

YOUR *Yin Yang* BODY TYPE

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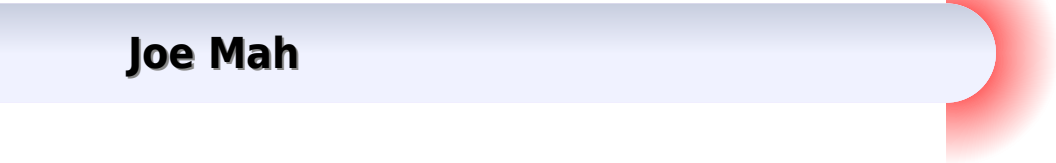
The Korean Tradition of
Sasang Medicine

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GARY WAGMAN, Ph.D., L.Ac.

Your Yin Yang Body Type The Korean Tradition Of Sasang Medicine

Joe Mah



Your Yin Yang Body Type The Korean Tradition Of Sasang Medicine:

Your Yin Yang Body Type Gary Wagman, 2014-12-29 Optimize your health by learning the inherent strengths and weaknesses of your body type Explains the 4 major body types of Korean Sasang medicine the best foods exercises and herbs for each and what to avoid Reveals how the Yin Yang energy balance of the bodily organs relates to the emotional balance and health of each body type Provides 2 different self tests to determine your type Deeply rooted in the classics of Oriental medicine the ancient Korean art of Sasang medicine explains how we each are born with a specific body type that establishes our physical and emotional strengths and weaknesses These traits have a direct influence on how we interact with others and react to stress trauma and illness Discovering your type can empower you to make the best choices regarding your health and well being In this book Dr Gary Wagman explores the 4 major body types of Sasang medicine and 2 different self tests to determine your type He explains the balance of Yin and Yang energy within the organs for each type and how this underlies your emotional tendencies and health patterns With a strong spleen and weaker kidneys for example the Yang type A person will be inclined to anger and susceptible to urinary complaints Offering stories from his Sasang medical practice as well as his own healing the author shows how organ excesses and deficiencies are often the culprit in emotional and psychological issues and how addressing these energetic imbalances can bring about lasting change Dr Wagman provides an extensive look at the most beneficial foods for each type and those that could be harmful as well as which forms of exercise are most effective He shows which herbs are most compatible for you and which could exacerbate your inborn energetic imbalances He offers Sasang approaches for a range of common conditions from high blood pressure aching joints and allergies to common colds inadequate sleep and weight gain He also introduces ways to enhance spiritual well being by balancing your innate emotional strengths and weaknesses Addressing the body mind and spirit discovering your Yin Yang body type provides the key to optimizing physical emotional and spiritual health

Yin Yang Balance for Menopause Gary Wagman, 2019-06-11 A practical guide to using your Korean Sasang body type to optimize your health during menopause Explores how each of the four Sasang body types has its own unique menopausal symptoms and Yin Yang energy balance explaining why hot flashes occur when they do why insomnia is suddenly an issue or why you feel depressed Provides self tests to determine your Sasang body type and explains how the natural remedies and diets that work for one type might not work for another Includes Sasang herbal remedies for common challenges related to menopause including hot flashes depression mood swings brain fog and loss of libido The ancient Korean art of Sasang medicine explains how each of us is born with a specific body type that establishes our physical and emotional strengths and weaknesses These traits have a direct influence on how we interact with others and react to stress and life's transitions Discovering your type will enable you to understand why you are prone to certain symptoms and not others choose the most compatible remedies and treatments and make the best choices regarding your health and well being Applying the wisdom of Sasang medicine to the major life

transition of menopause Dr Gary Wagman explores how each of the four Sasang body types has its own unique menopausal challenges as well as opportunities and how the natural remedies and diets that work for one type might not work for another Providing guidelines and tests to determine your type he details each type s emotional tendencies physical strengths and weaknesses and their balance of Yin and Yang energy within the organ systems explaining why hot flashes occur when they do why insomnia is suddenly an issue or why you feel depressed Revealing the impact our emotions have on our physiological health he describes how different emotions such as anger and sadness correlate with a particular type s inborn energetic patterns Presenting natural remedies exercises supplements and diet and food recommendations for each Yin Yang body type Dr Wagman also includes body type specific Sasang herbal remedies for the most common challenges related to menopause including hot flashes osteoporosis depression mood swings hormone balance urinary health fibroids frozen shoulder brain fog and loss of libido Offering specific ways to take charge of your own emotional physical and sexual health this practical guide provides a compass to help you smoothly navigate the sometimes turbulent waters of menopause and harness the spiritual and emotional strengths of this life transition

