

## Wood Becomes Water Chinese Medicine In Everyday Life 20th Anniversary Edition

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### Wood Becomes Water Chinese Medicine

"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 modern world.

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### Wood Becomes Water: Chinese Medicine In Everyday Life ...

Start your review of Wood Becomes Water: Chinese Medicine in Everyday Life. Write a review. May 24, 2018 zekirn rated it it was amazing. Shelves: plant-medicine, magic. As an introduction to chinese medicine, this was fantastic. it gave me great insight into the way it all works in alignment with the five element system, in relatable ways that ...

### Wood Becomes Water: Chinese Medicine In Everyday Life by ...

Wood Becomes Water : Chinese Medicine in Everyday Life by Gail Reichstein (1998, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

### Wood Becomes Water : Chinese Medicine In Everyday Life by ...

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 ...

### Wood Becomes Water: Chinese Medicine In Everyday Life ...

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### Wood Becomes Water: Chinese Medicine In Everyday Lif ...

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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### Wood Becomes Water: Chinese Medicine In Everyday Life ...

Buy Wood Becomes Water: Chinese Medicine In Everyday Life by Reichstein, Gail, Tan, Pat, Keller, Marie (ISBN: 8601404714399) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

### Wood Becomes Water: Chinese Medicine In Everyday Life ...

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### Wood Becomes Water: Chinese Medicine In Everyday Life ...

Wood becomes water : Chinese medicine in everyday life. [Gail Reichstein] -- "Using the five element system of Chinese cosmology as a key--wood, fire, earth, metal, water--Reichstein unlocks the ancient mysteries of Chinese medicine and applies them to our everyday health and ...

### Wood becomes water : Chinese medicine in everyday life ...

Get this from a library! Wood becomes water : Chinese medicine in everyday life. [Gail Reichstein] -- 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 ...

### Wood becomes water : Chinese medicine in everyday life ...

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### Wood Becomes Water: Chinese Medicine In Everyday Life ...

"In the five elements cycle, the fire phase describes a stage of peak power," writes Gail Reichstein in Wood Becomes Water: Chinese Medicine in Everyday Life (Kodansha, 1998). "Fire, then, is about peaking - reaching a maximal stage of activity."

### Five Elements for Five Seasons - Experience Life

According to Wood Becomes Water: Chinese Medicine in Everyday Life [Gail Reichstein] the winter element of water in deficiency can manifest as insomnia, back or knee pain, night sweats, infertility or prematurely gray hair.

### Wood Becomes Water: Chinese Medicine In Everyday Life ...

Indeed, the San Jiao or Triple Burner has no anatomical correspondent at all, and is said to be completely a functional entity. Chinese medicine and the model of the body is founded on the balance of the five elements: Earth, Metal, Water, Wood, and Fire. The elements are infinitely linked, consuming and influencing each other.