



The Simple Guide to Five Element Acupuncture

Nora Franglen

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Nora Franglen's straightforward, accessible guide introduces this ancient Chinese system of medicine. She briefly covers its history and explores the philosophy behind it, explaining how it can benefit the reader personally by addressing specific health needs and general well-being. Five element acupuncture treats the whole person by accessing the natural energy channels each of us possess and correcting the imbalances between our five elements to restore both physical and mental wellbeing. With case studies of patients throughout, the guide provides immediate insight into how an acupuncturist diagnoses and treats patients, looking at the importance of each of the five elements in turn, and how they relate to each other.

This deceptively simple guide will help anyone interested in learning about the benefits and traditions of five element acupuncture, five element theory or Chinese medicine in general. It will be of particular interest to students as well as a great resource for practitioners to recommend to patients.



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