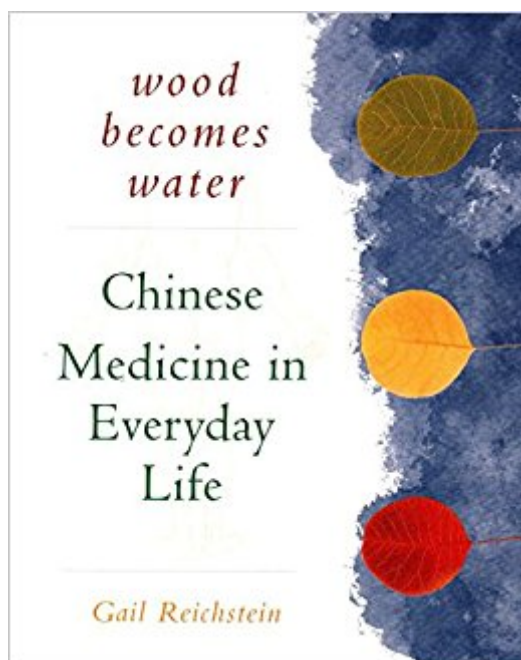


The book was found

# Wood Becomes Water: Chinese Medicine In Everyday Life



## Synopsis

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.

## Book Information

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## Customer Reviews

"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." —Kenneth S. Cohen, author of THE WAY OF QIGONG

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

This book just presents 5 elements and relationships and is good for someone like Mom or Grandma or youngsters who have zero concept of 5 elements. Or even the typical "(western) feng shui enthusiast" who thinks it has anything to do with decorating and organizing and such nonsense. It is very easy reading and understanding. It is definitely not a reference and not worthy of an adult teaching curriculum. This book is just helping to show people how to think in 5 elemental relationships, and is pretty long considering that is all that it is doing. I read this book a few months ago while visiting the US, but I recall many times reading statements that went against fundamentals learned in hong kong, taiwan, and japan (dont trust anything in mainland china after Yale-man Mao's proxy communist reprogram/ westernization, remember all tradition was best preserved by USA's KMT in Taiwan), and definitely dont trust the specific examples and relations given in the book. Just use it as beginner to learn relationships and how to think about it.

Good try. Does what it saids. Serve better for starters in their TCM path.

I love this book. Every part of it that I read is full of insight on chinese elemental, feung shui, qi gong and other various principals. She pertains all of these principals to the human body and internal organs in a way that is simple and well informative. Chinese medicine Is kind of like making nature poetry out of human anatomy in a way that works. I love it!

One of my favorite books on chinese medicine! Very practical and useful!

thank you

Good book.

I practice and teach qigong, and have read a dozen or so of the books recommended by my teachers, and I recommend "Wood Becomes Water" to my students as a first read on the subject of Traditional Chinese Medicine. TCM can quickly become complicated, but this book keeps things

simple and clear and still gives a feel for the breadth and depth of the subject.

very interesting how the author has integrated spiritual aspect

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