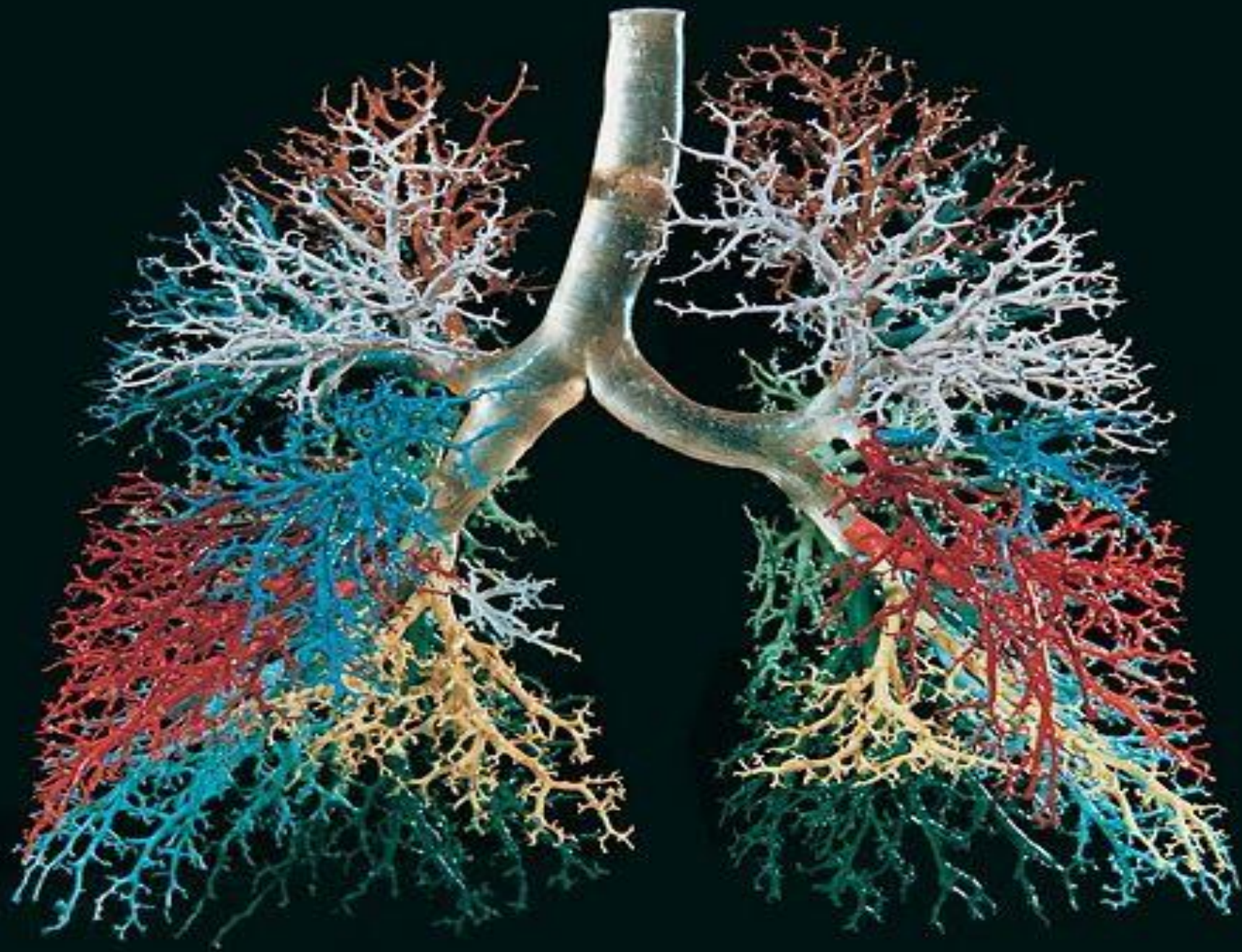
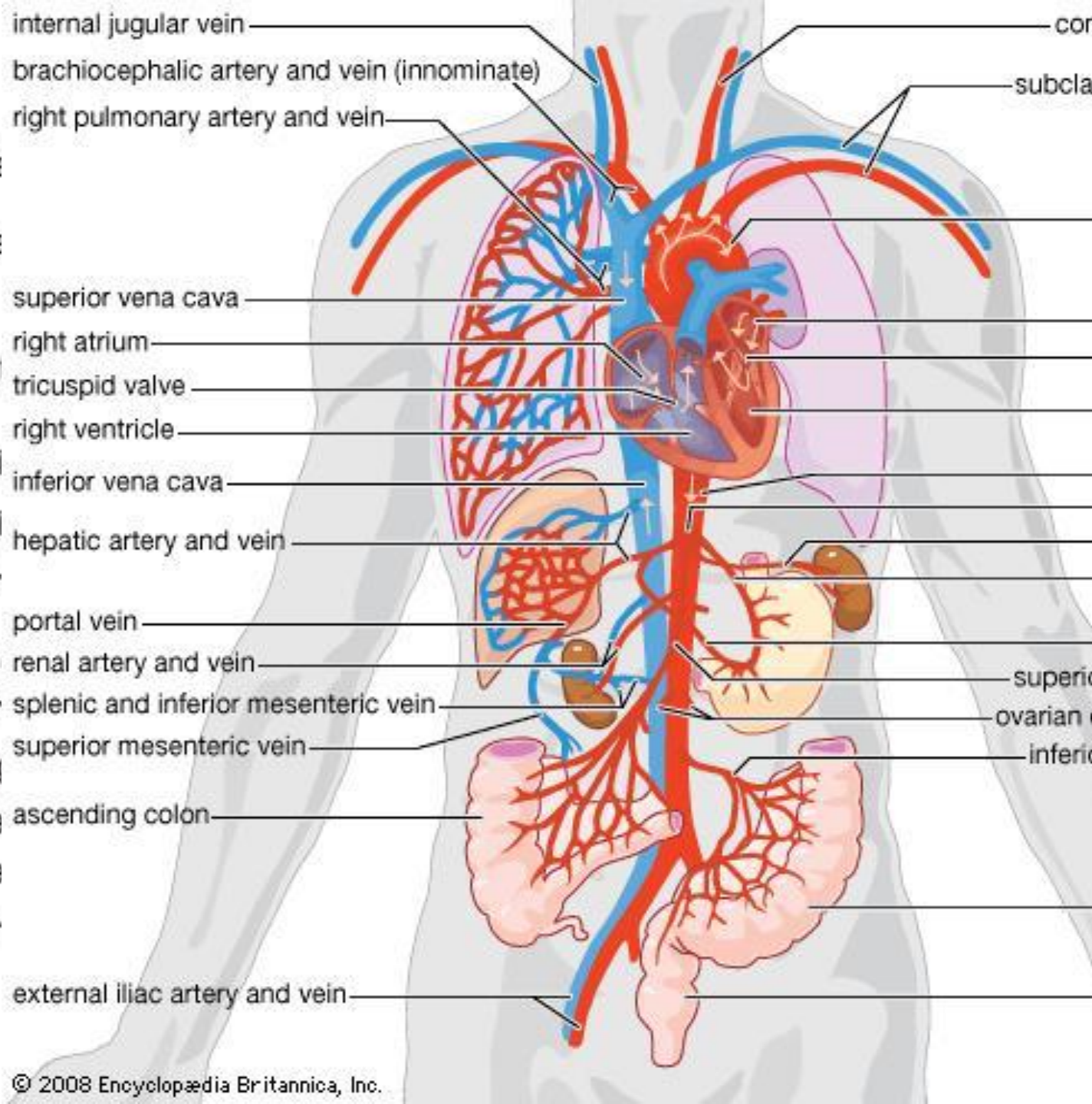
