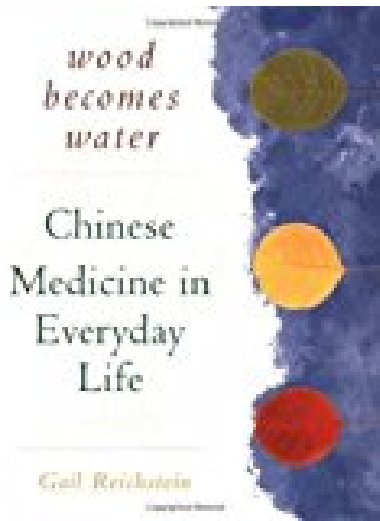


# Wood Becomes Water Chinese Medicine in Everyday Life

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## BOOK DETAILS

- Author : Gail Reichstein
- Pages : 238 Pages
- Publisher : Kodansha USA
- Language : English
- ISBN : 1568362099



## BOOK SYNOPSIS

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. 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

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