



## 2024 Qi Changes (24 Solar Terms)

### What is Qi?

When two extremes collide, a third matter is created. The Chinese Philosophy knows this as Qi. In this case, the border between two extremes of Atmospheric Pressure occurs at the dates listed below as one changes to the other.

### Why Qi changes are important?

Our body requires many nutrition intakes to be healthy. Food is widely known as an intake of nutrition, but there are others like Temperatures, Colours, Atmospheric Pressure and Magnetism, which also enhance our body functions. Therefore, changes of Qi will affect our bodies' internal pressures; hence the whole body reacts differently depending on the time of year. In many cases of illness and/or complaint(s) the symptoms will be worse during these dates, give or 3 days either side. In the past, some cases have been noted as far as one week earlier or later than the listed dates, but the same twice-monthly pattern still applies.

Year 2024		1st Qi		2nd Qi	Luna
January	6	Slight Cold 小寒 Xiao Han	20	Great Cold 大寒 Da Han	12 - 1
February	4	Spring Beginning 立春 Li Chun	19	Rain Water 雨水 Yu Shui	1 - 2
March	5	Insect Awaken 惊蛰 Jing Zhe	20	Spring Equinox 春分 Chun Fen	2 - 3
April	4	Clear & Bright 清明 Qing Ming	19	Grain Rain 谷雨 Gu Yu	3 - 4
May	5	Summer Begins 立夏 Li Xia	20	Grain Full 小满 Xiao Man	4 - 5
June	5	Grain in Ear 芒种 Mang Zhong	21	Summer Solstice 夏至 Xia Zhi	5 - 6
July	6	Slight Heat 小暑 Xiao Shu	22	Great Heat 大暑 Da Shu	6 - 7
August	7	Autumn Begins 立秋 Li Qiu	22	Limit of Heat 处暑 Chu Shu	7 - 8
September	7	White Dew 白露 Bai Lu	22	Autumn Equinox 秋分 Qiu Fen	8 - 9
October	8	Cold Dew 寒露 Han Lu	23	Frost's Descent 霜降 Shuang Jiang	9 - 10
November	7	Winter Begins 立冬 Li Dong	22	Light Snow 小雪 Xiao Xue	10 - 11
December	6	Great Snow 大雪 Da Xue	21	Winter Solstice 冬至 Dong Zhi	11 - 12

Please make notes on the day that your complaint(s) is the worse in the month (usually twice every month) and keep this record for CT Centre to diagnose in depth on how your internal Qi is behaving.

If conditions have been worse before the Qi change dates, it indicates that your internal Qi responds quickly. This means the disorders are much easier to cure. Otherwise the condition is known as chronic and takes much longer to heal.