



DISCOVER *your*
BODY LANDSCAPE

Use Food as Medicine to Unlock the Energy You Were Born With

JAGUANG SUNIM



INTRODUCTION

You have the potential to create lasting health, wellness, and vitality in your life. Thousands of clients have experienced the difference it makes when you eat foods that are specially suited to your body's energy system.

In the following pages, we'll explain *how* Body Landscape works and *why* it's such a valuable tool for healing. You'll understand the wisdom behind this system, its history, and how it can help you feel better and more balanced within weeks.

All it takes is a willingness to discover your Body Landscape...

WHAT IS BODY LANDSCAPE?

Body Landscape is based on the idea that the energy in the food you eat has a direct and dramatic affect on the balance of your energies within. The system combines two ancient Asian traditions: Korean Sasang Constitutional Medicine (SCM) and Chinese Five Element Natal Charts.

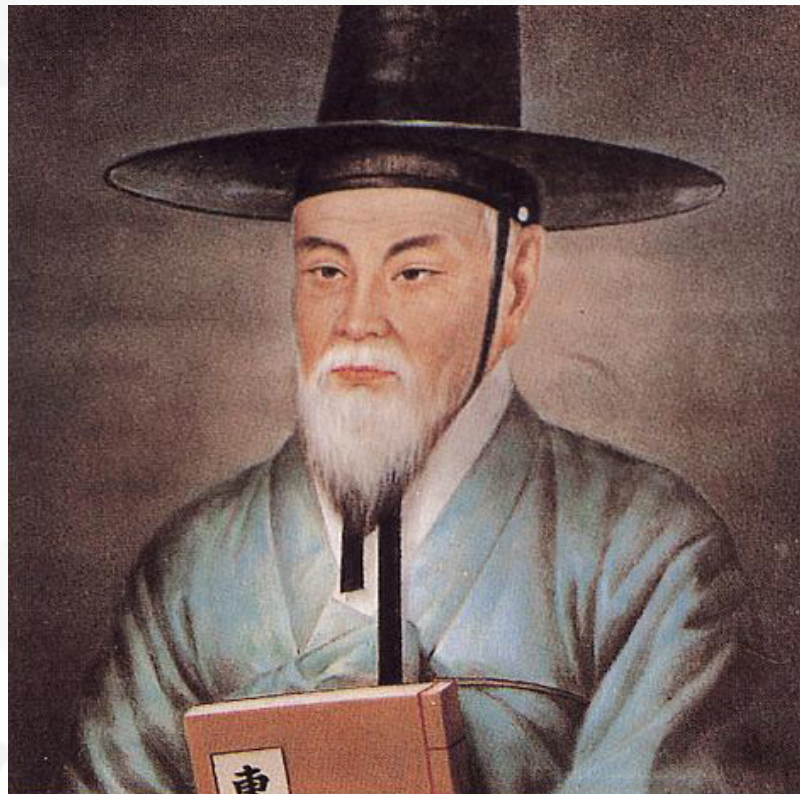
Together, these form a holistic view of the human body as a living energetic landscape, not unlike those found in nature.

WHAT MAKES BODY LANDSCAPE DIFFERENT?

Many modern-day diets and medicines are upside-down, vague, confusing methods which have become popular in our society. They lack a precise formula for addressing each person's exact health needs. Yet we keep buying and trying, hoping that *this* will finally be the magic bullet. The reality is that any dietary program which treats human bodies identically will fail to create lasting results.

Body Landscape is different because it's based on the fundamental idea that *each body is different*. Cars take different types of fuel. Animals range from carnivores to omnivores to herbivores. Why are humans set on a one-size-fits-all approach? Different bodies run optimally on different kinds of foods—because foods, too, have their own energetic character.

When you consume foods and medicine that balance your body's deficiencies, they will help you.



Lee Jae Ma first developed Sasang Constitutional Medicine in Korea over 120 years ago.

*Once you know your Body Landscape,
the food you eat can be used as medicine
for the rest of your life.*

If you follow the nutritional plan we provide for your Body Landscape, *within a few weeks you will begin to experience beneficial changes.* You will have a clearer understanding of the foods, herbs and medicines that cause imbalance and illness in your body, and gain confidence in your ability to remain healthy as you age. You will know exactly which foods support and promote your body's health, and how to include them in correct proportions in your diet.

In the following pages, we'll discuss:

- ❖ **Five Element Theory - the 5 Elements in nature, in your body, and how they flow**
- ❖ **The principles of Korean Sasang Constitutional Medicine (KCM)**
- ❖ **Chinese Natal Charts and how they reveal your Body Landscape**
- ❖ **The 4 Major Body Constitutions**
- ❖ **How to use food and herbs to influence your body's energy system, and see results**
- ❖ **Case Studies that present living examples of Body Landscape as a roadmap to health**

“After fifteen years of experience treating people in North America, I believe that the methods I use combine to create the very core of an almost perfect system of healing. I feel confident in treating many kinds of disease, including those which Western medicine considers difficult. If the illness is not too advanced and the patients can give me their trust, I can help 90% of them recover from their health problems.”

