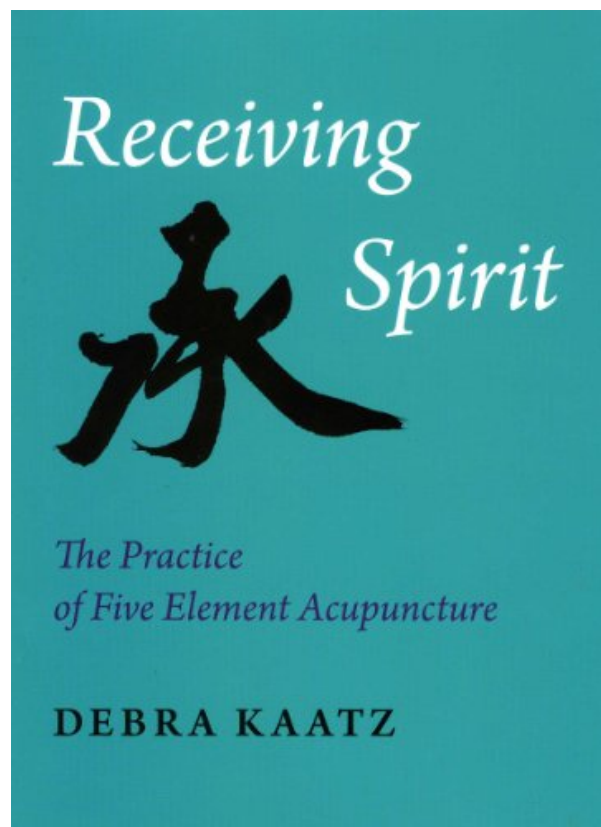
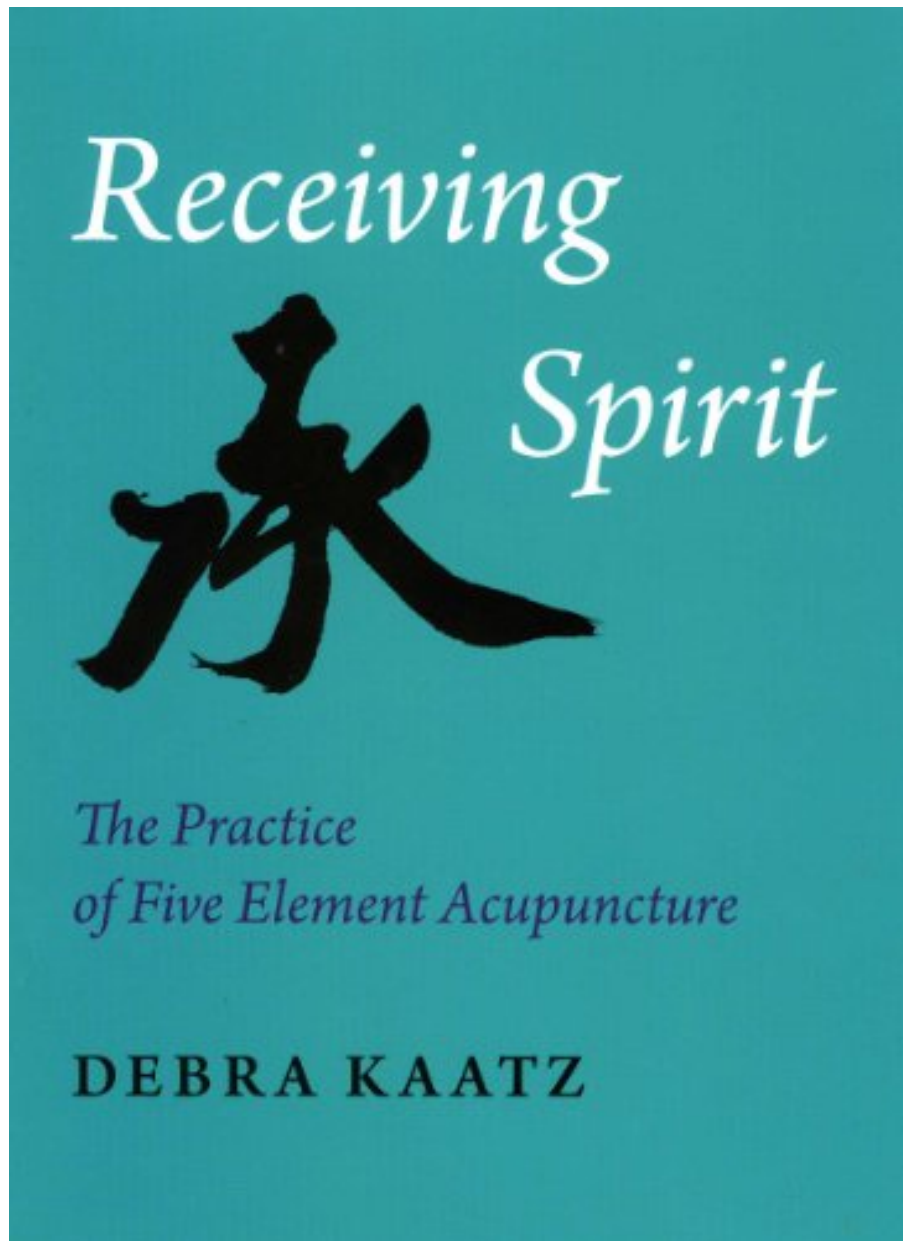


