











“The Holistic Medicine Charts”



"The Holistic Medicine Charts" are designed as quick & easy reference guides to overall health and balance. The full set includes 10 double-sided charts on the 7 Chakras' relationships to Color, Gem Therapy, The Endocrine Glands, Organs, and the senses of Sight, Smell, and Sound. A section on "Touch Sensitivity" is also covered on one of these unique charts. Four pages titled "Vitamins and Nutrients from A to Zinc" cover general nutrient usage & needs, food sources for various nutrients, and common ailments due to lack of specific nutrients. The "Nutritional Remedies from A to Z" charts cover holistic home remedies to rebuild and balance nutritional deficiencies.






There are ten pages on "Chinese 5 Element Theory" displaying the relationship between organs, glands, emotions, taste, senses, systems of the body, and — Earth, Air, Fire, Water and Ether. Chinese Medicine is an ancient science. Chinese mystics realized that the body, like nature, is composed of the elements. More fully understanding each part of your body's anatomy and how it relates to each of the 5 elements and your emotions/motivations, gives deep insight on how to bring balance to each area of the body. These charts provide detailed nutritional values and insights to knowing which foods and herbs can help you restore your health. This approach truly helps you to balance your own bodies needs each day, for optimal health and peace.

These new and unique charts can be purchased individually, or as 4 separate sets. The **Nutrient Set:** Yellow – contains 3 charts. The **Sunrise Set:** Magenta, Orange, & Yellow –contains 5 charts. The **5-Element Set:** Gold, Green, Pink, Blue & Purple –contains 5 charts. The **Rainbow Set:** –contains all 10 charts. Significant savings can be achieved by purchasing sets, over individual charts. All charts are 8 ½ by 11, fully laminated and double-sided. They are durable enough to provide you a lifetime of more **Vitality!**

“7 Ray Chakra Chart” (Magenta)    Chakras are energy centers that affect, emotions, motivations, glands, and organs. This chart describes the locations of the Chakra points, the **Colors** and **Gemstones** associated with each, and the **Food Sources** that supply **Vitamins & Nutrients** to these Chakras. One side of this chart contains graphs on **Aroma & Music Therapy**. These graphs are meant to show the correlation between the body’s systems, organs, glands and emotions, as related to various scents and sounds. The **Music Chart** also includes information on **notes, instruments & musical styles**. These charts will help to bring you greater balance & healing through your senses of **Sight, Aroma, & Sound**. This chart provides easy reference to balancing each Chakra Center through food values, aromas and music, bringing more **vitality** to your life.

“Shapes & Visual Clues” (Orange)      This chart outlines various methods for visually identifying which nutrients are supplied by various foods. A food or herbs visual appearance and shape, displays a story about its healing benefits. The **Shape** and **Visual** aspect of a food can tell us which Chakras, Organs, Glands, Systems and Emotional Motivations are related to that food source. Typically, the **nutrients supplied** by a particular **shape of food**, correlates to the shape of the organs or systems, which that food affects. This double-sided chart also includes a section on **Textures & Temperatures**, which outlines balancing therapies to bring more health using the **touch sense**. This chart explains **Heating, Cooling, Moisturizing, Drying, Scrubbing, and Soothing** foods. Finding a balance in your foods’ textures and temperatures is another key to health. Each of your **senses** allows you to find the most **sensible** diet that uniquely fits **you** each day. You will find that each these charts really make a lot of common **sense**, too!

“Vitamins & Nutrients from A to Zinc” (Yellow)   Two charts, each covering assorted vitamins & nutrients alphabetically. They describe the food sources that provide each nutrient, and explain what each does for the body. A 3rd Yellow chart titled “**Nutritional Remedies from A to Z**” details essential vitamins & nutrients for restoring health to compromised conditions most often caused by a particular nutrient’s deficiency. The Yellow Charts serve as a bridge between the entire set of all 10 charts, by enabling an inherent type of cross-referencing. They’ll help you plan your diet for optimal health & **Vitality**.

“The 5 Element Charts”      Each of these five charts focuses on one of the **5 Elements**, and details which **Emotions, Tastes, Organs, Glands, Systems** and **Sense Organs** are related to that Element. One side of each Element Chart teaches the function and purpose of the organs, glands and systems related to that Element. The other side describes the specific **Foods, Herbs** and **Therapies** that restore **balance** to the organs associated with that Element. You’ll gain a valuable understanding of how various foods and herbs **Heat, Stimulate, Dry, Scrub, Cool, Sedate, Moisturize** or **Soothe** the Organs & Glands related to each Element.

