



Wood Becomes Water: Chinese Medicine in Everyday Life

Gail Reichstein

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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
- 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.

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Wood Becomes Water: Chinese Medicine in Everyday Life can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to get every word into pleasure arrangement in writing Wood Becomes Water: Chinese Medicine in Everyday Life yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource data that maybe you can be among it. This great information can drawn you into new stage of crucial thinking.

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The book untitled Wood Becomes Water: Chinese Medicine in Everyday Life contain a lot of information on it. The writer explains the girl idea with easy way. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author provides you in the new age of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice examine.

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