Identifying the cause of the patient's disharmony is an important part of East Asian medical practice. It is important not to consider the presenting disharmony as the cause of disease. Emotional strain belongs to:

A. Internal causes of disease
B. External causes of disease
C. Miscellaneous causes of disease

The 'internal' causes of disease are those due to emotional strain. Traditionally, internal, emotional causes of disease, injuring the internal organs directly, were contrasted to the external, climatic causes of disease, which affect the Exterior of the body first.

- In practice it is important to keep these new causes in mind as possible causes of disease, and it might therefore be necessary in certain cases to integrate Eastern diagnosis with other Western diagnostic tests to find the cause of the disease.
- Examples: radiation, pollution, chemicals in food, medical drugs, recreational drugs, occupational Environment, etc.
MISCELLANEOUS CAUSES OF DISEASE

<table>
<thead>
<tr>
<th>Weak constitution</th>
<th>Overwork</th>
<th>Excessive physical work</th>
<th>Excessive sexual activity</th>
<th>Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trauma</td>
<td>Parasites and poisons</td>
<td>Wrong treatment</td>
<td>Medicinal drugs</td>
<td>Recreational drugs</td>
</tr>
</tbody>
</table>

Overeating is an common cause of disease in our society. From the point of view of East Asian Medicine, overeating weakens the ____________, leading to accumulation of ____________.

A. Liver/Gallbladder, Wind
B. Heart/Small Intestine, Heat
C. Spleen/Stomach, Dampness/Phlegm
D. Kidney/Bladder, Cold

- Dietary habits can become a cause of disease if diet is unbalanced from either a quantitative or a qualitative point of view.
- Excessive consumption of sugar is also an important cause of Phlegm in Western countries.

<table>
<thead>
<tr>
<th>Insufficient eating</th>
<th>Overeating</th>
</tr>
</thead>
<tbody>
<tr>
<td>leads to _______________</td>
<td>weakens the Spleen and leads to _______________</td>
</tr>
</tbody>
</table>

Which of the following has the risk of malnutrition?
A. poor elderly people living alone
B. people with very strict diets
C. those who suffer from anorexia and/or bulimia
D. All of the above

Malnutrition is an obvious cause of disease. In its broad sense, malnutrition exists not only in poor Third World countries but also in rich industrialized countries where it is present in certain less obvious forms.

<table>
<thead>
<tr>
<th>Anorexia Nervosa</th>
<th>Bulimia Nervosa</th>
</tr>
</thead>
<tbody>
<tr>
<td>mainly refers to starving on purpose to create a skeletal like body</td>
<td>Refers to binge eating followed by purging, resulting in an average or overweight body due to the residual amount of calory</td>
</tr>
<tr>
<td>Patient are very thin or emaciated most of time</td>
<td>Patient usually have an average weight ideal for their height and age or in some cases, an obese body</td>
</tr>
<tr>
<td>Patient prefer to starve or eat less</td>
<td>Patients eat heavy meal followed by purging</td>
</tr>
<tr>
<td>May result in conditions like amenorrhea, osteoporosis, infertility, etc</td>
<td>May result in heart failure and damage to esophagus and teeth</td>
</tr>
</tbody>
</table>

What Is Female Athlete Triad?
Some girls who play sports or exercise intensely are at risk for a problem called female athlete triad. Female athlete triad is a combination of three conditions: disordered eating, amenorrhea, and osteoporosis. A female athlete can have one, two, or all three parts of the triad.
A vegetarian diet by itself is not a cause of disease. However, being a vegetarian does necessitate being more aware of food combining to ensure an adequate intake of protein. A lack of animal food may induce a __________, especially in women.

A. Qi deficiency  
B. Blood deficiency  
C. Yin deficiency  
D. Jing deficiency

• Vegetarians tend to eat a lot of salads and cheese, both of which are cold in energy and, in addition, cheese also tends to lead to the formation of _______ or _______.  
• Of course, it should be stressed that a vegetarian diet with proper attention to food combining and a balance of ____ and _____ foods can be extremely healthy.

All foods (and herbs) are classified according to their ‘energy’ into cold and hot foods.

