

MICRO-CHALLENGE

5 ELEMENT TUNING

- The 5 Elements are present everywhere

- It's a system that has been used through the ages.

- It is a path in the TCM philosophy and gaining more attention

- We have all 5 Elements, but 1 is our Ruling Element

**Everything in the
surrounding
universe can be
attributed into
5 Elements.**

**Nature always strives for
Balance.**

**It makes sense that we
take a leaf out of her book
and Tune Up our
5 Elements in our Body**

**Our Life Style, Age &
Stress**

**all carry their Toll.
Choosing to align our
5 Elements daily will
Benefit all areas
in our Life**

This CHALLENGE
will introduce you
to an
easy and effective
method to Tune Up
your Energy
System

INTERESTED ?

In the comfort of your
home, tune up your
5 Elements for
more Balance &
Alignment
in your Day

MICRO-CHALLENGE

How it works:

- Every Day for 5 Days you will receive an Element
- On the 6th Day you will combine all the Elements which will form your Daily Protocol

YOUR DAILY
5 ELEMENT TUNE UP

MICRO-CHALLENGE

5 ELEMENT TUNING

- Develop a Daily Routine
- Balance/Tune up your 5 Elements daily
- Every day balance 1 Element
- In 5 days you will have your daily protocol.
- For more Energy, Motivation & Vitality.

WOOD

Liver & Gallbladder

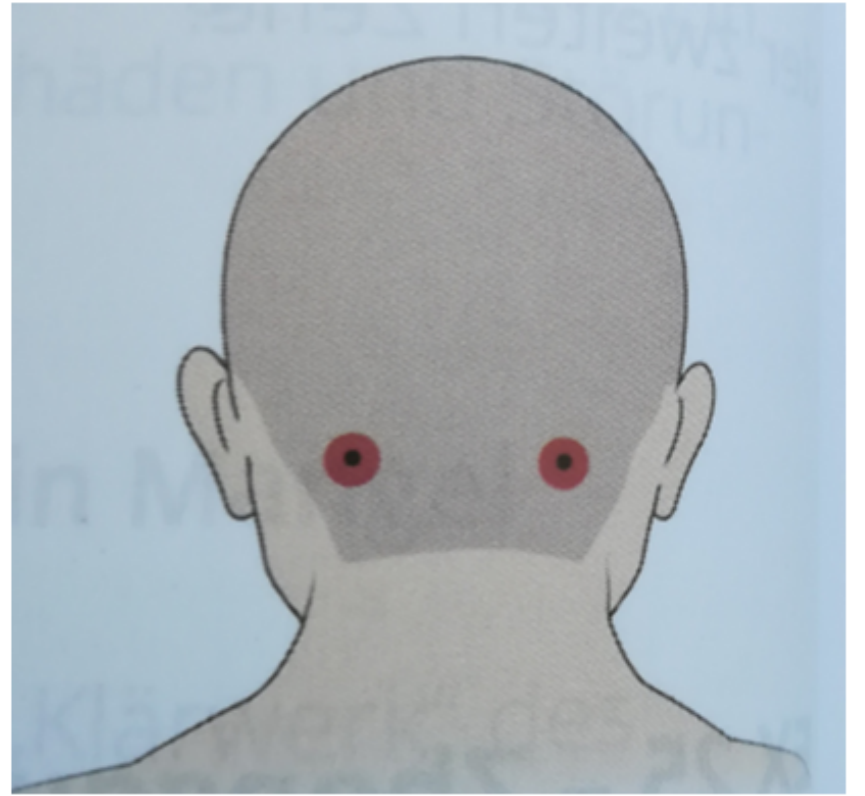


Place the palm of one hand across your forehead to cover the 2 points.

Then place the thumb and middle finger on the corner of the eyes. Hold for 4 - 5 Breathes or longer

"My **Wood** Element is balanced
I am aligned with the
Element Wood "

