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| Nota di contenuto | THE SIMPLE GUIDE TO FIVE ELEMENT ACUPUNCTURE; About the Author; Preface; 1. The Philosophy upon whichChinese Medicine is Based; 2. What is Acupuncture?; 3. History of Acupuncture; 4. How Acupuncture is Used toTreat Illness; 5. The Three Levels of the Human Being:Body, Mind and Spirit; 6. What Can Acupuncture Treat?; 7. The Five Elements; 8. The Associations or Correspondences; 9. The Guardian or Constitutional Element; 10. How an Acupuncturist Views Healthand Ill-Health: Living in Harmonywith the Dao; 11. How an Acupuncturist Diagnoses
12. The Association of Each Element with aSeason of the Year13. The Chinese Pulses; 14. The Chinese Clock: Law ofMidday-Midnight; 15. The Association of Each Element withan Organ of the Body; 16. How the Elements Show Themselves inUs: Emotion, Colour, Sound and Smell; 17. The Wood Element; 18. The Fire Element; 19. The Earth Element; 20. The Metal Element; 21. The Water Element; 22. How Elements Relate to Each Other; 23. Acupuncture and Western Medicine; Index; Blank Page |
| Sommario/riassunto | This accessible guide explains the history and philosophy of five element acupuncture, and shows how it addresses specific health needs and general well-being. With case studies throughout, the guide |

explains how an acupuncturist diagnoses and treats patients, and looks at the character of each element.