[The Essential Teachings of Sasang Medicine](#) Gary Wagman,2016-08-18 This unique translation of the foundational text in Korean medicine the Dongeui Susei Bowon is enhanced through extensive footnotes and explanations to allow the student of Sasang Medicine entry and insight into Lee Je ma s theory practice and philosophy It also includes over one hundred herbal formulae for each Sasang constitution

Korean Constitutional Acupuncture - Theory and Clinical Application of the Hwa and Taegeuk Five Elemental Methods Gary Wagman, PhD, LAc, The Hwa and Taegeuk Five Element acupuncture techniques are among the most commonly practiced constitutionally based methods in modern day Korea These simple and effective methods incorporate Five Elemental Theory to address a myriad of physiological and psychological issues The Hwa Acupuncture method emphasizes the use of pulse examination and the Taegeuk method the insertion of needles to determine the patient s constitution Treatment according to these methods is primarily focused on balancing constitutionally excessive and deficient organ systems while simultaneously addressing the patients direct concerns

[The Korean Herbal Apothecary](#) Grace Yoon,2023-10-03 Korean women are expected to reach a record average lifespan of over 90 years by 2030 In this first of its kind guide discover their culture s ancient healing methods and remedies How has the Korean culture now being looked at as a new Blue Zone created such incredible wellness and longevity An examination of their healing traditions may provide some actionable answers Grace Yoon Founder of Qi Alchemy delivers just this with The Korean Herbal Apothecary the first book to focus specifically on Korean herbalism and ancestral healing practices She reveals healing traditions that have been used for generations handed down grandmother to daughter and granddaughter Based on Korean ancestral practices and herbal medicine this guide teaches the Eastern approach to healing including The Korean Sasang Typology system comparable to doshas in Ayurveda How to create a Korean herbal medicine cabinet Recipes for healing remedies and elixirs How to use traditional fermented foods for health

and beauty How to resolve imbalances in Qi vital energy for health and emotional balance With The Korean Herbal Apothecary at your side you will learn how to use the power of ancient wisdom and remedies for spiritual and physical healing *Korean Constitutional Acupuncture* Gary Wagman,2019-11 The Hwa and Taegeuk acupuncture techniques are among the most commonly practiced constitutionally based methods in modern day Korea These simple and effective methods incorporate Five Elemental Theory to address a myriad of physiological and psychological issues The Hwa Acupuncture Method emphasizes the use of pulse examination and the Taegeuk method the insertion of needles to determine the patient s constitution Treatment according to these methods is primarily focused on balancing constitutionally excessive and deficient organ systems while simultaneously addressing the patient s direct concerns Gary Wagman PhD LLC is the founder of the American Institute of Korean Traditional Medicine AIKTM and specialist in Sasang Medicine He maintains a full time clinical practice in West Linn Oregon while offering educational seminars about Korean herbal and acupuncture methods Having spent considerable time in Korea absorbing its language and culture Gary is devoted to translating and reviewing current trends in Korean Medical research and historical literature He is author of *Your Yin Yang Body Type and The Essential Teachings of Sasang Medicine* An annotated Translation of Lee Je ma s Donggeui Susei Bowon Yin Yang Balance for Menopause and several articles about Korean Traditional Medicine **Living Right for Your Yin Yang Body Type** Gary Wagman,2013-05-20 **Korean Medicine** Seoul Selection,2015-11-16 Practitioners of Korean traditional medicine say the ultimate cause of disease is not so much the invasion of external elements but rather malfunctions in inherent bodily function Since disease is considered to result from the weakening of vital energy the emphasis is placed on boosting the body s ability to defend against disease Illness may be attributed to emotional states like joy or sorrow or to other internal causes such as overwork and fluctuations in the function of internal organs Even diseases that appear to have external causes are ultimately seen as the products of internal factors If one s ability to fend off sickness is strong enough then one will not get sick even if pathogens do enter the body Thus treatment focuses mainly on bolstering the body s vital energy **Sasang Constitutional Medicine** Hyungsuk Choi,Seung Choi,2020-01-08 This book is a self learning guide of Sasang Medicine the unique Korean Constitutional Medicine by Lee Je Ma Sasang Constitutional medicine SCM is a unique traditional Korean therapeutic alternative form of medicine SCM has the qualities of preventative medicine as it emphasizes daily health management based on constitutionally differentiated regimens and self cultivation of the mind and body This book will walk you through principles and clinical applications of SCM **Tetrasoma Diet for Four Body Types** David Lee,2015-04-13 Identify foods that heal and nourish you based on your unique Yin Yang make up The beneficial foods for your particular body type will enhance your body s physiology for heightened mental and physical performance Reduce aches and pains by eliminating foods intolerant to your body type Harmful foods will disrupt your body s delicate homeostasis causing constant fatigue and compromised performance Two sets of questionnaires to help you identify your own Yin Yang body type and