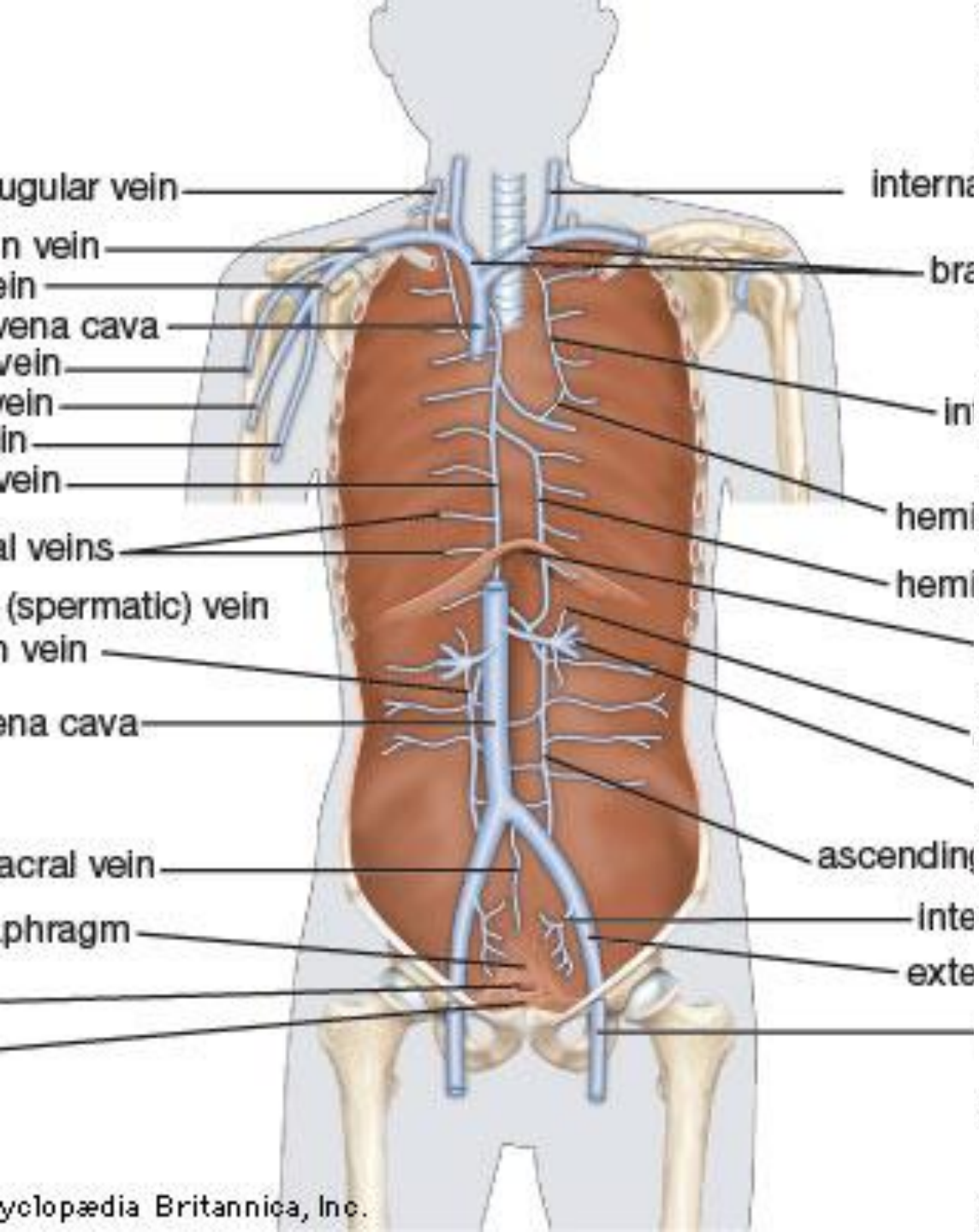


