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### Energy Medicine and Optimal Health Archives Available

October 08th 2012: Yin and Yang Energy Balance with Victoria Matthews, ND

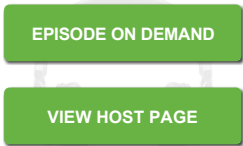
A core foundation of energy is the distinction and paradox between yin and yang. In Traditional Chinese Medicine every whole is comprised of two opposing, but equally essential, energies. For the whole to exist and function optimally, yin and yang need to be in dynamic balance supporting each other. Yin is associated with the feminine principle; slow, soft, diffuse, tranquil, yielding, and inward energy. Yang is associated with the masculine; fast, hard, focused, active, outward and assertive. Yin energy emphasizes heart energies; yang emphasizes mental energies. Although men have more yang a

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### Featured Guest



#### Vicki Matthews

Vicki Matthews is a Naturopathic Physician and Master Herbalist with a BA in Psychology and MBA in Consumer Behavior from the University of Chicago. Vicki was the Founding Director of the Eden Energy Medicine Certification Program and wrote the curriculum.

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