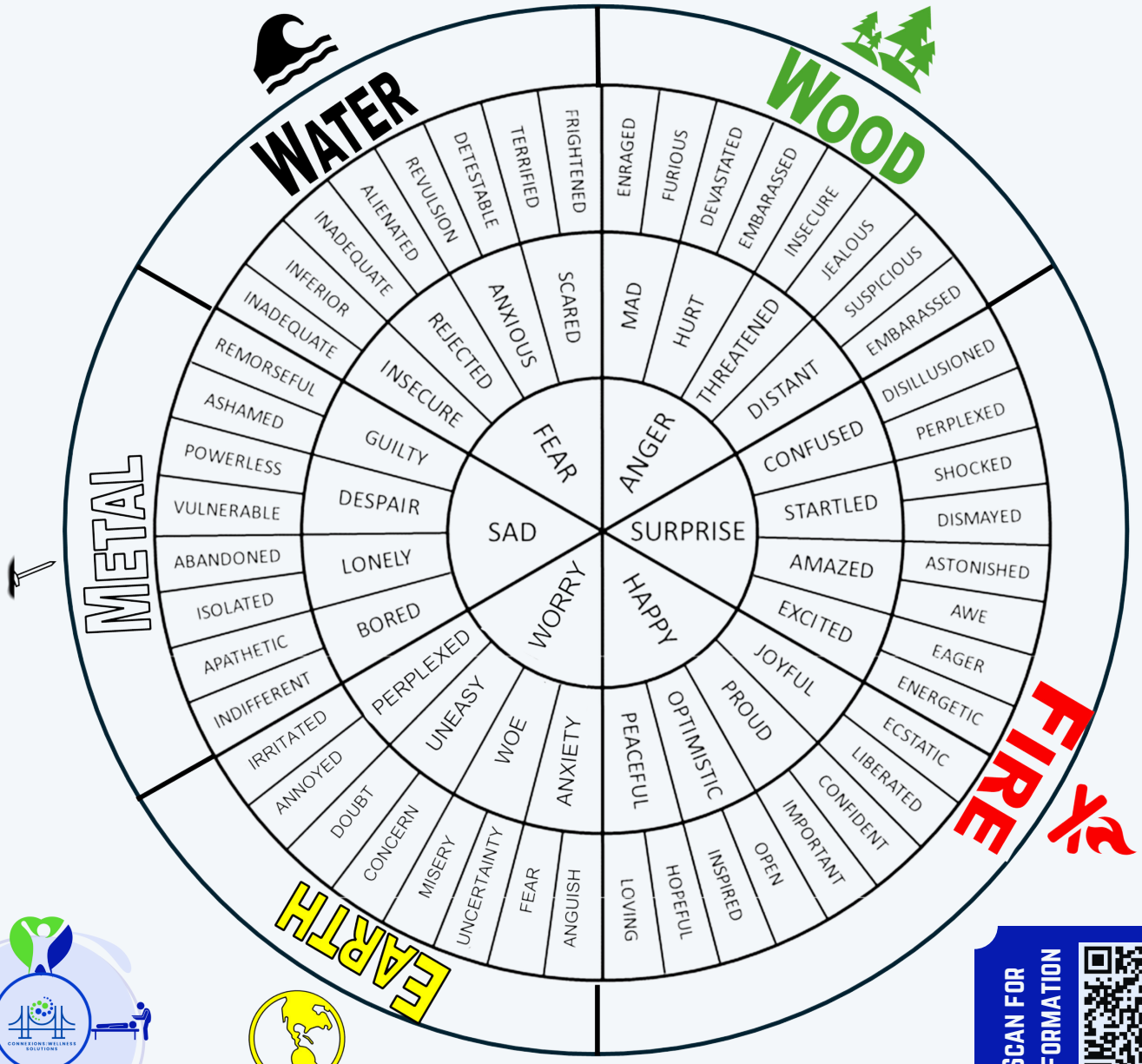
Flip the Switch!

Wellness Redefined

HOW IS YOUR EMOTIONAL AWARENESS?

Anger. Joy. Worry. Sadness. Fear. We recognize them as basic emotions. What do these emotions have in common with **Wood, Fire, Earth, Metal, and Water**? They are associated with the perspective elements in Chinese Medicine **Five Element Theory**. This association can be beneficial in understanding how emotions resonate in your body, often being the precursor to **dis-ease** when not ackowledged and released.



SCAN FOR INFORMATION

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630.426.9561