Grecian four humor temperament type New Paradigms for Shang Han Lun Angie Kim, 2017-03-31 New paradigms for Shang Han Lun Integrating Korean Sasang Constitutional Medicine and Japanese Kampo Medicine Here are two outstanding clinical methodologies for the prescription of traditional Asian herbal medicine that have been practiced in China Korea and Japan but not fully adopted in traditional Asian medical education in the US These two can be indicators in prescribing formulas based on Shang Han Lun one from the individual constitutional perspective of Dr Lee Jema and the other from the single herbal functional perspective of Dr Todo Yoshimas The author believes these are crucial clues to putting together all the pieces of the vast information in Asian herbal formula practice yet need to be further studied and proved in clinical settings Her clinical case studies are also added after the introduction of Dr Lee and Dr Todos studies These clinical cases will provide herbal practitioners with stepping stones on the journey to mastering Asian Medicine This book provides How to identify four different body types based on Korean Sasang Constitutional Medicine The keys to use the right formula for the right person An introduction to the unique theories and formulas of Sasang Constitutional Medicine An introduction to Yakuchu which is the list of the indications and pharmacologic effects for various herbs that were used in Shang Han Lun and Jin Gui Yao Lue Clinical case studies that show how to use Sasang Constitutional formulas and Shang Han Lun formulas based on SCM theories and Yakuchu Kang Ping Shang Han Lun which is the closest edition to the original translated delivering the meaning more accurately by distinguishing big letters from small letters as in the original text **The Ultimate Guide to Yin Yang** Antony Cummins, 2021-07-13 WHAT IS YIN YANG Learn to receive abundance from the universe with this first ever guide explaining the Chinese concept of opposites in easy to understand terms and striking red black illustrations Perfect for anyone interested in Daoism alternative medicine martial arts and other Eastern fields of study The concept of yin yang can be found in some of the oldest writing in the world It is fundamental to Chinese thought and the route to understanding most Chinese practices from Traditional Chinese Medicine to Daoism and feng shui It also offers us ways of enhancing our own lives establishing greater balance not only in our own environment but also in the wider world if we can work with other people to follow nature s flow Step by step with plenty of helpful illustrations and graphics this guide explores the history and changing uses of yin yang not forgetting the pronunciation and spelling why yinyang is actually better than yin yang The book also makes suggestions for working with yin yang from observing the landscape to get a sense of the ebb and flow of energy through the world to studying the patterns of nature in order to take what you need but not too much to approaching sex as a cosmic ritual Readers will understand how to position themselves so that yin yang fills their lives with abundance how to be in the right place at the right time *Yinyang Wuxing, Spirit, Body and Healing* Rhonda Chang, 2017-04-27 Traditional Chinese healing presented in a way that has become increasingly difficult to find as Chinese medicine becomes altered by modern biomedical concepts This book is a detailed exposition of yinyang wuxing in the tradition of Chinese healing The work is written for the general reader but will be invaluable for the practitioner particularly

for those who want to re approach their clinical practice from the perspective of yinyang wuxing The book begins by demonstrating the interrelationship between the concepts of yinyang and wuxing and how these concepts form a particular view of everything between heaven and earth It is this yinyang wuxing perspective that provides a basis for examining the human body the spirit and illness which then facilitates the diagnostic means for healing illness and maintaining good health Numerous treatment strategies and formulas are provided from the author s own practice of over 30 years With an understanding of the principles of yinyang wuxing anyone anywhere will have the power to look after their own health Rhonda Chang graduated from Beijing Chinese Medicine College in 1983 She has a PhD from the University of Sydney and is the author of Chinese Medicine Masquerading as Yi The Yin Yang Guide to Weight Loss - lose weight through the balance and harmony of the ancient Chinese tradition of yin and yang Lily Li Hua,2018-02-22 China is ranked as one of the world s slimmest nations and the secret to its people s healthier and happier lifestyle has been ingrained in its culture for thousands of years they believe that life should be aligned with nature and follow the basis of the yin and yang theory of balance the 2000 year old philosophy from the philosopher Lao Tzu that states a part can only be understood through its relationship to the whole In THE YIN YANG GUIDE TO WEIGHT LOSS Chinese doctor and nutritionist Lily Lihua lets you into these ancient slimming and wellness secrets as well as providing easy recipes and exercises that you can easily incorporate into your daily life Learn how life should really be lived to help you lose weight feel energised and be in control of your health and well being