<table>
<thead>
<tr>
<th>Foods are classified as ‘cold’ from two points of view:</th>
</tr>
</thead>
<tbody>
<tr>
<td>they have a ‘cold’ energy</td>
</tr>
<tr>
<td>e.g. lettuce</td>
</tr>
</tbody>
</table>

Excessive consumption of what Eastern medicine considers to be cold-energy foods (such as raw foods, salads, ice-creams, iced drinks, and fruit) may weaken the Spleen, in particular _______.

A. Spleen Qi  
B. Spleen Blood  
C. Spleen Yang  
D. Spleen Yin

• The Spleen likes dryness and warmth in food and dislikes excess of fluids and cold.  
• An excessive consumption of the above foods will be very difficult to digest and may weaken __________, causing diarrhea, chilliness, cold mucus, abdominal pain and distension. Thus, particularly, those who have a tendency to Spleen deficiency should not consume raw and cold foods in excess.

Excessive consumption of sweet foods and sugar, extremely common in our society, gives rise to __________.

A. Dampness  
B. Yang deficiency  
C. Yin deficiency  
D. Qi stagnation

• Excessive consumption of sweet foods and sugar blocks the Spleen function of transformation and transportation and gives rise to __________, with such symptoms as upper respiratory catarrh, abdominal distension and fullness, mucus in the stools and vaginal discharges.  
• One cannot define in absolute terms what is an ‘excessive’ consumption of foods, as this is relative to the constitution of the person, the season and the occupation.
Excessive consumption of hot-energy and spicy foods, such as curry, alcohol, lamb, beef or spices, gives rise to ______ symptoms.

A. Cold
B. Heat
C. Phlegm
D. Yin deficiency

- Excessive consumption of hot-energy and spicy foods gives rise to _____ symptoms, especially of the Stomach or Liver, such as a bitter taste, a burning sensation in the epigastrium and thirst.
- The Stomach may suffer from excessive consumption of foods that are either too hot or too cold in terms of energy. Excessive consumption of hot foods (which includes red meat, spices, and alcohol) may cause _____ in the Stomach.

Which animal products consist of cold nature?

A. Lamb
B. Chicken
C. Beef
D. Pork

Excessive consumption of greasy and fried foods gives rise to the formation of ________.

A. Heat
B. Blood stasis
C. Phlegm or Dampness
D. Yang deficiency

- Excessive consumption of greasy and fried foods (such as any deep-fried foods, milk, cheese, butter, cream, ice-cream, banana, peanuts or fatty meats) gives rise to the formation of ____________, which in turn obstructs the Spleen function of transformation and transportation.
- This may cause various Phlegm symptoms, such as sinusitis, a nasal discharge, a ‘muzzy’ feeling of the head, dull headaches, bronchitis and so on.

Over-consumption of:

<table>
<thead>
<tr>
<th>cold foods</th>
<th>sweets and sugar</th>
<th>hot foods</th>
<th>greasy foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>strengthens Spleen-Yang</td>
<td>leads to Dampness and Phlegm</td>
<td>leads to Heat</td>
<td>leads to Dampness and Phlegm</td>
</tr>
</tbody>
</table>
Eating in a hurry, discussing work while eating, going straight back to work after eating, eating late in the evening and eating in a state of emotional tension are all habits that interfere with a proper digestion of food and, in particular, lead to deficiency of ________.

A. Liver Blood  
B. Spleen Yang  
C. Stomach Yin  
D. Kidney Yin

- This manifests with a tongue with rootless coating, or no coating in the centre, thirst, epigastric pain and dry stools.
- EAM considers not only what one eats but also how one eats it. One can eat the best-quality, perfectly balanced food available, but if it is eaten in the wrong circumstances it will also lead to disease.

Generally speaking, the Stomach prefers foods which are ________ and not too dry; the Spleen prefers the opposite, i.e. foods that are ________.

A. dry; moist  
B. moist; dry

<table>
<thead>
<tr>
<th>Stomach prefers</th>
<th>Stomach dislikes</th>
</tr>
</thead>
<tbody>
<tr>
<td>moist foods (porridge, soups)</td>
<td>dry foods (baked or broiled foods) including bread</td>
</tr>
</tbody>
</table>

If the person eats foods which are too dry (such as baked and broiled foods), the Stomach may become dry and eventually suffer from Yin deficiency.

