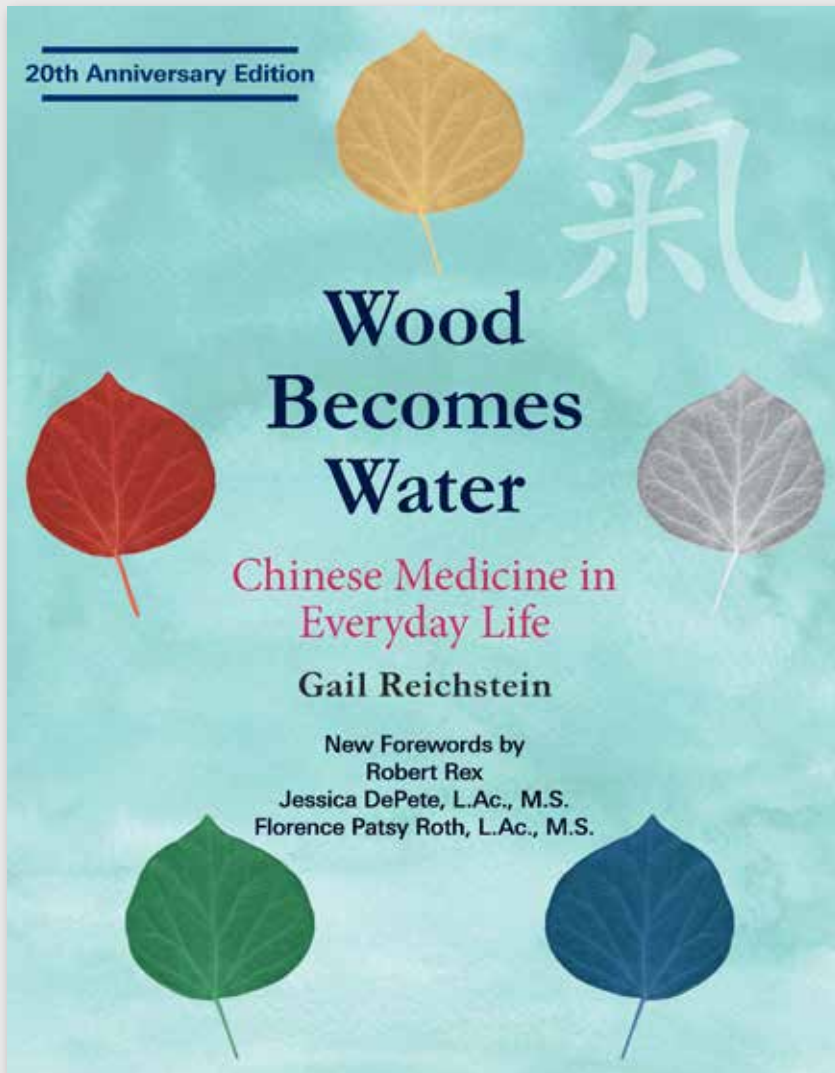


Wood Becomes Water *Chinese Medicine in Everyday Life*

–20th Anniversary Edition– by Gail Reichstein with New Forewords by Robert Rex, Jessica De Pete and Florence Patsy Roth



This groundbreaking work is a practical exploration of how ancient Chinese medicine can be an integral part of our lives today. A best-seller that has helped countless people since it was first published, this is the 20th anniversary edition.

£18.⁹⁹ softcover

isbn 978-1-56836-588-6

232 x 185 mm; 224 pages; b/w line drawings

Oct. 2018

Learn how techniques perfected over thousands of years can bring balance, harmony and well being to both your physical and spiritual being.



Gail Reichstein (1965-2016), was an acupuncturist, author, and editor. A graduate of the University of Pennsylvania and the Tri-State College of Acupuncture, she had practiced Chinese medicine since 1995, first in New York and then in Vermont. She was also the author of *Earth Acupuncture: Healing the Living Landscape*. Prior to her death, Reichstein lived in Lincoln, VT.

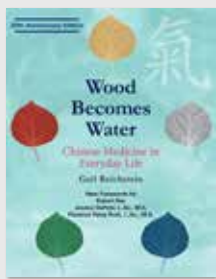
Wood Becomes Water uses the five elements of Chinese cosmology --wood, fire, earth, metal, and water --to introduce readers to the connection between the physical, emotional, and spirital forces in their lives. Practical, accessible, and wise, the book shows how the centuries-old techniques and philosophies of Chinese medicine can be applied to everyday issues of health and well-being in the modern world.

- First published in 1998, the book has remained popular and relevant
- A classic in the mind-body category
- This 20th anniversary edition has new Forewords written by the late author's husband and colleagues who knew her work well
- Explains the basic techniques of Qi, Acupuncture, Dietary Therapy, QiGong, and Fung Shui, and addresses specific ailments and disorders that result when each element is out of balance: fatigue, blurry vision, dry skin, anxiety, insomnia, cold hands and feet, lack of joy, repeated destructive behaviour patterns, and many more.
- Straightforward, practical, and supportive

TURNAROUND
PUBLISHER SERVICES

Kodansha Europe
for Quality books on Asia & Africa
info@kodansha.eu | www.kodansha.eu