“Fire Element” (Gold) ☀ This chart covers the function and purpose of the organs, glands, & systems related to the fire element – the **heart, small intestines, circulatory, immune & lymphatic systems, & the thymus gland.** The thymus regulates temperature. There are sections on **“Tastes” & “Emotions”**, as well as information on the **herbs and foods** that bring balance to the organs and glands of this element. In Chinese Medicine, the **touch sense** is the sense most related to Fire. Through **touch**, we **sense** temperatures.

“Earth Element” (Green) 🌿 This chart explains the function and purpose of the **Spleen, Pancreas, Stomach, and Muscular System.** It also details many **herbs and foods** that help bring balance to these organs, glands, and systems. In Chinese Medicine, the **mouth & sense of taste** are the **senses** most related to Earth.

“Air Element” (Pink) ☁ In Chinese 5 Element Theory, the **air element** is called **metal.** This is because **metal chops wood**, and brings its **frangrances** out into the **air.** This chart explains the function and purpose of the **lungs, large intestines, respiratory system, skin and thyroid gland.** This chart also includes **foods and herbs** that help bring **balance** to the organs and systems of the air element. The **nose** is the sense organ most related to this element, because the **sense of smell** naturally correlates to Air.

“Water Element” (Blue) 💧 This chart explains the function and purpose of the **bladder, kidneys and adrenal glands,** along with the **urinary, skeletal and reproductive systems.** It also details many **herbs and foods** that bring **balance** to the organs, glands and systems of this element. In Chinese theory, the **ears and hearing** are the senses most related to Water.


“Ether Element” (Purple) ✨ In Chinese Medicine, the **ether element** is called **wood** because the **invisible mystical principals** which *spark* the **woods** and all living things to grow, comes through the **ethers.** This chart explains the function and purpose of the **liver, gallbladder, nervous system, brain, pituitary and pineal glands,** and details specific **foods and herbs** that bring **balance** to these organs, glands and systems. The **eyes** and both inner and outer **sight,** are the **senses** most related to Ether.

The more you understand about what causes disease, the better chance you have of arresting an ailment. Knowing **where** your organs are, and exactly **what** they do, it is easier to mentally picture the health and balance for each organ you want. Getting in touch with your *senses* speeds up the healing process and gives you deeper insight for restoring optimal health and vitality. The power of the mind is a major key to healing any condition. Whether you’re looking for weight loss, lower stress, or just more energy and vitality for life, these “Holistic Medicine Charts” can help you fine-tune the powers of your mind, body, and spirit to bring about results you’ll appreciate. With countless hours of research distilled into such easy reference, these charts work extremely well for health professionals offering guidance to patients or just anyone on a fast pace! So, give the gift of health to yourself, or to a friend. It’s the greatest gift you can give—for any occasion!

Retail Order Form

<u>“The Holistic Medicine Charts”</u>	<u>Price</u>	<u>Total Costs</u>
Magenta = Chakras, Colors, Sounds, Aromas	\$7.50	
Orange = Chakras, Shapes & Visual Clues. Textures & Temperatures.	\$7.50	
Yellow = <u>Nutrients from A to Zinc</u> [2 charts]	\$15.00	
<u>Nutritional Remedies from A to Z</u>	\$7.50	
Gold Chart = Fire Element	\$7.50	
Green Chart = Earth Element	\$7.50	
Pink Chart = Air Element	\$7.50	
Blue Chart = Water Element	\$7.50	
Purple Chart = Ether Element	\$7.50	
Nutrient Set = All 3 Yellow Charts	\$19.50 <i>(save \$3.00)</i>	
Sunrise Set = Magenta, Orange & 3 Yellow	\$30.00 set of 5 <i>(save \$7.50)</i>	
5 Elements Set = Gold, Green, Pink, Blue, Purple	\$30.00 set of 5 <i>(save \$7.50)</i>	
Rainbow set = All 10 charts	\$55.00 set of 10 <i>(save \$20.00)</i>	

Mail this form to: **Osalina, Box 64034, Tucson, AZ 85728** or, **E-mail: medicinecharts@hotmail.com**

 ABCpeace- It is as simple as ABC, more peace will B, the more peace we C. 