If a person suffers from a Yang deficiency, it is appropriate to eat more of the ________ foods. If the person is engaged in heavy physical work, it is appropriate to eat more of the ________ foods.

A. hot  
B. cold  
C. dry  
D. moist

Diet is obviously the main cause of disease for the Stomach. This can be approached from many viewpoints concerning:

- nature of the food eaten  
- regularity of eating times  
- conditions of eating

<table>
<thead>
<tr>
<th>Hot food</th>
<th>Cold food</th>
</tr>
</thead>
<tbody>
<tr>
<td>appropriate for someone suffering from Yang deficiency, or living in a very cold country.</td>
<td>appropriate for someone suffering from excess of Heat, or living in a very hot country.</td>
</tr>
</tbody>
</table>
Excessive consumption of raw vegetables, fruit and cold drinks (cold foods) causes ________.
A. Stomach Cold
B. Stomach Heat
C. SP Qi deficiency
D. LV Qi stagnation

<table>
<thead>
<tr>
<th>Excessive consumption of meat, spices and alcohol (hot foods)</th>
<th>Excessive consumption of raw vegetables, fruit and cold drinks (cold foods)</th>
</tr>
</thead>
<tbody>
<tr>
<td>causes Stomach-_______</td>
<td>causes Stomach-________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Overeating</th>
<th>Undereating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overeating prevents the Stomach from digesting food properly and causes food retention</td>
<td>Undereating or too strict or unsuitable diets lead to Stomach and Spleen deficiency</td>
</tr>
</tbody>
</table>

Eating at regular times is important because the body has a natural rhythm of Qi flow in different organs at different times. Therefore, it is important to have meals at regular times as follows EXCEPT:
A. To eat a proper breakfast
B. Not to eat over or undereat
C. Nibble between meals
D. Not to eat late at night
E. Not to eat too fast

• Irregular eating does produce Stomach disorders.
• It would be inappropriate to nibble when Stomach-Qi is digesting other foods.
• Constant nibbling or eating too fast does not give the Stomach time to digest food properly and leads to ____________.

<table>
<thead>
<tr>
<th>To eat a proper breakfast</th>
<th>Not to over or undereat</th>
<th>Not to nibble between meals</th>
<th>Not to eat late at night</th>
<th>Not to eat too fast</th>
</tr>
</thead>
</table>

Eating late at night (a time of Yin) leads to _______________ deficiency.
A. Stomach Yin
B. Stomach Yang

Eating late at night, a time of Yin, forces the Stomach to use its Yin energy and leads to Stomach-Yin deficiency.
The emotional frame of mind at meal times is important. If one eats while worrying about something such as one’s work, it will lead to Stomach __________ the Stomach or Stomach-Qi rebelling upwards. If one eats in a state of sadness, it may lead to Stomach __________.

A. Qi deficiency, Qi stagnation  
B. Qi stagnation, Qi deficiency  
C. Blood stasis, Blood deficiency  
D. Blood deficiency, Blood stasis

- Apart from the nature and amount of food eaten and the time at which it is eaten, the accompanying circumstances are also extremely important.  
- One might eat the purest and most balanced food at absolutely regular times, but if this is eaten in a negative frame of mind, such as when one is very sad, angry or worried, it will not do one any good.

<table>
<thead>
<tr>
<th>Eat while worrying</th>
<th>Eat in a state of sadness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi stagnation, Rebellious Qi</td>
<td>Qi deficiency</td>
</tr>
</tbody>
</table>

Eating on the run, grabbing a quick bite during a short lunch hour and eating while working also cause __________.

A. Qi stagnation in the Stomach or Stomach-Qi rebelling upwards  
B. Spleen Qi deficiency  
C. Kidney Yin deficiency  
D. Liver Wind

If meal times are a regular opportunity for family arguments, even the best of foods will not be digested and will cause food retention in the Stomach and Qi stagnation in the Middle Burner or Stomach-Qi rebelling upwards.

A frequent cause of disease in early childhood is diet. Weaning a baby too early (as the tendency is more and more today) may cause _______.

