



excess vital essence is stored in the kidneys and known as Kidney Jing. Although it is stored in the kidneys, Jing has a fluid nature and circulates throughout the entire body. Abundance of Kidney Jing leads to vitality and robust Qi immunity. It also governs sexual maturation, reproductive ability, mental capacity as well as health of the bones, teeth, low back, ears, and hair.

When Jing is ample and strong it leads to the “crown jewel of longevity”. However, Jing declines in direct proportion to one’s behavior and lifestyle habits. For example, excessive amounts of the following deplete and waste Jing: work, stress, exercise, sex, sickness, injury, trauma, fear, worry and drugs. Through harmonious and balanced living the continuous loss of Jing throughout life can be diminished, leading to increased storage of Kidney Jing. Sufficient, restful sleep and regular consumption of nutritious food and drink in moderation preserves vital essence – as does breathing exercises, meditation practices, acupuncture, Chinese herbs, and T’ai Chi or Qigong exercise dedicated to preserve and build vital essence. This helps to explain why T’ai Chi exercise is reputed to retard the aging process and why Chinese ginseng and cordyceps are prized longevity herbs.

This may be just the impetus needed for an enhanced perspective for how to adjust your healthcare strategy. The ultimate goal of this new beginning is to replenish Jing reserves to rejuvenate body, mind and spirit. Be patient, renewed surges in energy will soon take hold. This will include an abundant flow of will- power, sexual drive, reproductive strength, athleticism, peak immunity, creativity, determination and desire to shine once again. Previous lifestyle habits can be nullified through concerted effort and profound commitment to balance and healthful living.

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Jing Power:

The Vital Essence of Life

by Shoshanna Katzman

According to Chinese medicine, there exists a precious substance revered for its ability to govern physical growth, maturation, development, reproduction and aging – it is called “Jing” and translated as “vital essence”. If your child is failing to thrive, a couple can’t conceive a baby, zest for life has disappeared, fear and anxiety is taking over, or pre-mature aging is taking hold – looking into ways to protect, nourish and cultivate Jing may be exactly what is needed to turn things around.

Jing is said to form the physical basis of the human body. It is associated with the health of blood, lymph, sexual fluids, menstrual blood, saliva and synovial fluids. Two main types of Jing exist - one before, the other after birth. Pre-natal Jing is passed from parents to the fetus upon conception where it combines with the mother’s

kidney energy to provide nourishment to the developing baby throughout pregnancy. This form of Jing directly determines a person’s basic constitution including levels of strength and vitality. It forms the initial substance from which the body is created, basically our genetic make-up – making DNA its closest western counterpart.

When a child is born they possess a finite amount of pre-natal Jing, one that can’t be replenished once it is lost. Post-natal Jing, on the other hand, can be replenished through ample amounts of healthy food, drink and air throughout life. This form of Jing power is directly impacted by proper functioning of the Spleen energetics which governs the transportation of food throughout the body – appropriately known as “the source of life”.

Jing is also directly impacted by the energetics of the kidney; in fact,