combine with:

- Gentle stimulation of points: **St36, Kd3, Lu9, Bl43**

💎 **Integrative Pearl**

Not every cough needs antibiotics.
Not every fever needs to be suppressed.
The real art lies in knowing **whether to expel or to tonify**, and **when to do both at once.**

💭 **Reflection for the forum:**

❓ Which pattern do you see more often in your patients: Wind invasion or Lung Deficiency?

❓ Share a case where herbal therapy helped resolve a stubborn cough or skin issue.

Summary Table

Chinese Herbal Formulas for Lung Patterns

	Pattern Type	Clinical Signs	Herbal Formulas	Key Actions	Acupuncture Points
Excess	Wind-Cold	Acute onset, chills > fever, no thirst, clear nasal discharge	🪴 **Ge Gen tang** 🪴 **Gui Zhi Tang (if underlying deficiency)**	releases the surface, clears cold from Tai Yang level stops cough.treats muscle stiffness and neck pain Harmonizes and strengthens with underlying deficiency	Du20, Li11, Li4, Lu11, Lu 7, BL12, SI 3
	Wind-Heat	Fever > chills, sore throat, thirst, yellow nasal discharge	🪴 **Yin Qiao San** 🪴 **Sang Ju Yin**	Clears Heat, releases exterior, resolves toxicity Early-stage Wind-Heat with cough	LI11, LI4, BL14, Lu1
Deficiency	Weak Lung Qi	Weak voice, spontaneous sweating, recurring infections, tiredness	🪴 **Yu Ping Feng San** 🪴 **Bu Fei Tang**	Tonifies Wei Qi, stabilizes surface Chronic Lung deficiency, strengthens Lung Qi	St36, Lu9, Bl43
	Lung Qi + Yin	Older or exhausted animals, lingering cough, dry symptoms	🪴 **Sheng Mai San**	Boosts Qi and Yin, supports recovery	St36, Kd3, Lu9

💊🍽️ Pill 3: Autumn Food Therapy to Support Immunity

by Dr. Juliet Decaestecker

In autumn, the Lung takes center stage.
It governs respiration, opens into the nose, and controls the skin and mucosa.
It is also the "tender organ" — sensitive, delicate, and easily affected by dryness, cold, and Wind.

🧭 In this season, **nutrition becomes your first treatment tool**.

🔪 Goal 1: Expel what doesn't belong — eliminate FPF (Pathogenic Factors)

When animals show signs of Wind-Cold or Wind-Heat — sneezing, nasal discharge, mild cough — we can use food as a gentle but effective first intervention.

🌀 Foods that help eliminate Wind-Cold:

- **Fresh ginger** – warming and dispersing
- **Garlic** (dogs/cats only, and in microdoses) – antiviral and surface-releasing
- **Leek** (dogs/cats only) – pungent and warming, opens the Lung
- **Oat or millet porridge** – warming, light, ideal for sensitive digestion
- **Horses**: use warm soaked **oats**, **ginger powder** (tiny amount), or **warm barley mash**

🔥 Foods that help clear Wind-Heat:

- **Peppermint infusion** – cooling and detoxifying (safe in all species)
- **Mung beans** (dogs/cats) – clear Heat and support detox
- **Pears** – moistens the Lung and soothes the throat (can be fed raw to horses in moderation).

  🍐 In Chinese medicine, the **pear peel** — **Lí Pí (梨皮)** — is specifically used to clear Lung Heat and moisten dryness. If tolerated, offering the pear **with skin** can enhance its therapeutic effect, especially in animals with **autumn dryness, dry cough or superficial Heat in the Lung**.

- **Chrysanthemum flowers** (if available) – dogs/cats; tincture or dried infusion

🐾 Suitable for dogs and cats (adapt preparation to species: broth, puree, etc.)

- **Horses**: use **peppermint**, **pear** as occasional treat, or **herbal cooling teas** in feed/water

🛡️ Goal 2: Strengthen the Lung and support Wei Qi

Some patients are always vulnerable. They catch every virus. Their skin is reactive. They never fully recover.
These are **Lung-deficient patients** — and **autumn is the time to build them up**.