YOUNG, VITAL AND ON THE MOVE: THE VASCULAR SYSTEM WITH DR. MILES REID

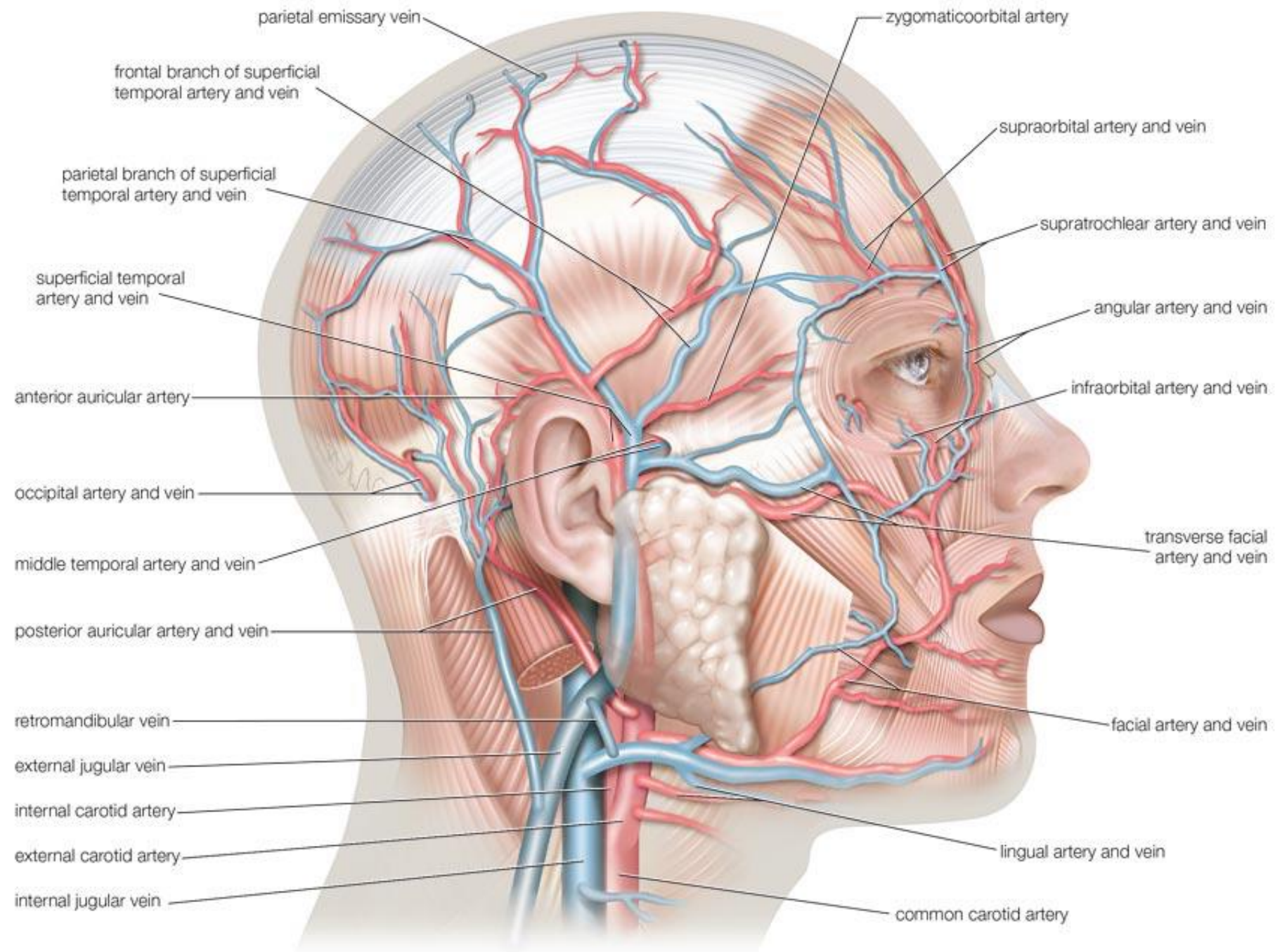
*- A healthy, vital flow in the vessels makes every part
of your body shine and function optimally -*