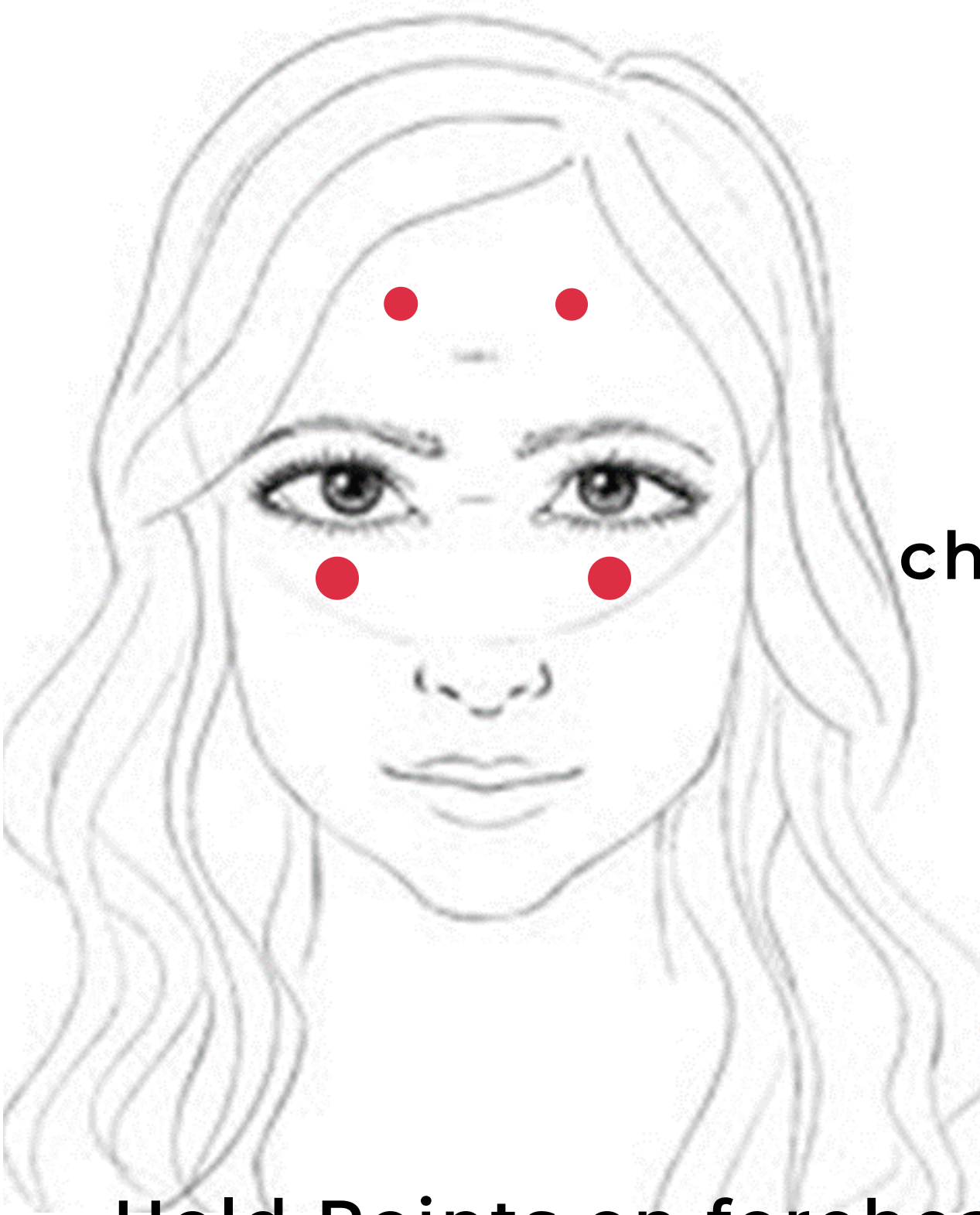
WATER
Bladder & Kidney



**Place palm of one hand
on the forehead
and the other behind the head,
covering the 2 points.
Gently hold for 4 - 5 Breathes
or longer**

