

## HOMEOSTASIS AND YIN-YANG COMPATIBILITY OF WESTERN AND EASTERN MODELS OF CELLULAR HEALTH

Homeostasis, a Western medical term, defines a daily, bio-rhythmic fluxuation in every cell and on all systemic levels that maintains a dynamic biochemical balance necessary for cellular health.

Oriental medicine teaches that that every cell and all bodily systems alternate between anabolic activity known as yin and catabolic activity called yang.

Each level has its own cycle. If a cell is excessive in its catabolic yang activity, then an anabolic yin activity will be instituted to balance the action for if chemical constants are exceeded there is an incompatibility with the life process and cellular death may ensue. This is readily demonstrated by the swelling and inflammation around a joint after an injury (catabolism) to immobilize activity to prevent further injury and facilitate healing (anabolism).

This can also be viewed from an therapeutic standpoint. An excess of table salt (sodium chloride) in one's diet will greatly increase the process of arteriosclerosis, an anabolic or building up activity, but when magnesium thiosulfate (magnesium and sulfur) is added to salt, as both the magnesium and the sulfur are catabolic, the action arteriosclerotic tendency of the salt will be somewhat mitigated.

Health is maintained by the flux between two opposite activities; expansion and contraction, expulsion and absorption, digestion and elimination, catabolism and anabolism, movement and rest. One cannot exist without the other, and they are mutually dependent.

Both Western and Oriental medicine support the idea that the only permanence is change and that there is always at least some yin (anabolic activity) in yang (catabolic activity) and vice versa.