

# CHINESE MEDICINE AND THE FIVE ELEMENTS



Isabelle Saint-Guily | 707 • 253 • 8969  
M.S. | LAC

May 04



This ancient theory was devised by Taoists. They observed that **five basics energy transformations flow from the interactions of the Yin and Yang.** ( See last letter regarding the Yin and Yang.). They are called the Five Movements, or Five Elemental Phases of energy, most commonly called the Five Elements.

The physical elements found in nature (wood, fire, earth, metal, and water) symbolically express the five tendencies of energy (Chi) in motion. **Wood** represents energy that is **developing and generating.**

*"ACUPUNCTURE PROVIDES SIGNIFICANT BENEFITS FOR MIGRAINE PATIENTS"*

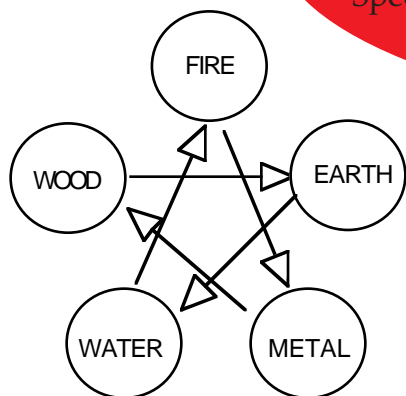
*A study published in the British Medical Journal.*

*Read the article online at: "www. AcupucntureToday.com"*

*Go to the May 04 issue. If you can't get online, ask me and I will print it for you.*

Isabelle

**Do You Suffer From Allergies?**  
**Try Acupuncture !**  
Special May clinic: Get a treatment for your allergies, and receive the herbs at cost price!

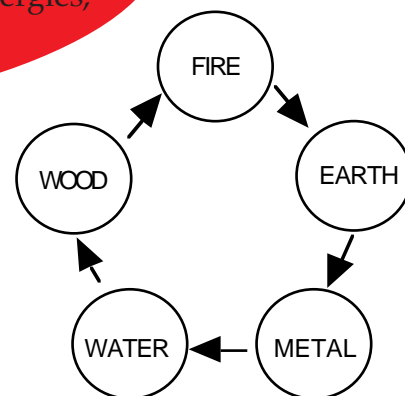


*In the second cycle, the cycle of destruction, each elements destroys or absorb the succeeding element: thus fire destroys metal, metal destroys wood, wood absorb water, water absorb fire, fire destroys metal- the cycle begins again.*

**Fire** represents energy that is **expanding and radiating.**  
**Earth** represents energy that is **stabilizing and centering.**  
**Metal** represents energy that is **solidifying and contracting.**  
**Water** is energy that is **conserving, gathering and sinking.**

The Five Elements Phases are expressions of energy that can be observed in nature and throughout the universe.

- In space they influence the motions of the stars, planets, and other cosmic phenomena.
- On earth they manifest themselves as the



*In the first cycle, the cycle of generation, each element produces or generates the succeeding element: wood produces fire, fire produces earth, earth produces metal, metal produces water, water produces wood- the cycle begins again.*

# Napa Valley Acupuncture

1018 Hudson Lane  
Napa, Ca 94558

Address Service  
Requested

PreSorted STD.  
U.S. POSTAGE  
PAID  
NAPA, CA  
PERMIT #279



four seasons: **winter is water, Spring is Wood, Summer is Fire, Fall is metal, and Earth is "Indian Summer" or the last few days of each season.**

• Within the human body, they affect the five sets of organs:

- The kidneys/bladder (Water)
- The liver/gall bladder (Wood)
- The heart/small intestine (Fire)
- The lungs/large intestine (Metal)
- The pancreas/spleen/stomach (Earth).

Energy flow through the body in meridians and their respective organs in well-defined cycles. These cycles mirror the two cycles of the Five Elements.

*In the following newsletters, we will cover each element and respective organ in turn. If you have any questions, please do not hesitate to call me.*



Dear Friends,

With Nathalie in college, and Antoine about to graduate from High School, life is changing quite a lot ! They have both turned into beautiful young adults, and are on their way to independence.

[www.napavalleyacupuncture.com](http://www.napavalleyacupuncture.com)

With more time in my hands, I am changing from a part-time practitioner raising her children, to a full-time acupuncturist/masseuse. My focus is now on expanding my business. I am working Monday through Friday, 8am to 7pm, and two Saturdays per month.

During the month of May, I am having a **special on Allergies**. If you suffer from them, do try Chinese Medicine, it may be the answer you have been looking for. Anyone coming for an allergy treatment this month, will receive the Chinese Medicinals at cost price. Send your friends !

In Health and Joy

Isabelle

I am still giving massages and loving it!