



Chinese Medicine for Beginners: Use the Power of the Five Elements to Heal Body and Soul

Achim Eckert

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Wood, Fire, Earth, Metal, and Water — the Chinese have known for centuries how to tap into these five elemental forces of nature and use them to strengthen and heal their minds and bodies. In ***Chinese Medicine for Beginners*** author Achim Eckert, M.D., explains the mystery and brings to the Western world an understanding of the Chinese approach to health and healing.

Eckert explores the many facets of Chinese medicine, including the attributes of Yin and Yang, Qi (the life force), meridians of the body, and the Chinese view of the organs. He explains in detail the relationships between organs, energy flows within the body, emotional behavior, mental attitudes, and physical well-being.

Along with practical applications, Eckert explains how each of the five elements works in the human body. Some examples include:

- A disorder of Wood can cause depression and resignation.
- A disturbance in Fire is expressed in nervousness and insomnia.
- An overabundance of Earth leads to exaggeration and emotional outbursts.
- An imbalance of Metal is often revealed by an intense worry about the future.
- A solid balance of Water promotes strong bones and healthy teeth.

Eckert also provides instructions for numerous mental and physical exercises that will strengthen and restore the balance of elements.

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