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Titolo	Keepers of the soul : the five guardian elements of acupuncture // Nora Franglen
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Descrizione fisica	1 online resource (298 p.)
Collana	Five Element Acupuncture
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Nota di contenuto	About the Author; Introduction; Opening the Circle; 1. The Pattern of Things; The quest for our own identity; The cadence of the universe; The guardian of the soul; The body as portrait of the soul; Nature's pull towards health; The elements at work; 2. Our True Shape; The guardian element; Why does imbalance occur?; What is balance?; Has imbalance a function?; Assessment of balance; Sensory diagnosis; Energies in process of change; 3. Opening the Circle; The elements as filters; The messengers of the elements; Patterns of flow; Within the Circle; 4. The Circle of the Elements 5. The Wood ElementThe signatures of Wood; Wood's two officials; Margaret Thatcher; My Wood mother; 6. The Fire Element; The two sides of Fire; Billy Connolly and Tony Blair; A Fire patient; Fire under pressure; 7. The Earth Element; The pull of Earth; Princess Diana; The elements in embryo; 8. The Metal Element; Patrick, Proust and Presley; My Metal element shadow; 9. The Water Element; The shapes of Water; Alex and David Beckham; Our place in the circle; Closing the Circle; 10. A 21st-Century Context; A cry from the heart; The medicalized society; A vision for acupuncture 11. Closing the Circle
Sommario/riassunto	With profiles of well-known figures, the book explains the spirit of each of the Five Elements of Chinese medicine, and what they look like in

different people. The philosophy behind Five Element acupuncture is explained, including what it means to live in harmony and how the Five Elements help shape our body and soul.