K
KODANSHA



Wood Becomes Water *Chinese Medicine in Everyday Life*

–20th Anniversary Edition– by Gail Reichstein with New Forewords by

Robert Rex, Jessica De Pete and Florence Patsy Roth

£18.99 softcover

isbn 978-1-56836-588-6



232 x 185 mm; 224 pages; b/w line drawings

Oct. 2018

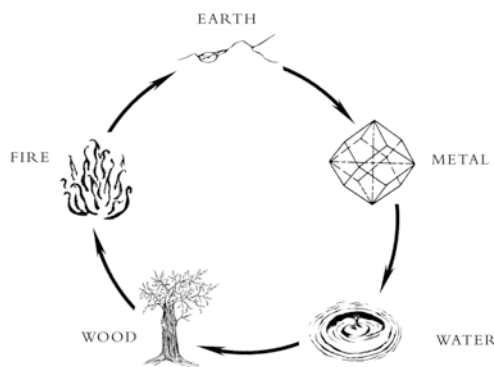
Each chapter includes:

- Lists of common ailments associated with each element
- Feng shui solutions for the home and workplace
- Acupuncture treatment
- Dietary therapy
- Qigong exercises

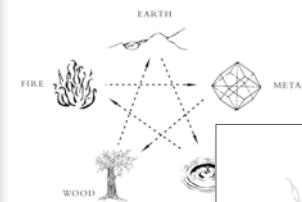
CHAPTER I



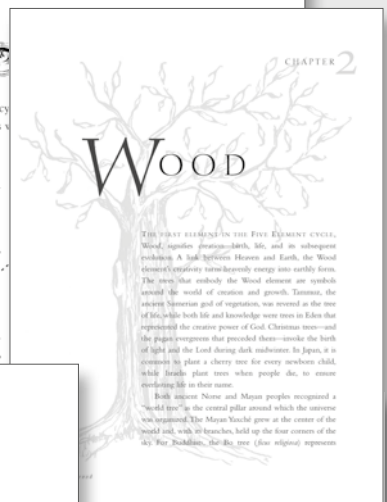
THE FIVE ELEMENT CYCLE THAT LIES AT THE HEART of Chinese medicine is, at its core, the simplest of concepts—a circle. The elements—Wood, Fire, Earth, Metal, and Water—are stations of that circle.



controlled. Wood controls Earth, Earth controls Water, Water controls Fire, Fire controls Metal, and Metal controls Wood.



Together, the Creation and Control cycles show the relationships that every element has with the others.



FIRE-TONIFYING RECIPE Herb-Mustard Lamb with Rosemary

1. log of lamb, 7 to 8 lbs.
 - 3 large cloves of garlic, sliced
 - 2 tbsp. olive oil
 - 1 tsp. brown mustard
 - 1 tsp. water
 - 2 tsp. dried thyme leaves
 - 2 tsp. dried rosemary leaves
 - 2 tsp. ground coriander seeds
 - 2 tsp. coarsely ground black pepper
 - fresh rosemary sprigs for garnish
1. Preheat oven to 425°F.
 2. Cut slits all over lamb with a sharp knife and insert garlic slivers.
 3. Brush lamb all over with olive oil.
 4. Combine the mustard, water, thyme, rosemary, coriander seeds, and pepper in a small bowl and mix thoroughly. Put this mixture all over the lamb to form a crust.
 5. Place in shallow roasting pan on center rack and cook for 45 minutes. Reduce heat to 375°F and cook for an additional 30 minutes.
 6. Remove, rest loosely covered for 15 minutes. Carve, garnish with fresh rosemary, and serve. Serves 5.

Controlling Fire Excess: food and summer

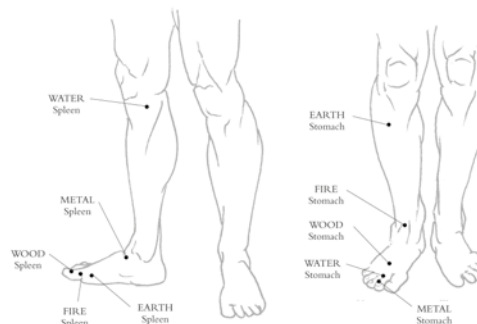
Fire tends toward excess in summer, its season, but it can also become excess at any time of year due to stress, illness, or overwork.

Like all excess patterns in the Five Element cycle, excess Fire can be controlled most readily by eating foods

associated with its flavor—bitterness. Whether Fire is excess internally, with the physical and emotional symptoms described above, or externally, because of summer temperatures, one's menu should be varied, with meals that are light and bright. Plenty of fruits and vegetables, bright colors, a small amount of spicy flavors, and, above all, a wide variety. Also include foods with

EARTH AND ACUPUNCTURE

Because the Earth element governs the flesh and the "container" of the body in general, all acupuncture affects these Earth aspects. In a sense, we treat the container so that it may better suit its evolving contents. In addition, acupuncture can be used to treat the Earth element specifically, for which purpose the Five Element points are used.



Five Element Points on the Spleen Meridian

Five Element Points on the Stomach Meridian

lots of sweet which may excess con- Unlike the is to control ravate them. when we eat and fats, or is sweet, like

much for the ren, causing foods form a many people balance, and refined and

berd es are those onions, artichokes together Earth's close eaten freely

Layered vegetables like artichokes and onions evoke Earth's focused attention, while the orange color of carrots also signals the Earth element.

d, like apples accumulative like all fruits,

Straightforward, easy-to-use, and practical, *Wood Becomes Water* links the physical, emotional, and spiritual forces at work in our lives, and provides a vital contribution to the study of the mind-body connection.