Superficial arteries and veins of face and scalp





CIRCULATORY SYSTEM DEFINITION

- A system that transports nutrients, respiratory gases, and metabolic products throughout a living organism, permitting integration among the various tissues.
- The process of circulation includes the intake of metabolic materials, the conveyance of these materials throughout the organism, and the return of harmful by-products to the environment – *Enc. Britannica*



VASCULAR SYSTEM

- Western Perspective

1. ARTERIES

2. VEINS

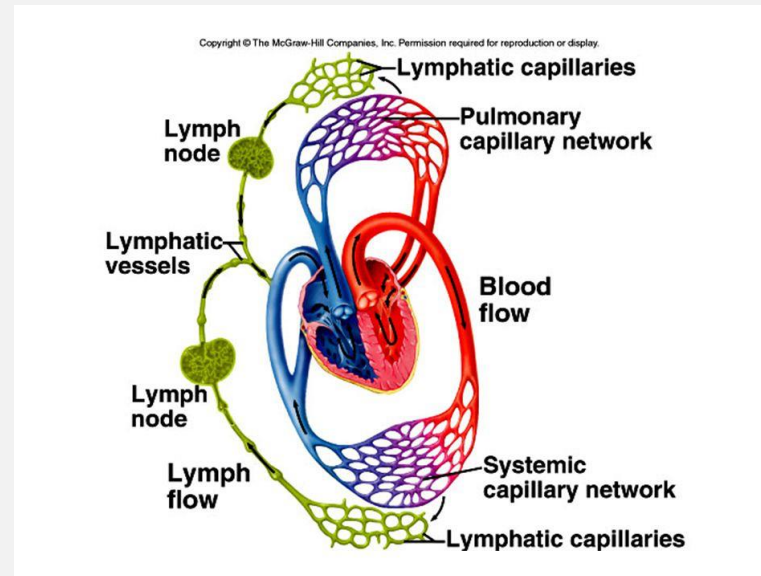
3. LYMPHATICS

