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Title: Getting in tune with nature

Author(s): Irene Alleger .

Source: Townsend Letter for Doctors and Patients.

Document Type: Article

Article Preview :

Staying Healthy with the Seasons by Elson M. Haas, MD Celestial Arts, P.O. Box 7123, Berkeley, California 94707 USA; www.tenspeed.com Lge. Softcover, 1981, 2003, \$16.95, 266 pp. Whoever wishes to investigate medicine should proceed thus: In the first place, consider the seasons of the year and what effect each of them produces. --Hippocrates The cover of Staying Healthy With the Seasons seems bursting with life--every element is vibrant, full of energy. And that reflects exactly what is found within--vibrant life, health, well-being. This book is not about illness and disease, it's about health--how to preserve it, enhance it, sustain it--in the most natural way possible. Dr. Haas, in his introduction, recalls the events that led to his writing Staying Healthy With the Seasons in 1981: an interest in acupuncture and nutrition which he found "changed his life," ridding him of "an accumulation of physical and psychological sludge ..." Juice cleansing, especially, started "the healthful flow of chi through all levels of my being." In 1981, Staying Healthy With the Seasons became one of the first books to integrate ancient Eastern healing traditions with modern Western medical practice, and so became a classic in the field. This 21st century edition will find an even larger

audience, for its time has come! Dr. Haas begins with his basic philosophy, especially the role of the mind and emotions in illness. He briefly outlines allopathic medicine, prevention, nutrition and herbology, before introducing Chinese Medicine and the Five Element Theory. The Five Elements are Wood, Fire, Earth, Metal, and Water. A chart showing the attributes of the particular element is included at the end of each seasonal section. (The relationships and associations of the complete Five Element Cycle are summarized in a chart at the end of the book, which can be referenced whenever needed.) The process of...

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