A. Dampness of Phlegm  
B. Qi stagnation  
C. Blood stasis  
D. Spleen deficiency

<table>
<thead>
<tr>
<th>Weaning a baby too early</th>
<th>Feeding a child too much cow’s milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>may cause _______________</td>
<td>may cause _______________</td>
</tr>
</tbody>
</table>

Modern Changes in Food

- A great many discoveries have been made in recent years to completely revolutionize our ideas on diet. For example, the role of vitamins and minerals in health and disease have been discovered only relatively recently.
- Our food contains an incredible variety of chemicals, in the form of preservatives, flavoring’s, emulsifiers, nitrates, hormones, and antibiotics, etc.
- All these modern changes in the production of food and modern research on food are important and need to be taken into account when considering diet as a cause of disease.
What is the definition of overwork?
A. Excessive physical work
B. Working excessively long hours for many years

- ‘Overwork’ becomes a cause of disease because the lifestyle associated with it usually also involves an irregular diet and some emotional stress (particularly worry).
- Common scenario: Overwork + Irregular diet + Emotional stress

A 45-year-old male patient presents with the following symptoms: fatigue, insomnia, dream-disturbed sleep, palpitations, tongue sores, night sweats, nocturnal emissions, forgetfulness, and the inability to concentrate, even for short periods of time. Upon questioning, he shares his daily routine of getting up at 6 in the morning to catch a 6:30 downtown subway train. He then arrives, to work in an office under stressful conditions, then returns home late at 8 pm. Daily eating habits are infrequent and irregular. When he does eat, the meal consists of a sandwich consumed at his desk while working. This routine has been the same for the past 15 years. What is the “main” etiology of his symptoms?
A. Overwork
B. Excessive physical work
C. Weak constitution
D. Emotional stress
E. Diet

- Very many people in modern Western countries lead a hectic life that severely depletes their Qi.
- Many Western patients have lost all sense of balance between work and rest and overwork is a major cause of disease
- Overall, East Asian medicine places great emphasis on the importance of proper balance between work/rest, work/relaxation, and the rhythms between them.

Effects of overwork in relation to Qi and Yin

<table>
<thead>
<tr>
<th>When we work or exercise</th>
<th>Whenever we rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>using up Qi</td>
<td>Qi is restored</td>
</tr>
</tbody>
</table>

In our daily activities of work and exercise, we normally use ________.
A. Yin substance
B. Kidney Essence
C. Yang Qi

There are actually two levels of Qi to be considered here.

<table>
<thead>
<tr>
<th>Post-Heaven Qi (Yang Qi)</th>
<th>Yin substances</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Formed by the SP/ST from food on a daily basis</td>
<td>• Being the foundation and nourishment of the body</td>
</tr>
<tr>
<td>• Constantly replenished, and provides the energy for our daily activities</td>
<td>• Determine our basic body nourishment and long-term resistance to disease</td>
</tr>
</tbody>
</table>
provide the physiological basis for more long-term reservoirs of energy.

A. Yin substance
B. Yang energy

<table>
<thead>
<tr>
<th>Yang Qi</th>
<th>Yin substance</th>
</tr>
</thead>
<tbody>
<tr>
<td>In our daily activities of work and exercise, we normally use Qi, in particular Yang Qi.</td>
<td>Yin substances provide the physiological basis for more long-term reservoirs of energy.</td>
</tr>
</tbody>
</table>

Under normal circumstances, the Qi used up in normal work and exercise is quickly restored by proper diet and rest.

**Overwork short-term**

A person who has been working very hard for a week, perhaps working towards exams, and who has been staying up until the early hours of the morning and eating poorly

- Pulse → weak and deep
- Adequate rest and a good diet
- The pulse will return to normal in about 2 or 3 days.

This shows that while Qi (Post-Heaven Qi) can be quickly used up, it can equally rapidly be restored by rest. In such a situation, the patient does not need any treatment but just rest.

**Overwork long-term**

One works extremely hard and for very long hours over many years without adequate rest

- The body has no chance of restoring the Post-Heaven Qi fast enough → before it has made up the lost Qi, the person is working again, using up more Qi.
- When one overworks beyond the point that Qi can keep up with the demands, then one is forced to draw on the Yin substances to face the demands of this lifestyle.
- At this point, the Yin will begin to be depleted and symptoms of Yin deficiency may appear.

