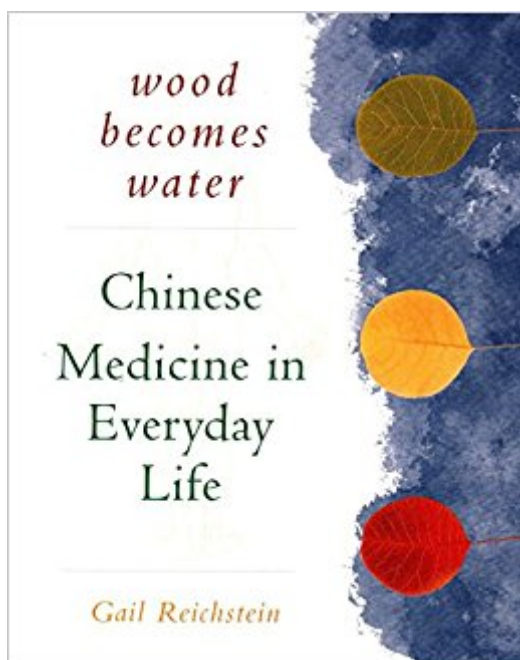


The book was found

# 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

Paperback: 240 pages

Publisher: Kodansha America; 1 edition (May 1, 1998)

Language: English

ISBN-10: 1568362099

ISBN-13: 978-1568362090

Product Dimensions: 7.2 x 0.6 x 9.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 45 customer reviews

Best Sellers Rank: #37,563 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hearing Problems #10 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #53 in Books > Medical Books > History

## 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

[Download to continue reading...](#)

Wood Becomes Water: Chinese Medicine in Everyday Life Chinese: Crash Course Chinese - Learn Chinese Fast With a Native Speaker: 500+ Essential Phrases to Build Your Chinese Vocabulary, Chinese, Learn Chinese, Chinese Phrasebook, Mandarin Study Aid I Love to Share (English Chinese kids, Chinese children's books): Mandarin kids books, Chinese bilingual books, Chinese baby books (English Chinese Bilingual Collection) (Chinese Edition) Chinese Bilingual Books: I Love to Brush My Teeth (chinese kids books, chinese children's books): English Chinese Children books (Chinese Bilingual Collection) (Chinese Edition) Pure Water: The Science of Water, Waves, Water Pollution, Water Treatment, Water Therapy and Water Ecology Chinese Children's Books: I Love My Dad (English Chinese Bilingual): chinese bilingual children's books (English Chinese Bilingual Collection) (Chinese Edition) Chinese baby book: Where is the Baby: English-Chinese picture book (Simplified Chinese book) (Bilingual Edition) Early Reader Chinese book for ... books for kids (Volume 7) (Chinese Edition) I Love to Tell the Truth (chinese english bilingual,chinese children stories,mandarin kids books ): mandarin childrens books,bilingual chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (mandarin childrens books, chinese baby books): kids books in chinese, chinese children stories, mandarin kids (Chinese Bedtime Collection) (Chinese Edition) I Love to Tell the Truth ( chinese kids books, mandarin childrens books): mandarin kids books, kids books in chinese, chinese children's books (Chinese Bedtime Collection) (Chinese Edition) Welcome to Chinese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Chinese Recipes (Chinese Cookbook, Chinese Food Made Easy, Healthy Chinese Recipes) (Unlock Cooking, Cookbook [#13]) Wood Finishing Tips: The Go to Guide to Wood Finishing Supplies, Wood finishing Chemistry and More 2012 Wood Design Package - including the National Design Specification® for Wood Construction (NDS®) & NDS Supplement: Design Values for Wood Construction (4 volumes set) CHINESE MEDICINE GUIDEBOOK TO BALANCE THE FIVE ELEMENTS & ORGAN MERIDIANS WITH ESSENTIAL OILS: Master List Essential Oils 'Fire, Earth, Metal, Water & Wood Elements' Plus Symptoms of Imbalance A History of Everyday Life in Scotland, 1600-1800: A History of Everyday Life in Scotland, 1600 to 1800 (A History of Everyday Life in Scotland EUP) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Integrated Chinese: Level 2 Part 2 Character Workbook ( Traditional & Simplified Chinese Character, 3rd Edition) (Cheng & Tsui Chinese

Language Series) (Chinese Edition) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Water Clarity Secrets for Ponds and Water Gardens: The Quick and Easy Way to Crystal Clear Water (Water Garden Masters Series Book 5) Chinese Acupuncture and Moxibustion: A Practical English-Chinese Library of Traditional Chinese Medicine

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)