

Wood • Spring 2008 • 水

Spring's *element* is Wood. The color of Wood is green, the emotion is anger or benevolence. Wood's task is creativity, drawing upon the soul of dreams to empower bursting forth. Wood's power is of birth and growth, in a period of development of life, naturally bounded by Winter's restoring and Summer's maturation.

Chinese medicine traces its roots to the wisdom of Taoist texts that survive today, like the *Neijing*. Thousands of years ago Taoists observed natural, universal laws. They explained dynamic situational opposites such as day & night as *Yin/Yang*, and defined the relationships that govern cyclical action, like seasons, as *Five Element*.

Applying these theories to medicine and the scientific method resulted in a holistic system of treatment methods that is logical, repeatable and measurable; and that harmonizes body, mind and spirit to promote a state of health in nature.

With a correct depth and frequency of treatment, a diverse variety of symptoms and complaints can be improved to satisfaction or completely resolved. (See brochure for more details.)

You can enjoy the best of our modern and ancient worlds, with access to the energy of all the seasons, throughout the year.

After a short course of treatments, you will know when to come in for a tune-up, seasonally, to prevent imbalances.

Get started with an appointment, (503) 225-9033, or a no-charge consultation, (503) 358-0421.

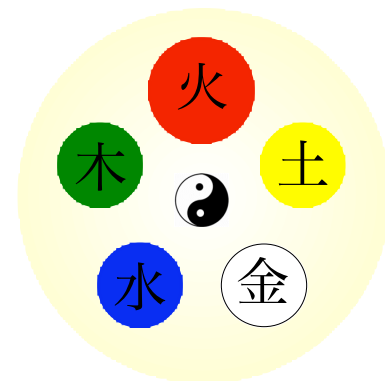
The Art of Life Through the Seasons

"In the old days sages treated disease by preventing illness before it began, just as a good government or emperor was able to take the necessary steps to avert war. Treating an illness after it has begun is like suppressing revolt after it has broken out ... one cannot help but ask: Are not these actions too late?"

"A superior doctor is able to gather all techniques and use them either together or separately, to flexibly adapt to a changing environment, life-style, and geography, and to consider many variables in the treatment of a condition.

Thus, it is understood that even though treatment methods are different, all can succeed in healing a condition. This is dependent on the ability of the doctor to consider all variables and select the proper principle of treatment."

(from the *Neijing*, or The Yellow Emperor's Classic of Medicine, ~240 B.C., translated by Maoshing Ni)



ACUPUNCTURE

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