🥣 *Key foods to strengthen Lung and Wei Qi:*

- **White foods (Metal element)**: cooked daikon, white yam, pear, rice
- **Gentle tonics**: small amounts of **Astragalus root (Huang Qi)** in soup or decoction
- **Lung-moistening foods**: almond milk (dogs/cats), sesame paste (dogs only), steamed pumpkin
- **Bone broths** (dogs/cats): long-cooked chicken or fish
- **Horses**:
    - Use **warm rice mash**, **cooked pumpkin**, and **Astragalus decoctions**
    - Avoid dairy, sesame, and animal broths
    - Emphasize **fluid preservation** and **warm cooked grains**

💧 ***Moisture is key*:** the dryness of autumn depletes fluids. Moisten gently without overburdening the Spleen.

🌿 Bonus: Functional foods and nutraceuticals for chronic Lung deficiency

📦 For animals with recurrent respiratory infections, skin issues or poor immune response, **integrative supplements** can provide deep support:

• **Reishi (Ganoderma lucidum):** strengthens Lung Qi and calms Shen
• **Cordyceps:** tonifies Lung and Kidney — ideal in elderly patients or post-viral fatigue
• **Chlorella or spirulina (microdoses):** support detox and Wei Qi, but use cautiously in

Damp conditions

• **Probiotics (Lactobacillus, Bifidobacterium):** restore gut-lung axis, especially after antibiotics

• **Glutamine powder or slippery elm:** repair gut lining and support Earth to nourish Metal

📌 *Always adjust according to species, constitution, and pattern*.

✅ **Horses**: All above can be used **if species-specific products** are available.
Always consult dosage guidelines and monitor digestive tolerance.

💎 Integrative Pearl

Let food do what medicine sometimes can't: **restore rhythm, nourish slowly, and build resistance from within.**

"When the Lung is nourished, the skin closes.
When the Wei Qi is full, nothing can enter."
(Su Wen, adapted)

🐴 Equine-Specific Summary

In horses, food therapy is gentle and seasonal.
Warm mashes, soaked grains, and herbal teas can help prevent respiratory issues and tonify Wei Qi.
Avoid animal-based products. Use herbs like **Astragalus**, **peppermint**, and **Reishi** with confidence.

💭 Reflection for the forum:

❓ What foods do you currently recommend for seasonal prevention?

❓ Share a patient who improved with dietary adjustments.

💊🎧 Pill 4: The Silence That Sickens – Emotional Fu Qi in Animals

by Dr. Albert Snijders

“Animals don’t forget what the body remembers.”

🧠 What is emotional Fu Qi?

It’s a *latent pathogenic energy*, not caused by viruses or bacteria, but by emotional trauma or high-impact experiences stored in tissues, organs, and channels.
Some call it *psychoshock*.
It often hides deep — and then appears when least expected, showing up as:

- Unexplained behaviors (aggression, phobias, anxiety)
- Chronic or shifting physical issues (dermatitis, colitis, asthma)
- Resistance to conventional treatments

🎯 **Emotional Fu Qi** often settles in the Liver–Heart–Kidney axis, disturbing the *Hun*, *Shen*, and *Jing*.

🐾 How does this show up in animals?

They don’t speak, but they *feel deeply*, *remember clearly*, and *somatize intensely*.

Some examples:

- Shelter dogs with abandonment trauma → chronic anxiety
- Cats exposed to constant change → idiopathic cystitis
- Horses with a history of abuse → tactile hypersensitivity

💡 These patients rarely respond to drugs or symptomatic acupuncture alone.
You need to look deeper — and listen with your hands and heart.

🔥 What reactivates emotional Fu Qi?

- Internal Heat (often from Yin deficiency or unresolved trauma)
- Stressful events (moving, loss, family tension)
- Medications with Shaoyin tropism (e.g. corticosteroids)
- Seasonal transitions — especially autumn and winter

🛠️ **Tools to help release emotional Fu Qi**

1. 🪡 **Acupuncture at Shaoyin or Sea of Blood points**
2. 🔥 **Gentle moxa or Ontake to create safe energetic contact**
3. 💉 **Homeopathy: Ignatia, Staphysagria, drainage remedies**
4. 🌸 **Bach Flowers: Rescue Remedy, Walnut, Star of Bethlehem**
5. 🌿 **Western herbs: Melissa, Rhodiola, Passionflower**

💎 **Clinical Pearl**

"It's not always a virus.
Sometimes... it's a memory."

💭 If an animal keeps showing symptoms despite your best treatments, ask yourself:
Is there a memory trapped in the body**?**

🌱 **Red flags to observe:**

- Floating or irregular pulses
- Purple tongue without active disease
- Hypersensitivity at Heart or Liver points
- Cases that improve... but keep relapsing

💬 **Reflective questions for the forum:**

❓ Have you treated patients who "only partially improve"?

❓ What techniques could help release trauma non-invasively?

