

THE SIX CRITERIAS OF HEALTH

Hai-Sha Ni, Traditional Chinese Physician

Modern medicine is very detailed in it's knowledge of human physiology and pathology. Nevertheless, the state of good health has yet to de defined. *Hai-Sha Ni, after many years of experience in medicine, has developed six criterias which defines the state of a healthy individual.* These criterias seem deceptively simple, but they are based on profound theory. Just as Einstein's most famous equation ($e=mc^2$) appears very simple, it also began as a complex theory which was greatly simplified to the immortalized equation. The same holds true for these six criteria which are as follows:

1. A NORMAL APPETITE

The feeling of hunger is normal at meal times. The ability to taste is normal. The proper amount of food is consumed.

2. BOWEL MOVEMENT ONCE A DAY

Ideally, once a day in the morning. The texture of the stools should be firm and long. The color should be brown. The feeling of having adequately emptied the bowels is necessary.

3. PROPER URINATION

Five to seven times daily. (Less if one is working strenuously.) The color should be pale yellow. An adequate amount of urine and force to expel the urine is necessary.

4. PROPER SLEEP PATTERN

This means the ability to sleep through the night without waking up. Also, one should feel adequately rested upon rising.

5. THE FACE FEELS COOL, THE FOUR LIMBS FEEL WARM

The face should feel comfortable and cool, not hot. The backs of the hands and feet should feel cool, while the palms and soles should feel warm.

6. MALE/FEMALE ERECTION

This is generally not discussed among people, but it is important and included in the six criteria. Upon rising in the morning, males should have a penile erection. Females should have firm nipples.

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