- Eastern Perspective

1. MERIDIANS (MAIN, EXTRAORDINARY, TENDINOMUSCULAR)

- Shamanistic Perspective

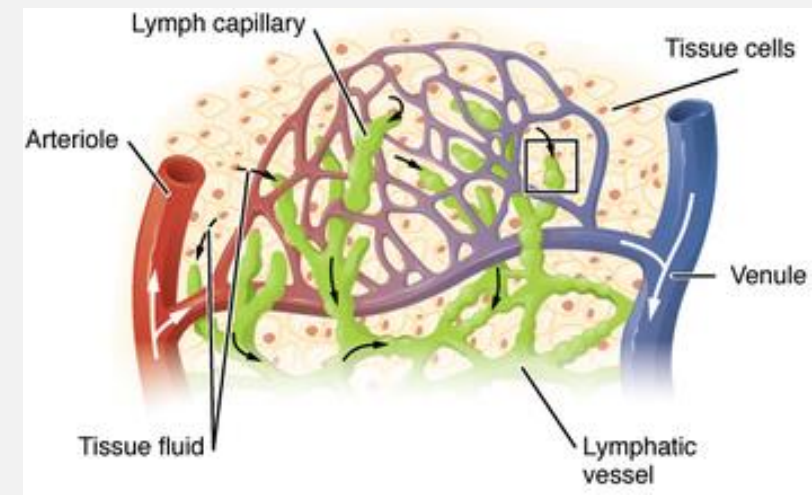
- TENDON ENERGY CENTERS AND VESSELS



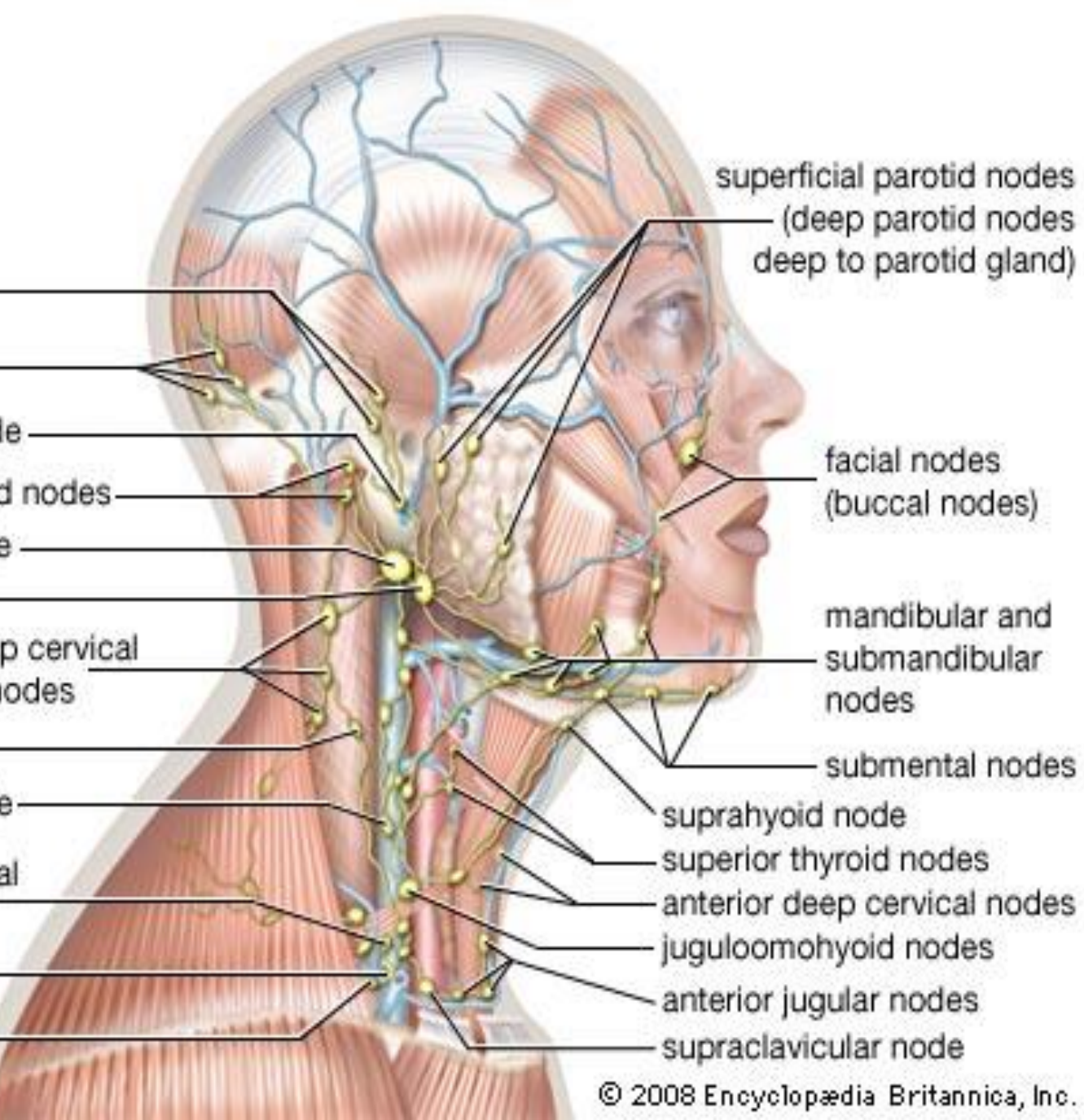


VASCULAR SYSTEM

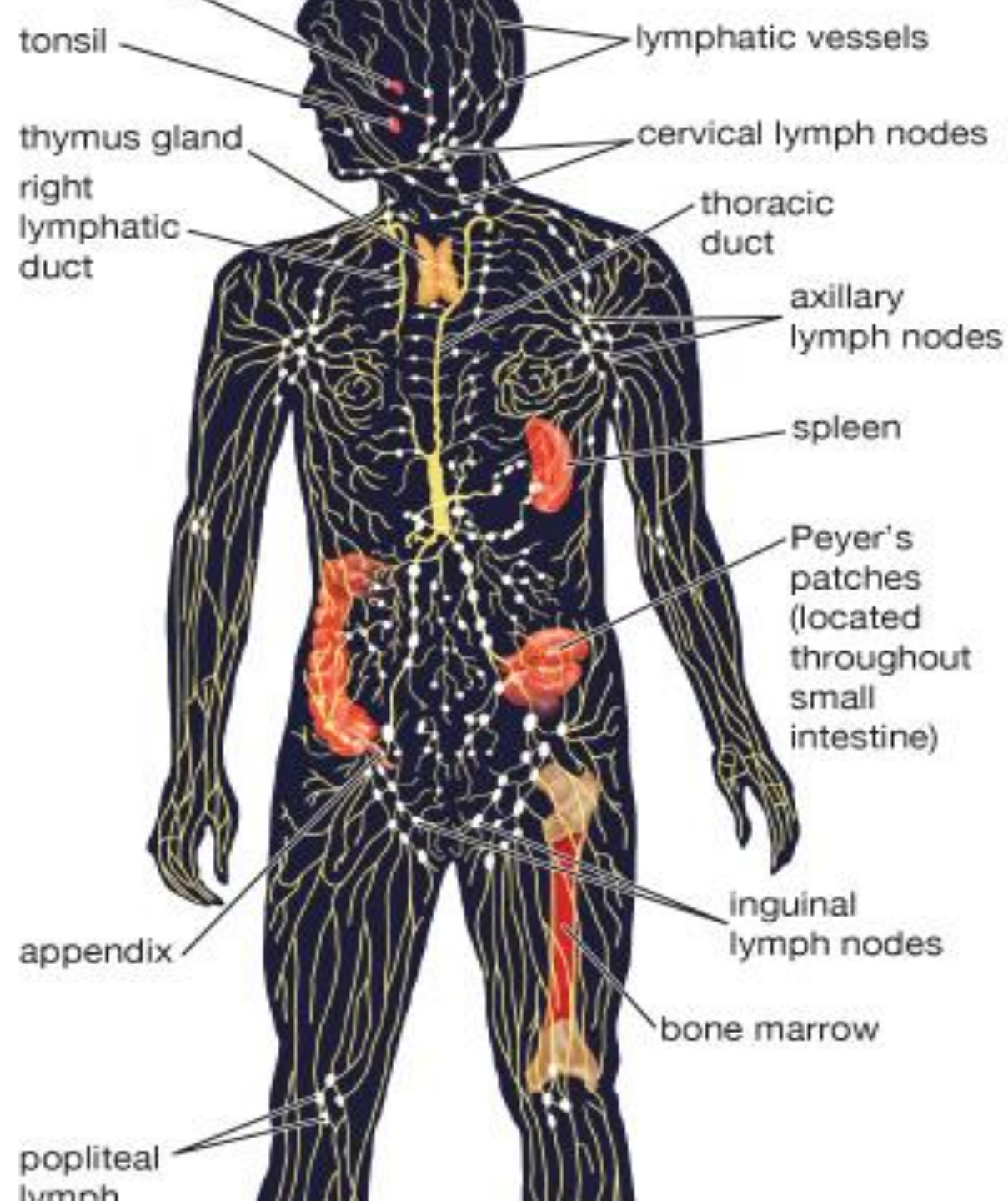
- the **3 main components** of the system:
 - Each cell receives oxygen and nutrients through an **artery**
 - Each cell delivers CO₂ and toxins through a **vein**
 - Each space between cells drains leftover excretions and debris through a **lymph** vessel
- MEDIA ANIMATIONS *by Enc. Britannica*