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Acupuncture is an ancient healing art. Each of the acupuncture points is a palace of healing energy for the body, mind and spirit. When we suffer from 'dis-ease' these points can be used to bring our energy back into harmony and wholeness. They can also help our spirit to deepen, grow and mature. This book is about the healing practice of Five Element Acupuncture as treatment, meditation and for expanding our spirit. It is an accessible and inspiring addition to all traditions of acupuncture.

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- Published on: 2011-09-18
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An absolutely delightful book for the dedicated acupuncturist who wishes to escape the rigid boundaries of TCM

By Hanbledzoiner

I'm going to love anything that is written about real acupuncture practice, and 5 elements is part of that study. When Mao Tse Tung turned China into a communist country one of the things he did was to round up all of the most famous doctors in China and demand that they convert Chinese medicine into something that could compete with Western medicine. In the process, he demanded that they take out anything mystical, magical, superstition, shamanistic concepts from which authentic ancient Chinese medicine had developed. It's like removing the sap from a tree and spraying it with a formula to freeze it in shape. They called this TCM – traditional Chinese medicine that is neither traditional Nor does it demonstrate the incredible power that authentic ancient Chinese medicine contained within it. After forcing the Chinese doctors to give up all of their alternative thinkings, then president Richard Nixon was invited over to China where he witnessed some surgical operations using no anesthetics except for acupuncture.

Suitably impressed, American hospitals were allowed to develop experimental acupuncture programs for things like drug addiction and alcoholism and schools of acupuncture began to pop up like mushrooms in the dark. This form of Chinese medicine called TCM (which is a misnomer of the worst kind) and which can be taught to any adult by rote, makes books like this shine like diamonds in a mud bath that seems to be taking over Western medicine's more difficult issues. Where Western medicine is valuable in structural medicine and in the administration of poisons against symptoms, Chinese medicine actually has herbs and acupuncture to be taken by the healthy to achieve something called radiant health or Wei Qi, meaning a health that has a boundary larger than the body and thus disease cannot even approach the body. In addition, Chinese medicine had no psychology or psychiatry – everything is considered somatic and all the emotions stored in various organs in the body such as the ZangFu, a set of 5 Yin and 5 Yang organs. Yin organs being considered solid as places of storage for the emotions, which are all valuable tools in a healthy toolbox. As a for instance, anger is stored in the liver and is considered to be an appropriate response to a thwarting of

one's will. This is anger as a tool, not being angry but using anger. And there are 5 emotions connected with these 5 elements that have very definite interconnections. Anger, joy, worry, grief, and fear are stored in the 5 Yin organs. This book is a delight and I only wish I had purchased the hardcover version rather than Kindle.

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Beautiful book!

By Kathleen E. Leenders

I am in the first year of practice as a five element acupuncturist and I find Debra Kaatz's books so helpful. She writes clearly and poetically, grasping the healing potential of Chinese medicine in words on a page. I am grateful for her writings and would highly recommend any of her books!

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Treasured book! I would love to have hardcover copy.

By Student

I would love to meet and talk with the author. Her insights and writing skills are endearing; this is a feast of knowledge to those learning the medicine.

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