



## **CHINESE MEDICINE GUIDEBOOK TO BALANCE THE FIVE ELEMENTS & ORGAN MERIDIANS WITH ESSENTIAL OILS: Master List Essential Oils 'Fire, Earth, Metal, Water & Wood Elements' Plus Symptoms of Imbalance**

*By KG Stiles*

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LEARN THE ESSENTIAL OILS to use to balance each of the five elements and organ meridian energy channels, including the Conception Vessel (Brain), Governing Vessel (Nervous System) and the 12 Organ Meridians.

Your meridians are the channels through which your emotions flow. The natural and free flow of life force energy (your e-motions - energy in motion) coursing through your meridians ensures your health and longevity. While blocked or suppressed emotions result in clogged meridian channels and imbalances of health.

In classic, Oriental, or Chinese Medicine all disease is seen as disordered elements. Restoring balance of the five elements and the harmonious flow of Chi through the meridians is at the heart of Chinese medicine.

Essential oils can be used to balance the 5 elements and help restore the flow of chi through your meridians. You do NOT have to know Chinese Medicine or Acupuncture to use the recommended essential oil with good results.

In this summary guidebook you will also learn the power and properties associated with each of the 5 elements, signs of balance and imbalance, keywords associated with each element, and the related physical and emotional symptoms of stagnation or blockage for each of the 5 elements.

“I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!” -Eldon Taylor, Ph.D.,

FAPA, New York Times Best-selling Author, 'Choices and Illusions.'

"It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!"

~Linda McGwire, RN, BSN, HNC-B

"I highly recommend this course to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique."

~John L. Turner, MD, Neuro-surgeon, Author - Medicine, Miracles & Manifestations

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Aromatically yours,

-KG Stiles, Author

Certified Clinical Aromatherapist

Founder PurePlant Essentials Aromatherapy

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