Pre-Heaven and Post-Heaven Essence

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| **Pre-Heaven Essence** | **Post-Heaven Essence** |
| Pre-natal | Post-Natal |
| Before Birth | After Birth |
| Family History | Life History |
| Parents and the Conditions of Conception and In-Utero | Lifestyle, Living Conditions, Nutrients and Development |
| The kidneys are the root of the pre-heaven essence | The stomach and the spleen are the root of the post-heaven essence |