

Body Balance: Five Element Shake

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On the other hand, Eastern Medicine employs four basic techniques which are acupuncture, bodywork, energy-work, and herbal medicine.

These techniques

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Physical gains aren't the only reason to do T'ai Chi. While we all like to improve our bodies; the motivation to continue with tai chi is usually more esoteric.

As a result of their superior state of health, long-term practitioners commonly boast of increased self-confidence and a sharp mental focus.

Progressing in our practice, we hope to learn to synchronize our breath with the movements to enliven the life force energy (or chi) that runs through our body.

So eventually, by working on our physical performance, we achieve a more balanced state of being overall.

Chapter Four - The Shake

Note: Refer to following chapters for more information about each ingredient.

[NOTE: If you travel or need a light and compact blender that packs and cleans easily, [check out the Magic Bullet Blender Tj 56 0 TD\(e\)Tj 56 0 TD\(c\)r](#)

Body Balance: Five Element Shake

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bitter taste activates the **fire element**. Protein powders with dairy products of any kind are discouraged, as dairy is acid-producing.

[2 Tbsp of Liquid Coral Calcium \(from Okinawa\)](#): Calcium is one of the most important minerals in your body and is required for every cell to function. This dry-harvested calcium from Okinawa contains the perfect biological ratio of calcium to magnesium (2:1). It also has every other mineral required by your body, and it has them in approximately the same balance as your body. The bitter taste activates the **fire element**.

[2 Tbsp of Healthy Blend](#): This is a critical part of the shake.

Body Balance: Five Element Shake

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chloride. The sodium chloride inhibits the natural breakdown of the food, increasing its shelf-life. Without it, foods would naturally spoil very quickly. Since foods break down in our bodies with the same processes nature uses to break down foods outside of our bodies, sodium chloride in food prod

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Body Balance:

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Regulate organs and glands. EFAs are needed for the liver, kidneys, adrenal gland and thyroid gland to work properly. EFAs are also needed for the production of male and female hormones.

Speed recovery and healing. EFAs are necessary for cell growth and division. They form all cell membranes and regulate

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Protect genetic material. EFAs regulate gene expression and n-3s inhibit tumor growth.

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