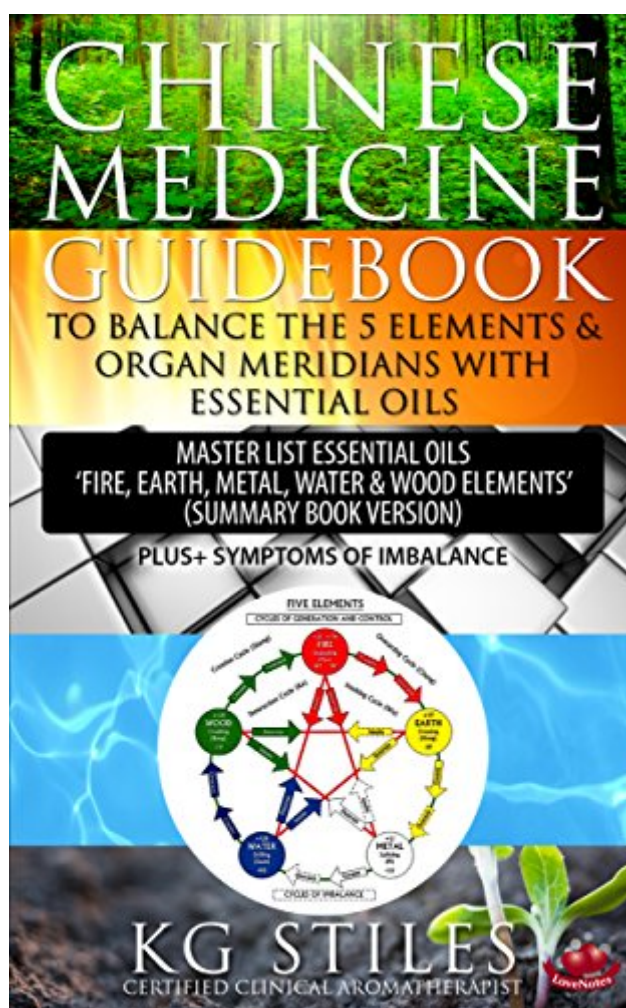


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CHINESE MEDICINE GUIDEBOOK TO BALANCE THE FIVE ELEMENTS & ORGAN MERIDIANS WITH ESSENTIAL OILS: Master List Essential Oils 'Fire, Earth, Metal, Water & Wood Elements' Plus Symptoms Of Imbalance





Synopsis

LEARN THE ESSENTIAL OILS to use to balance each of the five elements and organ meridian energy channels, including the Conception Vessel (Brain), Governing Vessel (Nervous System) and the 12 Organ Meridians. Your meridians are the channels through which your emotions flow. The natural and free flow of life force energy (your e-motions - energy in motion) coursing through your meridians ensures your health and longevity. While blocked or suppressed emotions result in clogged meridian channels and imbalances of health. In classic, Oriental, or Chinese Medicine all disease is seen as disordered elements. Restoring balance of the five elements and the harmonious flow of Chi through the meridians is at the heart of Chinese medicine. Essential oils can be used to balance the 5 elements and help restore the flow of chi through your meridians. You do NOT have to know Chinese Medicine or Acupuncture to use the recommended essential oil with good results. In this summary guidebook you will also learn the power and properties associated with each of the 5 elements, signs of balance and imbalance, keywords associated with each element, and the related physical and emotional symptoms of stagnation or blockage for each of the 5 elements.

I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!

• -Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, *Choices and Illusions*

It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!

• ~Linda McGwire, RN, BSN, HNC-B

I highly recommend this course to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique.

• ~John L. Turner, MD, Neuro-surgeon, Author - *Medicine, Miracles & Manifestations*

About the LoveNotes brand: LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire. Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what's most important to you quickly!

Hope you love your LoveNotes as much as I enjoy creating them for you!

Aromatically yours, -KG Stiles, Author

Certified Clinical Aromatherapist

Founder PurePlant Essentials Aromatherapy

Book Information

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Customer Reviews

If you are interested in accupunture and how it helps the body...the 5 elements is good to read

Nice adjunct for several trainings...brings it all together nicely.

Gives one mora aspect to treatment. Easy effective knowledge to boost and energising a lot of different treatments and styles.

I find that this book will be good woith my aromatherapy study courses. I can use it twards better under standing.

Very easy going.

OK

This booklet covers the Chinese Five Elements: Water, Wood, Fire, Earth, and Metal giving the emotions both balanced and negative; the physical effects both good and bad; and many other details identifying their respective actions. Most exceptional is the addition of essential oils that can balance the elements that have gone askew. Wonderful short reference piece with all the pertinent information at your fingertips without having to search a large book. I am finding it very handy.

A very basic overview, limited information if you want a full understanding, this is not the book your looking for. It's a list with no context.

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