

# *PHASE OF WOOD*

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2017

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Cover Design: Gal Landao

ISBN 978-965-555-929-3



## *Preface*

Chinese medicine is a highly effective and gentle tool for the treatment of children. The aim of this book is to share the knowledge and experience I have acquired over the past twenty years in the hope of enabling more children and more practitioners to enjoy the benefits of this ancient system of medicine. This book focuses on the practical aspects of treating children.

The treatment of children differs considerably from the treatment of adults. Treating children can be compared to driving a race car. The responses are quicker and more pronounced, and challenges stemming from the family context await the practitioner around every bend. Children react to treatment in a way that adults can only envy. In some cases, severe complaints, including ailments for which Western medicine offers no solution, can be resolved in one short, focused course of treatment, which typically uses only one needle. This book maps out a route of treatment marked by road signs that are based on the Five Elements as a way of thinking and a fundamental approach to diagnosis and treatment. It is intended for practitioners of all streams of Chinese medicine.

For their support and assistance, I would like to express my deep gratitude to Peter van Kervel, Dr. Dror Adam, Dr. Raanan Hertz, Efrat Abramson, Dr. Larry Barnes, Anat Arad, Anat Hartal Shushan, Ifat Kastiel, Dr. Ilan Makover, Assaf Fait, Moran Rug, Orit Einfeld, Shula Atrakzi, Alex Yuzefovich, Nadav Wiseglass, Sagit Gelman, Roni Tal Zelzer, Ravit Sarig, Anat Shahaf, Yonat Harari, Miriam Raich, Michael Gilad, Ofer Ashulin, Yael Koren, Lee van Blerk, Dr. Idit Gertler, Dr. Jiri Bilek, Dr. Ludmila Bendova, Sam Patel, Tal Reshef, Adi Houri, Anu Rusanen, Rebbeka Ettlin, Gil Laor, Alona Daum and Lucy Deen. I would also like to thank Alex Tiberi, whose approach to teaching has been an inspiration to me.

Most importantly, I would like to thank my dear family, whose love and support has enabled me to dedicate the time required to complete this project.

Aram Tzayig  
May 2017



## *Introduction*

This book is composed of three sections. The first section lays out the principles of treating children, from the philosophical and energetic underpinnings of treatment, to the approach to children and parents, to diagnosis, the pre-treatment interview, and treatment itself. The book's second section is practical and provides a detailed survey of the ailments characteristic of children today. Illnesses are explained in terms of the Five Elements, which also serve as the basis for recommended treatments. The third section contains a number of useful appendices.

This book is meant to deepen and impart knowledge regarding the field of treatment of children as well as for everyday use in the clinic. Based on the assumption that many readers will turn directly to the practical section on illnesses, the text also contains numerous references directing readers to additional relevant information found in the introduction.

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