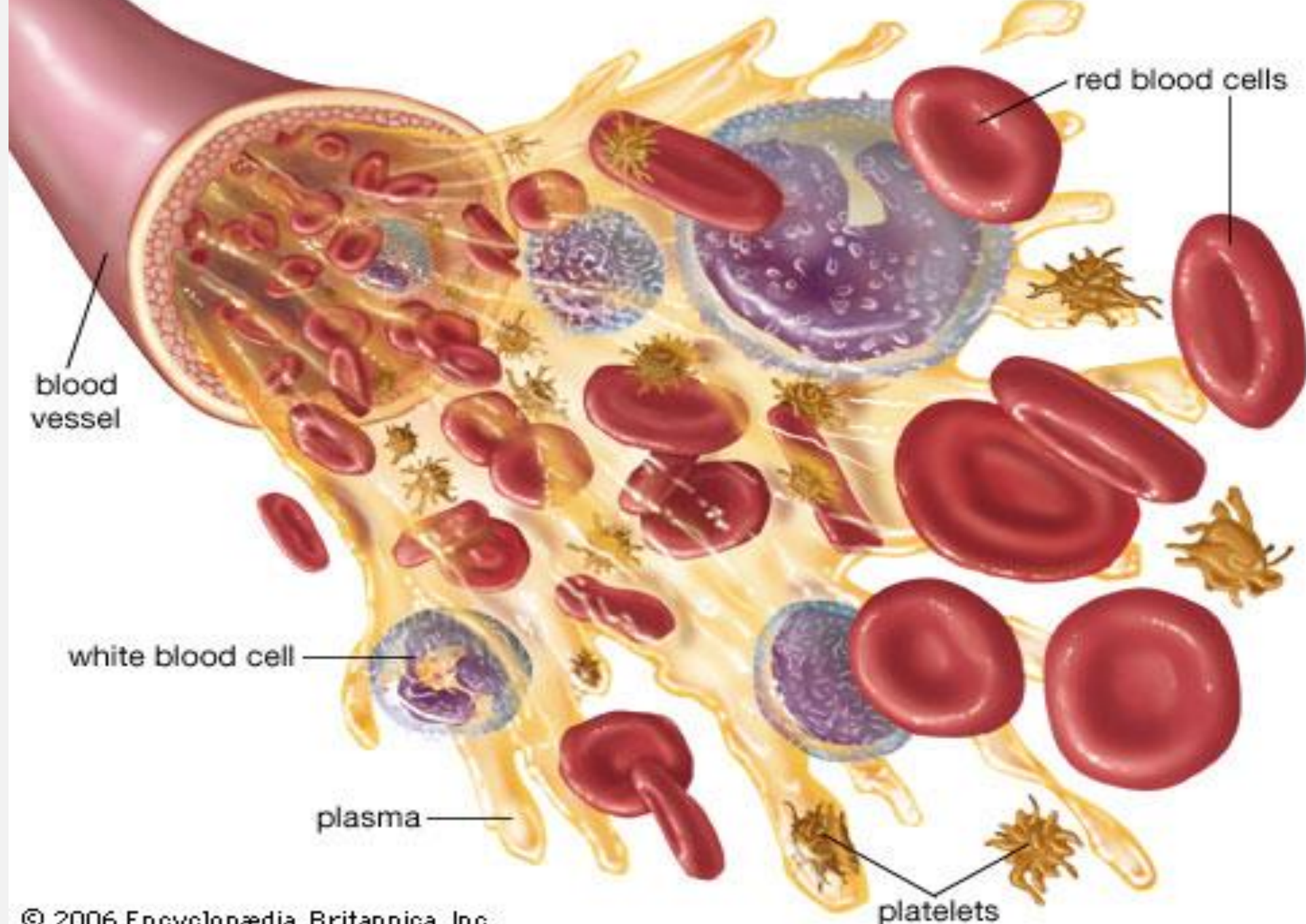


System of the head and neck



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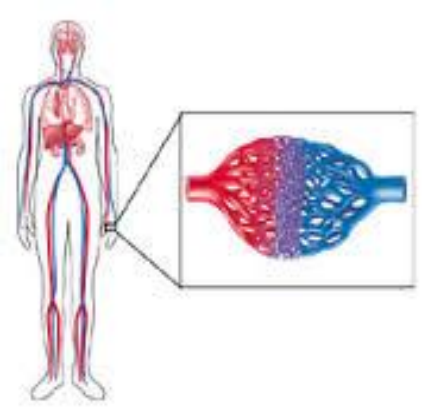