New Paradigms for Shang Han Lun Angie Kim, Ph.d.,Angie Kim Ph. D. L. Ac.,2017-03-31 New paradigms for Shang Han Lun Integrating Korean Sasang Constitutional Medicine and Japanese Kampo Medicine Here are two outstanding clinical methodologies for the prescription of traditional Asian herbal medicine that have been practiced in China Korea and Japan but not fully adopted in traditional Asian medical education in the US These two can be indicators in prescribing formulas based on Shang Han Lun one from the individual constitutional perspective of Dr Lee Jema and the other from the single herbal functional perspective of Dr Todo Yoshimas The author believes these are crucial clues to putting together all the pieces of the vast information in Asian herbal formula practice yet need to be further studied and proved in clinical settings Her clinical case studies are also added after the introduction of Dr Lee and Dr Todo s studies These clinical cases will provide herbal practitioners with stepping stones on the journey to mastering Asian Medicine This book provides How to identify four different body types based on Korean Sasang Constitutional Medicine The keys to use the right formula for the right person An introduction to the unique theories and formulas of Sasang Constitutional Medicine An introduction to Yakuchu which is the list of the indications and pharmacologic effects for various herbs that were used in Shang Han Lun and Jin Gui Yao Lue Clinical case studies that show how to use Sasang Constitutional formulas and Shang Han Lun formulas based on SCM theories and Yakuchu Kang Ping Shang Han Lun which is the closest edition to the original translated delivering the meaning more accurately by distinguishing big letters from small letters as in the original text *The*

Yin-Yang Diet Ken Babal, 2019-03-26 The Yin Yang Diet is a modern scientific approach to balanced nutrition based on the ancient Asian concept of Yin and Yang Yin and Yang describe how opposites or contrary forces are interconnected interdependent and complimentary The book explains the Yin or Yang nature of foods and nutrients and how they affect our constantly changing body chemistry A diet that is too extreme in either Yin or Yang invites disease A diet that is balanced in Yin and Yang creates metabolic health and harmony The Yin Yang Diet includes recommendations for adaptogenic tonic herbs Yin tonics help with the accumulation of energy and moisture and are nourishing moistening cooling or anti inflammatory Conversely Yang tonics help us utilize energy Yang herbs are activating drying warm or hot They are the sexual athletic tonics which stimulate metabolism build muscle reduce body fat and strengthen bones and joints Other important Yin Yang considerations covered are Digestion and Elimination Acid and Alkaline and Food and Food Abstinence Recommendations follow each chapter The Yin Yang Diet goes beyond a plant based diet and there is no calorie counting When you achieve Yin Yang balance in your diet you are on the path to what the Chinese call radiant health or health beyond danger Radiant health is the highest level of health a person can attain

Yin Yang Qi Joe Mah, 2011-05-10 This book is about the Tao proper way of mastering health which traces its roots to ancient China The author gained these skills from immigrant herbal experts in Montreal's Chinatown He provides a history of its use among the Montreal Chinese during the 1950s and 1960s In doing so he touches on bodily mental and spiritual health concepts which are largely unknown in Western cultures Complex Yin Yang health concepts such as Leung Yit cool and hot internal energies are introduced and explained in plain English in a manner that almost anyone can understand It is a common Chinese belief that those who know the Tao are able to stay young and healthy while those who do not age prematurely The book explains how Chinese vegetables and Chinese tea are used to balance the diet It illustrates and reveals the healing properties of various natural food ingredients such as beans vegetables legumes nuts and herbs

Yin Yang Balance Katrin Nawrath, 2025-02-02 Achieving Balance for Mind Body and Life Description Discover the ancient wisdom of Yin and Yang and how it can transform your health well being and overall life balance Rooted in Taoist philosophy Yin and Yang represent the harmony between opposing forces light and dark active and passive strength and gentleness When these energies are in balance they create harmony in the body mind and soul This book explores the profound connection between mental and physical health emphasizing how emotions stress and lifestyle choices influence overall well being Learn how traditional Chinese medicine holistic healing methods and mindfulness practices can help restore balance in your life Whether through diet meditation or energy work understanding Yin and Yang can empower you to achieve lasting health and inner peace In this book you will discover The fundamental principles of Yin and Yang and their role in daily life The deep connection between mental and physical well being How stress emotions and lifestyle habits impact your health Practical techniques from traditional Chinese medicine to restore balance Holistic approaches including meditation mindfulness and energy healing If you're looking for a

guide to achieving harmony wellness and personal growth this book is your key to unlocking the power of Yin and Yang
Embrace balance restore your energy and live a healthier more fulfilled life Perfect for Readers interested in holistic health
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system bases on Yin yang theory of traditional Chinese medicine It is easy to learn and use *Yin and Yang of Life* Joseph K.
Kim,David S. Lee,2010-01-01

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Your Yin Yang Body Type The Korean Tradition Of Sasang Medicine Introduction

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