

MEN AND THE THREE TREASURES: JING, QI, AND SHEN



By Stephanie Ray, BCN

In Traditional Chinese medicine, there is a theory called the Three Treasures. Each of these three things contributes to the health and longevity of a human being. They are the Jing, Qi, and Shen. They roughly translate to the Essence, Energy, and Spirit of a person. These three things are essential for sustaining a long healthy life. For men, honoring and keeping the Three Treasures balanced equals a life of quality and vitality.

Jing – The First Treasure

Jing determines your physical and energetic attributes before you're born. The closest word in English we have is "essence". You inherit this treasure from your parents. TCM theorizes that everyone has a set amount of Jing or essence at birth. As a newborn, you had a lifetime of it accrued into an energy savings account. Your essence enters your body similar to a network of tree roots, and it anchors all the energy you'll expend in your lifetime.

For men "Jing savings" can be used and lost in youthful exuberance. A man's job is to always conserve his Jing and not waste it. It's no coincidence that a man peaks according to TCM at 32 years of age. His Jing is not so high and maturity begins to set in. As with women, a man's Jing is the essence of creative thoughts and actions.

Men need to take care with the foods they eat, partying and exercise; and not take them to a point of excess; you will keep more Jing in your body than you "leak".

Things That Drain Your Jing

- Lack of sleep
- Anger / Arguments
- Chronic Stress
- Ejaculate Frequently
- Alcohol & Drugs

Signs Your Jing is Leaking

- Looking older than your real age
- Feeling tired all day
- Trouble focusing
- Loss of hair
- Loss of purpose

Jing can be restored by eating essential and good foods, fiery-kidney-yang herbs, and exercise. They are key elements to cultivate and add Jing to your savings account.

BIORAY formulas that support Jing

- [Liver Lover®](#) or [Liver Life®](#)
- [Red Rooster®](#)

Chi/Qi – The Second Treasure

Human life depends on Chi (or Qi). In the classics of Chinese medicine, Chi is our Life Force Energy. It is the source of all movement in the body, it warms the body to maintain a normal temperature, it defends the body against invaders or illness, it transforms food into useful substances, and it helps to hold things in their proper places. It is responsible for moving blood and body fluids.

Signs a man is having issues with Chi

- Stress / Burn out
- Fatigue
- Shortness of breath or no desire to talk
- Spontaneous sweating
- A swollen tongue with teeth marks on the side

The organs responsible for these functions need blood and qi to function with the meridians (electrical pathways in the body) that act as communication channels. As a result, if a man has deficient chi, he is generally low in energy.

When the Qi is balanced men experience

- Happy Moods

- Clear thinking
- Energy
- Active sex drive
- Healthy hair

Chi/Qi can be supported by taking adaptogenic and adrenal supporting herbs, fermented foods, good fats, lightly cooked fruits & vegetables, taking breaks throughout the day, making time to take a nap, and by doing relaxing activities, such as yoga, tai chi, or qigong.

BIORAY formulas that support Qi/Chi

- [Belly Mend®](#)
- [Loving Energy®](#)

Shen – The Third Treasure

The Shen translated means “Spirit” and is responsible for consciousness, cognition, and our emotional life. The Shen is responsible for thinking, planning, and feeling. Shen energy expresses differently depending on personality and constitution.

When The Shen Is Disturbed It Impacts:

- Thinking
- Planning
- Emotions

BIORAY Formulas That Support The Shen

- [Liver Lover®](#) or [Liver Life®](#)
- [Loving Energy®](#)
- [Primary Detox®](#)

Harmonious shen (or spirit) is a major element needed for men to have a strong and healthy psychological life. If a man’s sense of all is well in the world is balanced his loved ones know it. Men are able to show how much they care.

In Traditional Chinese medicine it is said, “Shen is the spiritual radiance that can be seen shining through a person’s eyes – a heart brimming with wisdom, forgiveness and generosity”.

Men love to care, be strong, and take the weight off of others. These are just a few traits we appreciate about them.