YOUR HEART RATE

- Between 1 and 11 months - 80-160
- Three- and four-year-olds - 80-120
- Between seven and nine years - 70-110
- From 10 years of age - 60-100
- For well-trained athletes is 40-60





THE MAXIMUM HEART RATE DURING EXERCISE IS 220 MINUS AGE

• Age	Target zone 50-85%	Maximum heart rate, 100%
• 30 years	95-162 beats per minute	190 beats per minute
• 40 years	90-153 beats per minute	180 beats per minute
• 50 years	85-145 beats per minute	170 beats per minute
• 60 years	80-136 beats per minute	160 beats per minute





GAIT OF POWER

Activating the 3 systems:

- **Lymph nodes activation to prime circulation and immune**
- **The legs compressions main pump for vein blood return**
- **Defying gravity movements main pump for arterial flow**





VALUES TO KNOW

New Normal: No more than 120/80

Aim for: 115/70

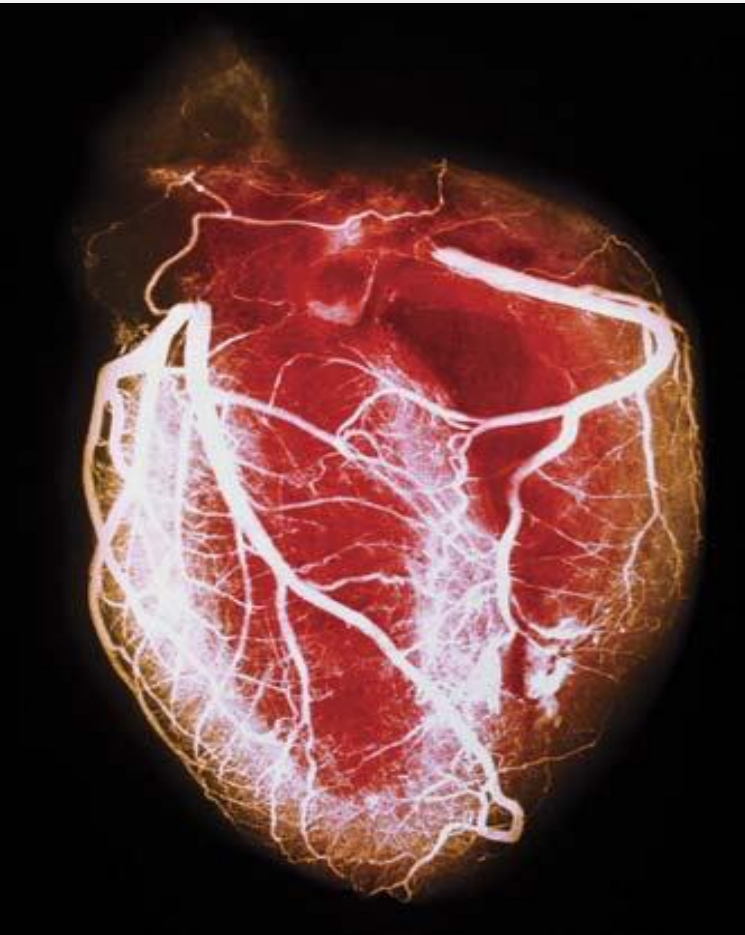
Pre-Hypertension: 120-40 or 80-90

Hypertension: more than 140 or 90

1. Systolic pressure and pushing too hard
2. Diastolic pressure and not letting go



FOR A HEALTHY VASCULAR SYSTEM



- Resting heart rate 70
- CRP
- Blood Pressure aim for 115/75
- LDL less than 100
HDL more than 60





OUR CIRCULATION SUFFERS IF

- High Blood Pressure
- Stress
- Overweight
- High Cholesterol
- Couch potato
- Inflammation



BEST FOODS FOR YOUR HEART

1. **Salmon**
2. **Flaxseed**
3. **Oatmeal**
4. **Black Beans**
5. **Blueberries**
6. **Almonds**
7. **Papaya**



BLOOD TONIC FOODS

- **Jicama**
- **Asian pears**
- **Fish**
- **Brown rice**
- **Beets**
- **Lamb**
- **Sweet potatoes/yams**
- **Black beans**
- **Shitake mushrooms**
- **Spinach**



