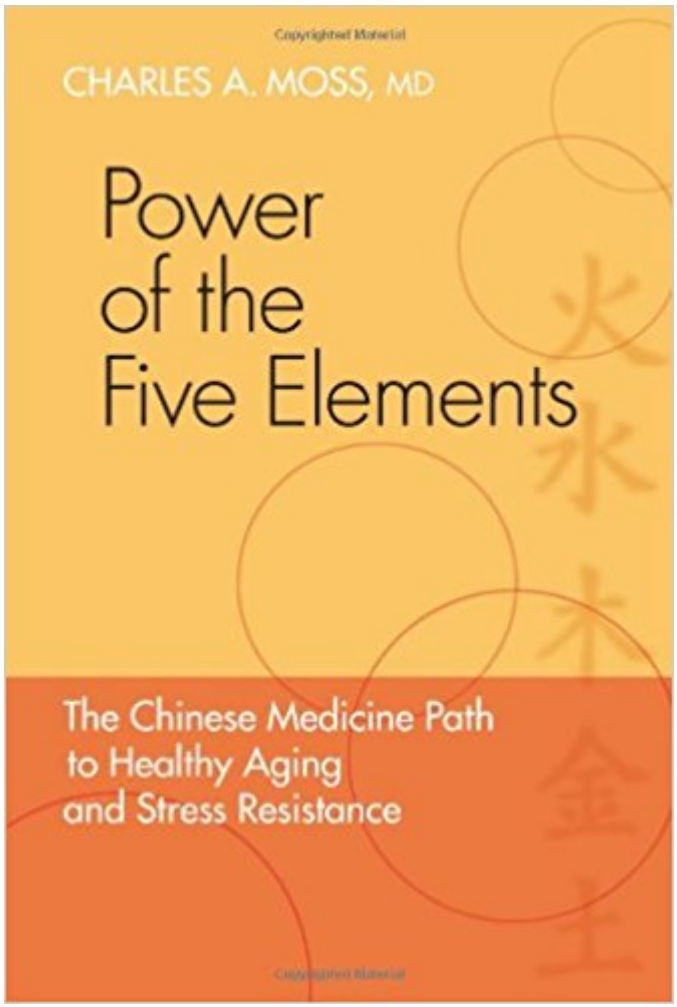
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Power Of The Five Elements: The Chinese Medicine Path To Healthy Aging And Stress Resistance



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Synopsis

Based on his thirty years of using acupuncture in an integrative medical practice, Power of the Five Elements presents the Five Adaptation Types, Dr. Charles MossÃ¢â ¬â„¢s modern application of the Five Elements of Chinese medicine.This book provides you with:Ã¢â ¬Â¢ A roadmap to understanding why you react to stress the way you do and a comprehensive new approach to improving your ability to adaptÃ¢â ¬Â¢ A fascinating synthesis, presented for the first time, of the ancient wisdom of Taoist Chinese Medicine and current mind-body researchÃ¢â ¬Â¢ Case histories and questionnaires to identify your Adaptation Type and specific, individualized recommendationsÃ¢â ¬â •behavioral changes, exercises, meditationsÃ¢â ¬â •to improve adaptation, reduce stress, and enhance healthy agingÃ¢â ¬Â¢ A clear understanding of the importance of lowering abnormal levels of cortisol, the main stress hormone associated with heart disease, diabetes, and cancerIf you are ready to increase your energy levels, improve your mood, and reduce your risk for serious illness, get started today and discover your Adaptation Type through Power of the Five Elements.

Book Information

Paperback: 312 pages

Publisher: North Atlantic Books (April 6, 2010)

Language: English

ISBN-10: 1556438745

ISBN-13: 978-1556438745

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #254,518 in Books (See Top 100 in Books) #74 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #142 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure

Customer Reviews

Ã¢â ¬Å“In this enlightening book, Dr. Charles Moss offers us the opportunity to heal our modern world through the wisdom of the ages.Ã¢â ¬Â•Ã¢â ¬â •David Simon, MD, cofounder of the Chopra Center for Wellbeing and author of Free to Love, Free to HealÃ¢â ¬Å“Dr. Charles Moss catapults the discipline of Five Element acupuncture into the contemporary framework of an individualÃ¢â ¬â„¢s response to lifeÃ¢â ¬â„¢s stressors. His Five Adaptation Types each embody

