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"Power of the Five Elements:
The Chinese Medicine Path to Healthy Aging and Stress Resistance"

By Charles A. Moss, MD

Based on 30 years of medical practice, Power of the Five Elements presents the Five Adaptation Types, Dr. Charles Moss' modern application of the Five Elements of Chinese medicine.

The five types allow readers to identify through questionnaires and case histories their own energetic patterns for adaptation and to create strategies for reducing stress and improving health. Focusing on the fact that maintaining health and preventing stress-induced diseases such as heart disease, diabetes, and cancer, requires adapting successfully to changing circumstances, Dr. Moss offers a range of behavioral changes, dietary recommendations, and exercises such as meditations and visualizations to enhance adaptive responses.

AAMA is pleased to announce that the book authored by Dr. Moss is available through the Academy's Bookstore, at a special discount for those attending the Symposium. While supplies last!

We have a small supply which we can offer to Symposium delegates at a price of \$16. No shipments. Cash and carry only.

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