**"My Water Element is balanced
I am aligned with the
Element Water"**

EARTH
Stomach & Spleen

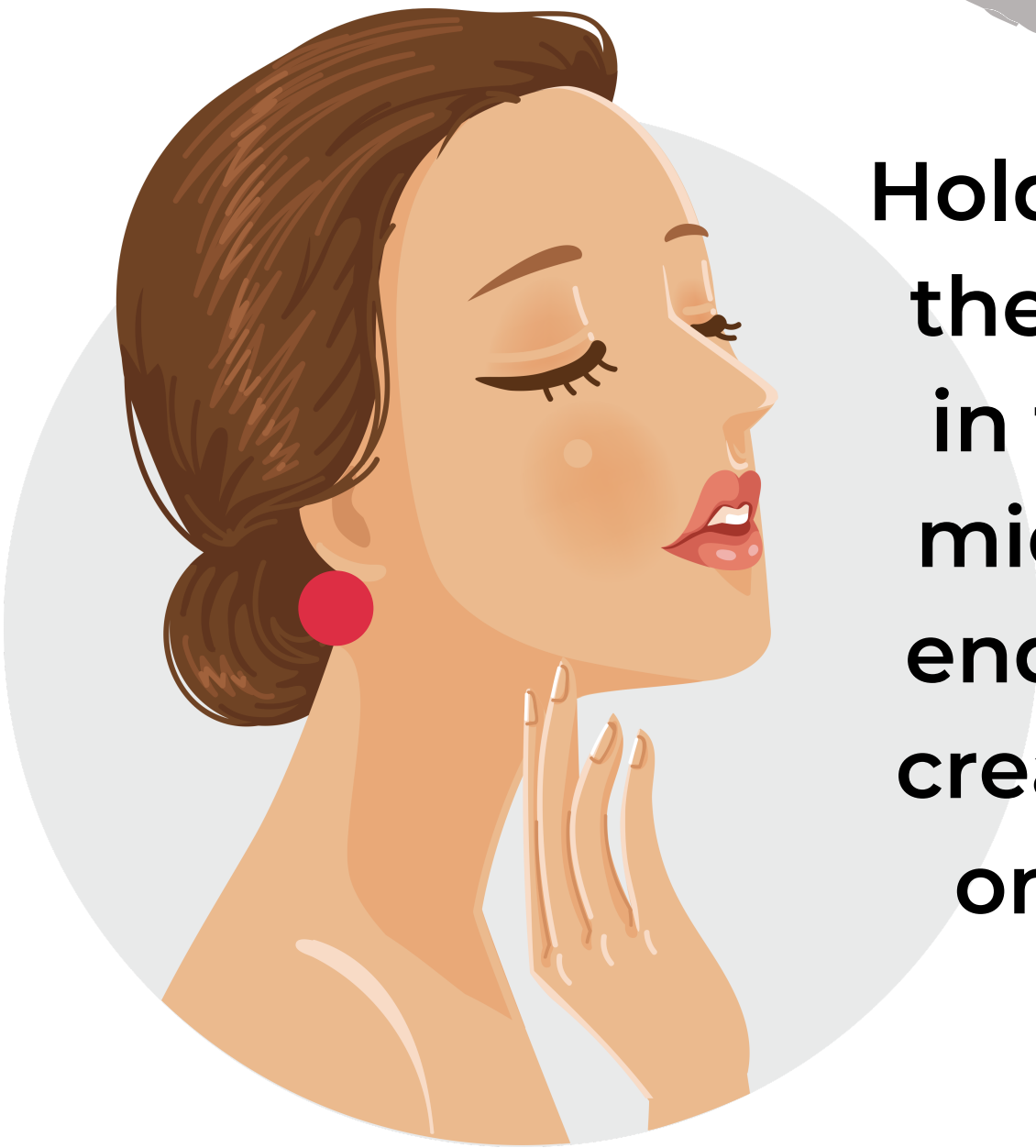


cheek bones

**Hold Points on forehead with
palm of one hand.
Cheekbones with finger and
thumb of other hand**

**"My Earth Element is balanced
I am aligned with the
Element Earth "**

METAL
Lung & Large intestine



**Hold points behind the
the Ear, at the bottom
in the small dip- with
middle finger & at the
end of thumb on wrist
crease simultaneously,
on one side of body,
then repeat on
opposite side**



**"My Metal Element is balanced
I am aligned with the
Element Metal "**

FIRE

Heart & Small intestine



Hold point in front of ear-
(open jaw, directly in the dip
before the ear)
simultaneously with point at
end of little finger in the
wrist crease. Repeat on
opposite side



"My **Fire Element** is balanced
I am aligned with the
Element Fire "

THE DAILY 5 ELEMENT TUNE UP

CONGRATULATIONS

You have now completed the
Micro Challenge and have
the 5 ELEMENT TUNE UP
PROTOCOL
at your fingertips!

Let it become your Daily
Routine

Spend as long as you
like or as your time allows

DO IT DAILY &
YOU WILL
SOON NOTICE
A NEW YOU

You are beginning to
carve new
Neurovascular
pathways