💊 🌀 Pill 5 – Seasonal Energetics & Diagnostic Clarity: Reading the Hemispheres

by Dr. Kati Van den Bosch

“Diagnosis is not just about what you see.
It’s about when you see it.”

🌎 Energetic hemispheres: why seasons matter in diagnosis

In Traditional Chinese Medicine, each season doesn’t just influence weather — it reorganizes the internal hierarchy of the **Five Elements**.

Each season has:
• A **maximum** energetic expression (the ruling element)
• A **minimum** energetic support (its energetic opposite)

Understanding this dynamic helps us explain patterns we might otherwise mislabel.

🍂 In Autumn

→ The **Metal element** is at its peak.
→ The **Wood element** is at its weakest.

📌 What we see clinically:

- **Excess patterns** in the **Lung and Large Intestine**:
  • Sudden coughs, skin inflammation, rashes, dry stool, nasal discharges
  • Strong Wei Qi imbalances with external invasion
- **Deficiency patterns** in the **Liver and Gallbladder**:
  • Mild ataxia, weakness in coordination
  • Hypersensitivity to change, low frustration threshold
  • Poor ligament tone or chronic eye issues

🌱 In Spring (reversed)

→ The **Wood element** is at its peak.
→ The **Metal element** is at its lowest.

📌 Clinical mirror:

- **Excess in Liver & Gallbladder**:
  • Irritability, muscle tension, seizures, ocular heat
- **Deficiency in Lung & Large Intestine**:
  • Allergies, respiratory infections, weak skin immunity, fatigue

🐾 Veterinary example – Autumn

Patient: Elderly indoor cat with acute asthma triggered after the arrival of new kittens in the household. Symptoms worsen on damp-cold mornings.

🧪 **Diagnosis:** Damp-cold blocking the lungs due to emotional liver fire consuming fluids and yin (problems with change).

🎯 **Strategy:**
• Transform Dampness and disperse Cold
• Unblock the Lung Qi to restore respiration
• Harmonize Liver Qi to ease emotional constraint
• Support Wei Qi at the surface with warmth and rhythm (e.g., Ontake on Bl13 and soft fascia contact)
• Consider emotional trauma support via fascia (Ontake, rhythmic frequency 7.8 Hz)

💎 Clinical Pearl

“Look at the patient. But listen to the season.
What appears as excess… may only be relative to what is weak.”

🌱 Reflections for the integrative therapist:

❓ Are you taking into account the **energetic hemispheres** when evaluating your patients?
❓ What looks like excess… could it be the contrast with an exhausted opposite?

🧭 WEEK 1 SUMMARY MAP – Key Concepts

🔹 **Fu Qi**: latent, hidden pathogenic energy that may trigger autoimmune disease, cancer, chronic inflammation, or viral relapse — often reactivates in autumn.

🔹 **Lung physiology**: governs Wei Qi, the skin, mucosa, and respiration. It is the most exterior and delicate organ.

🔹 **Wind-Cold vs. Wind-Heat**: clearly differentiated patterns — treat with formulas like *Ma Huang Tang*, *Gui Zhi Tang*, *Yin Qiao San*, or *Sang Ju Yin*.

🔹 **Lung Deficiency**: weak surface, spontaneous sweating, frequent infections — use *Bu Fei Tang*, *Yu Ping Feng San*, *Sheng Mai San*.

🔹 **Food Therapy**:

- Expel Wind-Cold: ginger, garlic, leek, warm porridge
- Clear Wind-Heat: pear, mung beans, peppermint, chrysanthemum
- Tonify Lung & Wei Qi: almond milk, sesame paste, steamed pumpkin, astragalus

🔹 **Nutraceuticals**:

- *Reishi* (Ganoderma): tonifies Lung Qi, calms Shen
- *Cordyceps*: supports Lung & Kidney in elderly or exhausted patients
- *Chlorella/Spirulina* (⚠️ caution in Damp conditions)
- *Probiotics*: restore gut-lung axis after antibiotics
- *Glutamine*, *slippery elm*: repair gut lining to nourish Metal via Earth

🔹 **Emotional Fu Qi**: psychosomatic imprint of trauma — affects the Heart–Liver–Kidney axis. Common in mistreated or hypersensitive animals.

🔹 **Seasonal energetics**: in autumn, Metal (Lung/Large Intestine) is strongest, while Wood (Liver/GB) is weakest → relative excess and deficiency patterns appear.

"The strength of the Lung is not only in breathing... but in letting go of what no longer serves."