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"Gail Reichstein's creative insight and engaging style makes a very old theory very new. By applying the Chinese Five Element Theory to health of body and health of home she reveals a level of wisdom relevant to people of any culture. I recommend WOOD BECOMES WATER to those who wish to deepen their understanding of Chinese medicine and themselves."

Wood Becomes Water: Chinese Medicine in Everyday Life ...

Wood Becomes Water uses the five elements of Chinese cosmology -- wood, fire, earth, metal, and water -- to introduce readers to the connection between the physical, emotional, and spiritual forces in their lives. Practical, accessible, and wise, the book shows how the centuries-old techniques and philosophies of Chinese medicine can be applied to everyday issues of health and well-being in the

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By applying the Chinese Five Element Theory to health of body and health of home she reveals a level of wisdom relevant to people of any culture. I recommend WOOD BECOMES WATER to those who wish to deepen their understanding of Chinese medicine and themselves." —Kenneth S. Cohen, author of THE WAY OF QIGONG.

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penence: PDF? Wood Becomes Water: Chinese Medicine in ...

Wood Becomes Water: Chinese Medicine in Everyday Life Gail Reichstein No preview available - 2018. About the author (1998) Gail Reichstein (1965-2016), was an acupuncturist, author, and editor. A graduate of the University of Pennsylvania and the Tri-State College of Acupuncture, she had practiced Chinese medicine since 1995, first in New York ...

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Wood Becomes Water: Chinese Medicine in Everyday Life ...

Wood Becomes Water: Chinese Medicine in Everyday Life ISBN : 9781568362090 Title : Wood Becomes Water: Chinese Medicine in Everyday Life Authors : Reichstein, Gail Binding : Paperback Publisher : Kodansha USA Publication Date : May 1 1998 Edition : Condition : Used - Good Paperback This item shows wear from consistent use but remains in good readable condition.

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Wood Becomes Water: Chinese Medicine in Everyday Lif...

The Wood Element: The Chart of Correspondences. Below is a table summarizing the basic correspondences associated in Traditional Chinese Medicine with the Wood element. The Wood element's climate is windy; its direction is East ("Beginning and creation arise in the East"); and its power is experienced most intensely between 11:00 pm and 3 ...

SPRING: The Season of Renewal; the element of Wood / Five ...

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"Gail Reichstein's creative insight and engaging style makes a very old theory very new. By applying the Chinese Five Element Theory to health of body and health of home she reveals a level of wisdom relevant to people of any culture. I recommend WOOD BECOMES WATER to those who wish to deepen their understanding of Chinese medicine and themselves."

Wood Becomes Water, Chinese Medicine in Everyday Life ...

Five Major Organs. Modern quantum science as well as the ancient teachings of Chinese medicine say that everything is energy. Everything that makes up a human being, mind-body-spirit, correlates at an energetic level to something "external" in nature.

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Five Major Organs / TCM World

Wood Becomes Water: Chinese Medicine In Everyday Life. by Gail Reichstein. Write a review. How are ratings calculated? See All Buying Options. Add to Wish List. Top positive review. All positive reviews > Nicoletta. 5.0 out of 5 stars excellent and in depth introduction. Reviewed in the United Kingdom on 31 October 2012. I was not sure if ...

Amazon.co.uk:Customer reviews: Wood Becomes Water: Chinese ...

Outdoor wood boilers (OWBs) can produce a lot of smoke that contains high levels of particles, carbon monoxide and other chemicals. Smoke from OWBs can cause health problems for the people who use them and their neighbors. The links below provide

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more information on OWBs. Heating with Fire Wood ...

Outdoor Wood Boilers - New York State Department of Health

We believe life can be well-lived, minus many of the ills we currently experience. Perhaps it's time to look inside and discover the true value of your body's healing wisdom. Let Chinese medicine be your guide. [Learn More](#)

Qigong Practices for Self-Healing and Self-Cultivation

Elemental Well-Being. wood: rejuvenating and immune system boosting fire: stimulates and invigorates the mind earth: balances body and mind, aids sleeplessness metal: detoxifies and tonifies water: soothes and relieves stress Firmly rooted in the Five Element theory of traditional Chinese & Japanese medicine, Wood, Fire,

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Earth, Metal and Water are used to help diagnose conflicting symptoms ...

Does your back pain flare up in the evening? Perhaps your water element is weak. Allergies in the spring? Emotional outbursts? Perhaps your wood element is too strong. Using the five element system of Chinese cosmology as a key--wood, fire, earth, metal, water--Gail Reichstein unlocks the ancient mysteries of Chinese medicine and makes them available for the everyday health and well-being of modern readers. Each chapter includes: - Lists of common ailments associated with each element - Feng shui solutions for the home and workplace - Acupuncture treatment -

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Dietary therapy - Qigong exercises Simple, easy to use, and practical, this introduction connects the physical, emotional, and spiritual forces at work in our lives and provides a vital contribution to the field of mind-body medicine.