TENDON ENERGY



- A force, a current of energy that moves along the deep muscles and circulates throughout our bodies
- The *tendon energy* circulation starts at the cheekbones or where the neck joins the head
- The current crisscrosses the abdomen from the edge of the rib cage to the groin, and from there it flows down to the toes
- *Tendon energy* shoots out of the limbs when they are projected out with sufficient force.
- A tendon energy release is to issue or discharge power explosively
- It is the energy itself, rather than the limbs, that can stir our vital energy and return it to the vital centers
- Bringing forth this jolt of energy brings forth astounding results in terms of renewal and inner vitality

TENDON ENERGY CENTERS

At the joints, in particular wrists and ankles
At natural junctures along the body anatomy
At the edge of the ribcage
At the base of the neck
At the bottom of the pelvis



Tendon energy centers are **are vortexes of energy**

REALLOCATION OF ENERGY

REDEPLOYMENT OF ENERGY

REDISTRIBUTION OF ENERGY



ENERGY PASSES FOR TENDON ENERGY FLOW



The torque between the hips and waist squeezes energy up the back, and the sudden shaking of the waist squeezes it out of the body

The arms, waist and hips are in harmony with each other, giving the whole body connectivity and power

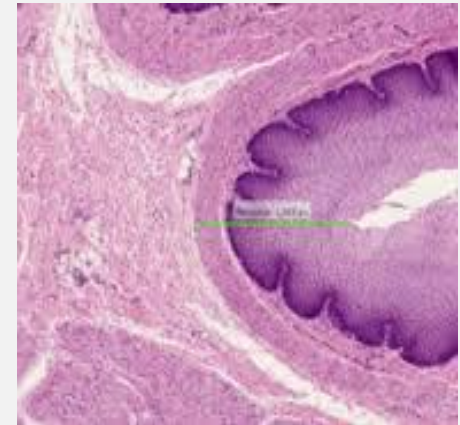
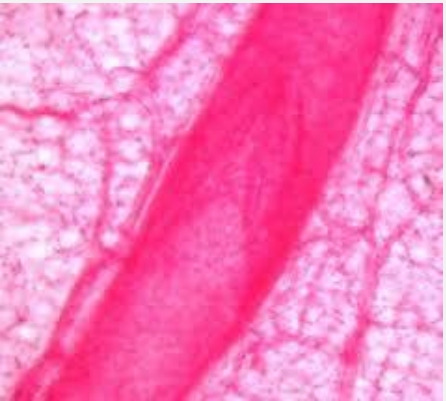
We also claw the ground with the toes of the foot sending earth energy up to the waist to be routed throughout the body and out

As we execute the tendon energy strike, the coccyx tucks under to feel a slight spiraling of the spine that add to the momentum

We can further increase the tendon energy release by using the shoulder blades to access the power stored in the heart and lungs, spreading the shoulder blades and releasing them, like an elastic band.

For maximum tendon energy power we must let go like when we sneeze

When we first start learning how to release tendon energy, the physical waist movement is big and the energy movement is small. As we practice, the physical movement of the waist is very small but the energy released and the effect, is very large





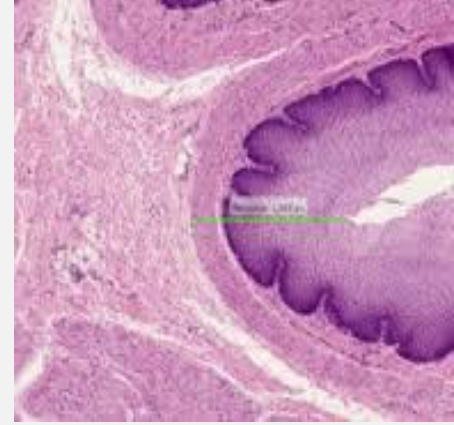
TENDON ENERGY PATHWAYS

- From the fringe of awareness to the perineum
- From the perineum along the front of the spine
- From the spine to the internal organs
- From the base of the neck to the palms
- From the spine to the sphincter of the mouth





ENERGY PASSES FOR TENDON ENERGY FLOW



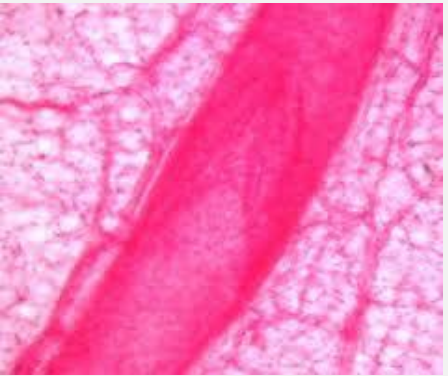
Tendon energy jolts: powerful by combining physical muscle strength with internal energy

It is an explosive shaking of the waist which culminates in a strike

The waist moves 3 times to settle in the center

Opening tendon energy centers

- Ankles & Knees
- Groin & psoas
- Rib cage
- Chest bone & collar bones



PRINCIPLES OF TENDON ENERGY FLOW

- Energy flows with the blood
- Accumulation of stagnant energy
- Deficiency of energy
- Pressure points:
 - Press to activate energy
 - Vibrate to move energy
- The impact of cold and heat on energy flow





EASTERN VIEW OF CIRCULATION

- In Eastern thought and martial arts practice, the term *vessels* (distribution and collateral vessels) was the original description to what later was translated in the West as meridians
- These vessels correspond to arteries, veins and nerves and the promotion of blood and humors circulation along them. (vascular circulation and nervous system)

