

**Healing with the Five Elements:
An Introduction to the Basic Concepts
of Traditional Chinese Medicine for Herbalists**

A Webinar Series with Patricia Kyritsi Howell, RH (AHG)

Access the recordings and download handouts
to go along with this syllabus using the Thinkific link you received
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Questions? Send us an email at info@wildhealingherbs.com.

Five Elements Webinar Syllabus

Introduction to Energetic Principles
The Fundamental Substances: Shen, Qi, Jing, Blood and Fluids
Wood Element
Fire Element
Earth Element
Metal Element
Water Element
Nourishment & Control Cycles
Case Studies

Book Recommendations: We don't have any specific reading suggestions for this webinar series however you may find it helpful to do some reading between webinars and just to learn more.

Here are some books we recommend...

Basic Theories of Traditional Chinese Medicine, International Acupuncture Textbooks

Between Heaven and Earth: A Guide to Chinese Medicine, Harriet Beinfield and Efram Korngold

Chinese Medicine for Beginners: The Power of the Five Elements to Heal Body and Soul, Archim Eckert

Chinese Traditional Medicine: Diagnosis and Treatment, Michael Tierra and Lesley Tierra

Staying Healthy with the Seasons, Elson Haas

The Five Spirits, Lorie Eve Deschar

The Web That Has No Weaver, Ted Kaptchuk