When this point is reached, even adequate rest will not help the situation very quickly, and the situation will be rectified only by a radical change in routine and taking more rest on a regular basis.

**Which substance replenish gradually over a long period of time by modified lifestyle?**

A. Qi
B. Yin

<table>
<thead>
<tr>
<th>Qi</th>
<th>Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>replenishes rapidly</td>
<td>replenishes gradually</td>
</tr>
</tbody>
</table>
Qi and Yin represent two levels of energy. Qi is used up by working and replenished by rest. When a person overworks, Qi cannot be replenished fast enough and _____ is used instead.

A. Yin  
B. Yang

<table>
<thead>
<tr>
<th>Work</th>
<th>Overwork</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use _____</td>
<td>Use _____</td>
</tr>
</tbody>
</table>

Overwork over many years is a major cause of _____ deficiency

A. Qi  
B. Blood  
C. Yin  
D. Yang  

- Overwork over many years is a major cause of Yin deficiency and particularly Kidney-Yin deficiency.  
- In some cases, it may also cause a Kidney-Essence (Jing) deficiency.

Overwork’ consists in working long hours without adequate rest for years. Overwork leads to Yin deficiency, especially _______ Yin deficiency.

A. Liver  
B. Heart  
C. Lung  
D. Kidney

- Qi deficiency ⇒ Yin deficiency ⇒ KD Yin deficiency ⇒ KD Jing deficiency

Excessive mental work and concentration weakens the _______.

A. Liver  
B. Spleen  
C. Lung  
D. Kidney

Mental overwork is a particular kind of overwork. In this case, the person does not necessarily lead a hectic life but works long hours in a sedentary occupation involving mental work. Excessive mental work and concentration weakens the _______.

Excessive physical work includes EXCEPT
A. physical work in the course of one’s occupation (e.g. removal men)
B. excessive physical exercise (e.g. gym work-out)
C. excessive sport (e.g. football)
D. excessive lifting
E. excessive ballet
F. Working excessively long hours for many years

A reasonable amount of exercise is of course beneficial and essential to good health. But exercise carried out to the point of exhaustion will deplete Qi.

The “female athlete triad” is an interrelationship of ____________, low energy availability (with or without an eating disorder), and decreased bone mineral density; it is relatively common among young women participating in sports.
A. menstrual dysfunction
B. respiratory depression
C. pinpoint pupils
D. CNS depression

Excessive exercise is particularly harmful if carried out during puberty, especially for girls, who may later develop menstrual problems.

Excessive lifting, as happens frequently in the building or house removal trades, weakens the _______ and the lower back.
Excessive standing also weakens the ________.
A. Liver
B. Spleen
C. Lung
D. Kidney

Certain types of exercise may also cause Qi stagnation in a particular area.

<table>
<thead>
<tr>
<th>Weight-lifting</th>
<th>jogging</th>
<th>tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>affects the ________</td>
<td>affects the ________</td>
<td>affects the ________</td>
</tr>
</tbody>
</table>

In Simple Questions, chapter 23 discusses the ‘five exhaustions’. According to Simple Questions, Excessive use of the eyes injures the ________.
A. Sinew
B. Qi
C. Blood
D. Bone

The ‘Simple Questions’ in chapter 23 talks about the ‘five exhaustions’: ‘Excessive use of the eyes injures the Blood [i.e. the Heart]; excessive lying down injures Qi [i.e. the Lungs]; excessive sitting injures the muscles [i.e. the Spleen]; excessive standing injures the bones [i.e. the Kidneys]; excessive exercise injures the sinews [i.e. the Liver].’
The ‘Simple Questions’ in chapter 23 talks about the ‘five exhaustions’

<table>
<thead>
<tr>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive exercise</td>
<td>Excessive use of the eyes</td>
<td>Excessive sitting</td>
<td>Excessive lying down</td>
<td>Excessive standing</td>
</tr>
<tr>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
</tr>
<tr>
<td>Injures the sinews</td>
<td>Injures the Blood</td>
<td>Injures the muscles</td>
<td>Injures Qi</td>
<td>Injures the bones</td>
</tr>
</tbody>
</table>

In Simple Questions, chapter 23 discusses the ‘five exhaustions’. According to Simple Questions, Excessive standing injures the ________.

