

# The Liver & Women's Health

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## Note Taking Guide

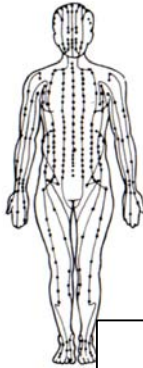
### A Different View of Women's Health

Women's Health Symptoms: Separate or Interrelated?

Discovering "Liver Qi Stagnation"

Western Liver / Eastern "Liver"

Meridians



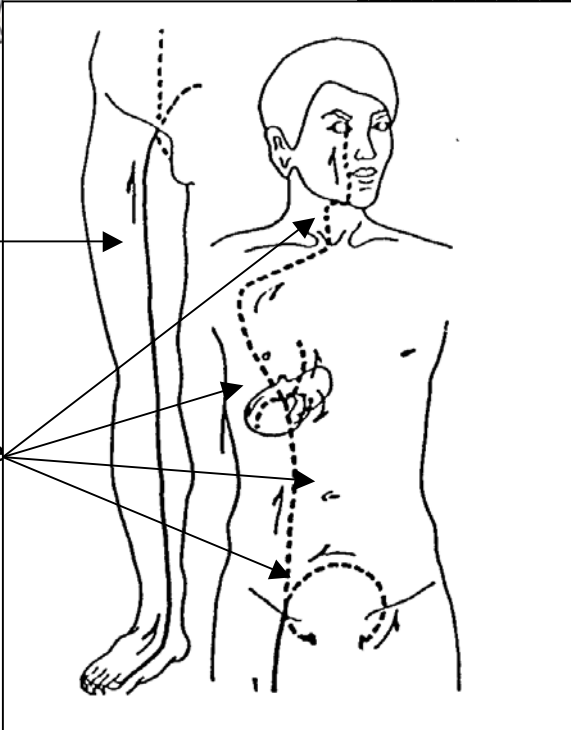
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The Liver Meridian



Liver Zones of Influence

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Common Symptoms of Liver Qi Stagnation

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Main Contributors to Liver Qi Stagnation

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"The Three Attractions"

- 1.
- 2.
- 3.

Suggestions for Relief of Liver Qi Stagnation

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