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teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and

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recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

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This book describes in detail the effects and ongoing impacts of trauma on the body and mind and provides the 'missing piece' in the treatment of these stubborn conditions that every practitioner confronts. Heart Shock



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refers to the systemic impact that emotional and/or physical trauma has on one's physiology and psychology, interfering with one's ability to heal, and also directly attributable to a host of progressive pathology. Synthesizing the teachings of Jeffrey Yuen and the Shen-Hammer lineage and focusing heavily on psychology, Ross Rosen addresses how to identify, diagnose, and treat Heart Shock from multiple perspectives, providing a multi-faceted approach to treatment, including all the acupuncture channel systems, herbal medicine and the use of essential oils. The approach presented can also be expanded to treat any condition or disease process.

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And White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

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This book focuses on a key aspect of Nei Gong and Qi Gong which is often ignored in practice; this is the practice of connecting with, feeling and adjusting the energy body directly, using the consciousness. The practice sits somewhere between Qi Gong, meditation and the lesser-known art of Shen Gong, and although it is known in China it has never before been written about in an accessible way in the West. The book contains step-by-step instructions on how to experience the various elements which make up a person's energy body, learning to identify and feel the meridians, and to diagnose imbalances and restore harmony through them. The book contains step-by-step instructions on how to experience the various elements which make up a person's

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energy body, learning to identify and feel the meridians, and to diagnose imbalances and restore harmony through them. This essential aspect of intermediate and advanced practice will be of interest to Qi Gong and martial arts practitioners as well as to practitioners of Chinese medicine.

Explains trauma using a combination of the Five Elements (from Traditional Chinese Medicine) and a touch perspective; for practitioners of a variety of modalities, including acupuncturists, somatic therapists, massage therapists, and mental health providers. Combining Eastern and Western trauma physiology, clinician-educators Alaine Duncan and Kathy Kain introduce a new map for acupuncturists, medical practitioners, mental health providers, and body-

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oriented clinicians to help restore balance in their patients. Using concepts from Acupuncture and Asian Medicine (AAM), alongside descriptions of the threat response from Western bio-behavioral science, they describe common physical symptoms, emotional presentations, and paths for healing for five survivor "types" detailed by the authors and correlated to the Five Elements of AAM. This ancient/modern integrative lens illuminates the diverse manifestations of traumatic stress in its survivors--chronic pain, autoimmune illness, insomnia, metabolic problems, and mental health disorders--and brings new hope to survivors of trauma and those who treat them.

The first book of its kind, the *Advanced Acupuncture Clinic Manual* contains

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