the qualities of an element, and he lucidly animates them with snapshot stories from his clinical practice. This is the inevitable next step of integrating the classical Five Element model into modern medicineÃ¢â ¬â„¢s understanding of mind-body dynamics.Ã¢â ¬Â•Ã¢â ¬â •Joseph M. Helms, MD, president of Helms Medical Institute and founding president of the American Academy of Medical AcupunctureÃ¢â ¬Å“Dr. Charles Moss, a masterful physician and acupuncturist, penetrates the mysteries of classical Chinese medical thinking to give us a truly useful guide to meeting lifeÃ¢â ¬â„¢s challenges. He demystifies this deeply thoughtful approach to health while honoring its physical, emotional, and spiritual insights. Dr. Moss makes ancient wisdom immediately applicable to dealing with modern stress, giving us clear, specific instruction for using our adaptive strengths to live a healthy, more conscious life.Ã¢â ¬Â•Ã¢â ¬â •Martin L. Rossman, MD, Dipl. Ac. (NCCAOM), author of Guided Imagery for Self-HealingÃ¢â ¬Å“This book is a must-read for everyone who wants the answer to two questions: What makes a person vulnerable to illness and premature aging? What brings a person vibrant health? I loved it and highly recommend it.Ã¢â ¬Â•Ã¢â ¬â •Bill Bachrach, CSP, CPAE; author of Values-Based Financial PlanningÃ¢â ¬Å“Power of the Five Elements is a must-read for those practitioners of acupuncture who desire to have a powerful and lasting effect on their patients' mental and physical health. The author points out that when combined with proper diet, mindful meditation techniques, and appropriate exercise, the adaptive powers of the Five Elements can provide Ã¢â ¬Ëœlong life and everlasting vision.Ã¢â ¬â„¢ This book brings these ancient techniques to modem life usefulness.Ã¢â ¬Â• Ã¢â ¬â •Medical Acupuncture JournalÃ¢â ¬Å“Power of the Five Elements provides a unique way of finding essential peace for the sake of both mind and body.Ã¢â ¬Â•Ã¢â ¬â •Energy Times

Charles A. Moss, MD, has been practicing integrative medicine and Five Element acupuncture in La Jolla, California, since 1978. A pioneer in combining Eastern wisdom and the best of scientific integrative medical practice, he has taught Five Element acupuncture through the UCLA School of Medicine, the American Academy of Medical Acupuncture, and the Five Element Acupuncture Physician Training Program. He holds a masterÃ¢â ¬â„¢s degree in acupuncture degree from the College of Traditional Acupuncture, UK, participated in the founding of the American Academy of Medical Acupuncture and the American Holistic Medical Association, and is a Fellow and Diplomate of the American Academy of Environmental Medicine, the American Academy of Medical Acupuncture, and a Diplomate (Board Certified) of the American Board of Family Medicine. Dr. Moss has written multiple articles on Five Element acupuncture and regularly presents workshops

through the American Academy of Medical Acupuncture.

Dr. Moss makes the five elements explain our growth development and maturation. Brilliant. Appropriate for non-acupuncturists and acupuncturists, MD LAc, psychologist or social worker. This book allows one to understand a lot about who we are.

This book is very helpful for those studying 5 element theory, the I-Ching and form of Taoism.

Many stressed Americans are intrigued enough by eastern medicine to try treatments like acupuncture. But how and why are these treatments effective? In the Power of Five Elements, Dr. Charles Moss provides a much-needed context for using Chinese medicine as well as a roadmap to understanding stress and how to improve our adaptation to it. Key to this is our comprehension of our Adaptation Types, that Moss lucidly explains with a synthesis of ancient Taoist wisdom and modern mind-body research. . A truly user-friendly book, Power of the Five Elements employs case histories of patients representing the Adaptation types along with recommendations for healthy lifestyles. This book empowers patients by helping them make knowledgeable choices.

Great introduction to the concept

A great book.... Taking difficult subject matter and making it easy to follow. Well written.

Interesting and informative ideas from Taoist view of life, health and happiness.

I am learning quite a bit from this book, the only thing I am sorry about is that I ordered it on kindle and the diagrams are kind of hard to see. I recommend buying the book form. If you have a hard copy you can refer to the diagrams easier. I'm still working with my kindle version and find it very interesting to learn working with the authors information. It is clear but very technical in the explanations, which I find very informative. Even for someone who doesn't have a background in Chinese Medicine can learn alot as it is explained well.

This book brings the five elements to life and has broadened my understanding of acupuncture immensely. I have begun to see connections and nuances in my patients and myself which had never been evident despite having been a physician for over 25 years.The various attributes of

Wood, Fire, Earth, Metal and Water seemed arbitrary and difficult to understand until I got this book. I am in awe of how incredibly observant and perceptive the ancient Chinese were in developing this style of medicine. Dr. Moss writes from extensive clinical experience over many years and it shows in how well the material is presented. "Power of the Five Elements" is a gem!

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