A. Sinew  
B. Bone  
C. Blood  
D. Qi  

五勞所傷：久視傷血，久臥傷氣，久坐傷肉，久立傷骨，久行傷筋，是謂五勞所傷。  
오로소상 구시상혈 구와상기 구좌상육 구립상골 구행상근 시워오로소상  

Excessive physical work in general depletes mostly the ________ and the ________, as the former controls the muscles and the latter the sinews.

A. Liver, Spleen  
B. Spleen, Kidney  
C. Kidney, Lung  
D. Spleen, Liver

<table>
<thead>
<tr>
<th>Spleen</th>
<th>Liver</th>
</tr>
</thead>
<tbody>
<tr>
<td>controls the muscles</td>
<td>controls the sinews</td>
</tr>
</tbody>
</table>

Excessive use of one part of the body will also cause ___________ in that particular part.

A. Shen disturbance  
B. Blood deficiency  
C. Qi stagnation  
D. Qi deficiency  

Constant repetitive movement which may be associated with a certain job will tend to cause Qi stagnation in that part

<table>
<thead>
<tr>
<th>hairdresser</th>
<th>bricklayer</th>
<th>word-processing operator</th>
</tr>
</thead>
<tbody>
<tr>
<td>aching arm</td>
<td>aching elbow</td>
<td>aching wrist</td>
</tr>
</tbody>
</table>

Excessive jogging weakens the muscles and the bones and therefore the ________ and ________.

A. Spleen, Kidney  
B. Spleen, Liver

Dr. Shen thought that excessive jogging also weakens the Heart as it leads to a permanent dilation of the heart and a slowing down of circulation (as indicated by a slow pulse).
Lack of exercise will lead to __________ and, in some cases, __________.
A. Qi stagnation, Dampness
B. Qi deficiency, Blood deficiency
C. Yang deficiency, Yin deficiency
D. Liver Fire, Heart Fire

Lack of exercise is also a cause of disease. Regular exercise is essential for a proper circulation of Qi. Lack of exercise will lead to Qi stagnation and, in some cases, Dampness/Phlegm.

In Simple Questions, chapter 23 discusses the ‘five exhaustions’. According to Simple Questions, Excessive sitting injures the __________.
A. Qi (i.e. the Lung)
B. Blood (i.e. the Heart)
C. Muscle (i.e. the Spleen)
D. Bone (i.e. the Kidney)

<table>
<thead>
<tr>
<th>Excessive exercise</th>
<th>Excessive use of the eyes</th>
<th>Excessive sitting</th>
<th>Excessive lying down</th>
<th>Excessive standing</th>
</tr>
</thead>
<tbody>
<tr>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
</tr>
<tr>
<td>Injures the _______</td>
<td>Injures the _______</td>
<td>Injures the _______</td>
<td>Injures _______</td>
<td>Injures the _______</td>
</tr>
</tbody>
</table>

Which exercises are recommended for patients suffering from Qi deficiency who do not have energy for more vigorous workouts?
A. Car racing or Tai Chi Quan
B. Yoga or Triathlon
C. Boxing or Kung Fu
D. Yoga or Tai Chi Quan

Oriental types of exercise such as Yoga or Tai Chi Quan, aimed at developing Qi rather than just the muscles, are very beneficial and should be recommended to patients suffering from deficiency of Qi who do not have enough energy to undertake vigorous exercises.

Fitness and Health are two different things and they do not necessarily coincide.

<table>
<thead>
<tr>
<th>Fitness</th>
<th>Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• A person may be very ‘fit’, i.e. able to sustain heavy exercise for long periods of time (e.g. run a marathon), but that does not necessarily mean that that person is healthy.</td>
<td>• By contrast, exercises such as Yoga, Tai Ji Chuan, Ba Gua and Xing Yi are aimed at developing muscles and sinews but also at nourishing the Internal Organs, promoting health.</td>
</tr>
<tr>
<td>• This is because physical exercise generally develops muscles and sinews but does not necessarily ‘nourish’ the Internal Organs.</td>
<td></td>
</tr>
</tbody>
</table>