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Keepers of the Soul: The Five Guardian Elements of Acupuncture (Five Element Acupuncture)

Nora Franglen

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The five elements – Wood, Fire, Earth, Metal and Water – are fundamental to Chinese medicine and metaphysics, but it can be difficult to get beyond the purely intellectual level of understanding. This rich book gets to the heart of five element theory, and offers passionate reflections on the spirit of each element, and the practice of five element acupuncture.

The author provides accessible accounts of each element, explaining what it looks like, how it presents in an individual's characteristics, how it can become unbalanced and how treatment might be approached to restore balance. With profiles of various well-known figures, including David Beckham and Elvis Presley, the author explores what it means to live in harmony as a unique being and how the five elements help shape and cultivate our body and soul. The book explains how Chinese physicians understand and diagnose their patients and offers invaluable insights into how to practise five element acupuncture effectively.

A valuable and thoughtful addition to any library, this book will be of particular interest to acupuncturists, practitioners and students of complementary medicine as well as anyone contemplating Chinese medicine as a treatment option or interested more generally in human psychology.

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