Uses the five element system of Chinese cosmology--wood, fire, earth, metal, and water--to analyze physical and emotional distress, and recommends therapies to restore health

“Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in

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healing will also find much to learn here, as I have. . . . A fine work.”—Annemarie Colbin, author of *Food and Healing* The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the “Bamboo Curtain” was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfeld and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive,

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yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. "Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine."—San Francisco Chronicle

A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time,

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these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the

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strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

The Chinese model of the Five Elements (wood, fire, metal, earth, and water) and the Twelve Officials (the organ systems that comprise the map of traditional Chinese medicine) has been applied as a system of medicine for three thousand years to balance chi, the vital force of the body. Archetypal Acupuncture explains to both acupuncturists and the general public how to work with these maps of energy and use them to diagnose physical illness, resolve emotional imbalances, and navigate the stages of life. Dr. Dolowich's goal is to revitalize these traditional teachings for the modern world—and in the process bring East and West together.

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Through an archetypal approach to Chinese medicine, he shows how we can gain fresh insights into the roots of illness while uncovering a positive vision of wellness and the healing process. The book draws on case histories, spiritual poetry (especially Rilke and Rumi), classic sources such as the I Ching, and examples from contemporary culture in order to bring the elements alive. Individual chapters explore the interface of Eastern and Western medicine, Chinese numerology, spiritual aspects of the elements, archetypal patterns in popular culture, and strategies for cultivating a life in harmony with the rhythms of nature. From the Trade Paperback edition.

"For centuries, the Chinese have tapped the five elemental forces of nature - wood, fire, earth, metal, and water - to strengthen their

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bodies and minds. Not superstition, but rather a discipline rooted in observation and experiment, the Chinese approach to health is finding increased acceptance in the Western world. Acupuncture, homeopathy, and holistic medicine are now widely practiced alternatives or adjuncts to the technological approaches of the West." "Now Chinese Medicine for Beginners makes this time-tested tradition accessible to you. Whether you are simply seeking the proper yin-yang balance in your own life or are a practitioner seeking alternative treatments for those in your care, this book can show you the way."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

With its practical and immensely readable introduction to the nature and self-help uses of a key acupoint for each week of the year, this

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book is a gateway to the mysterious world of Chinese medical thought. The author journeys through the seasons of the year, and the five elements that make up the Chinese universe, looking at the physical, emotional and spiritual associations of the most useful acupoints associated with each element. Exploring the deeper meaning of the name, function, and healing use of each acupoint, he shows how to use the acupoint in real life, and explains its practical benefits for the reader, which vary from sharpening a sense of smell, avoiding jetlag, curing a headache, to improving a good sense of humour. With descriptions and images that capture the spirit of each element, and photographs of the point locations, this book will be a delight to anyone interested in a different view of the body and its deeper health, as well as students and practitioners of Chinese medicine looking for poetic and imaginative understanding

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of the five elements, and the key acupoints of each.

Use the powerful spiritual principles of Chinese Medicine to discover your personality type and bring balance to all areas of your life with this practical, solution-oriented book from expert Jean Haner. The ancient Chinese discovered a secret that remains little-known in the West to this day: the map of how your life is meant to work. And just like an acupuncturist treats energy points in the body to heal you physically, this book will show you how to make tiny changes in your everyday activities to heal your life when it's not working for you. Based on the traditional wisdom of the Chinese Five Elements-Water, Wood, Fire, Earth, and Metal-the quizzes and step-by-step guidance in this book will help you discover how to solve problems in ways that fit your unique personality type.

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Drawing from over 30 years of experience, Jean Haner offers specific strategies from the spiritual side of Chinese medicine to help you create true and effective change. With short-term practices and select activities, such as aligning with your "magic hours," new ways of clearing clutter, and even adding certain colors and foods to your life, you can get solutions for any problem at three different levels—simple remedies, full prescriptions, and a five-week "reboot" plan—to get your entire life moving in the right direction again.

Drawing from the ancient wisdom of the Five Elements of Traditional Chinese Medicine, Robin Ray Green, L.Ac., MTCM, offers simple solutions for creating a natural healing program that is as unique as your child. Questionnaires and quizzes help you gain an understanding of your child's 5-Element type —whether it's

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Wood, Fire, Earth, Metal or Water —to allow you to diagnose imbalances within the body that create health issues. Once you've gained a solid understanding of the 5 Elements and how health conditions are affected by elemental imbalances, nutrition, and lifestyle, you'll learn simple techniques —such as acupressure, massage, and meditation —that will help your child achieve vibrant health. Ultimately, empowered with this knowledge and a new, holistic perspective on health, you'll be able to augment Western treatments with time-tested natural solutions to help your child, and your whole family, heal naturally.

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