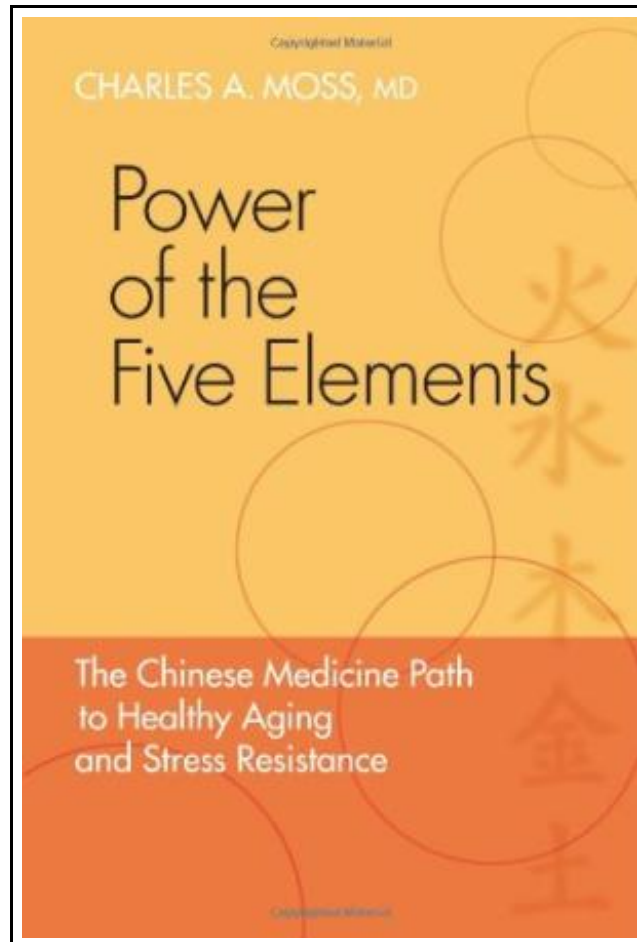


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Reviews

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(Prof. Geraldine Monahan)*

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North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, Power of the Five Elements: The Chinese Medicine Path to Healthy Aging and Stress Resistance, Charles Moss, Based on the author's 30 years of medical practice, "Power of the Five Elements "is a modern interpretation of the Five Elements" "of Chinese medicine that gives readers a roadmap to recognizing" "and controlling their stress-response patterns and" "enhancing healthy aging. Dr. Moss makes clear that maintaining" "health and preventing stress-induced disease--heart disease, " "diabetes, cancer--requires adapting successfully to changing circumstances." "His Five Adaptation Types use questionnaires and" "case histories to help readers create strategies for stress reduction" "and health improvement." " "Power of the Five Elements "explains how to reduce maladaptive" "patterns and prevent damage from elevated cortisol, the main" "stress hormone. Dr. Moss offers a range of behavioral changes, " "dietary recommendations, and meditations that enhance adaptive" "responses. He includes current research about the effects of" "long-term stress on the brain and how to reverse them. In addition, " "he describes each acupressure point and how to experience a" "direct effect from their adaptive energy. Written for both the general" "public and healthcare providers, this book is essential reading" "for anyone facing health issues and stressful situations.



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