MASTER HYUNOONG SUNIM



HOW DOES IT WORK?

The Body Landscape Method uses Chinese Natal Charts to map and understand a person's unique energy pattern. In order to understand these charts, you must first have an introduction to Five Element Theory and Sasang Constitutional Medicine.

FIVE ELEMENT THEORY

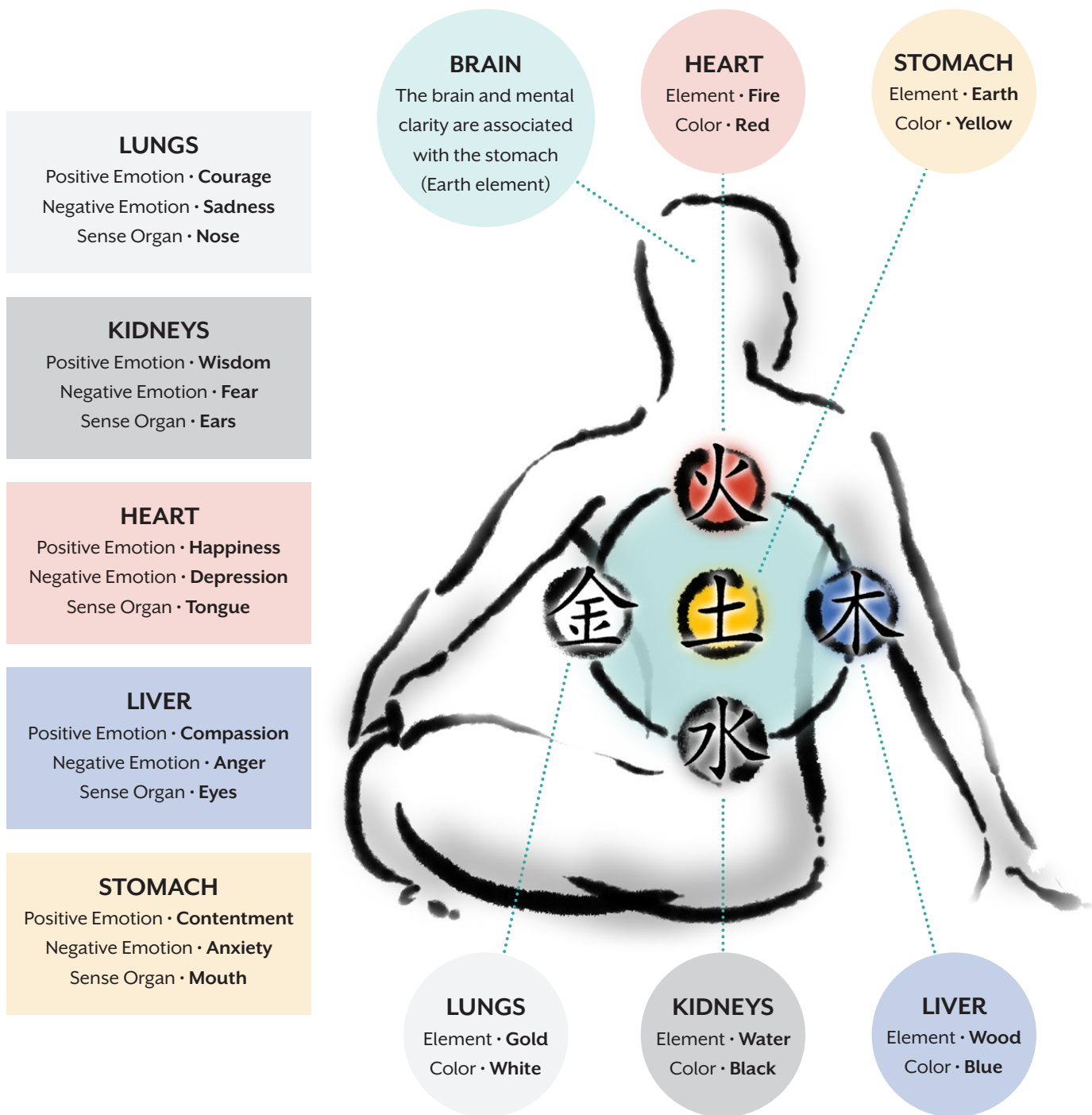
WHAT IS FIVE ELEMENT THEORY?

Five Element Theory is the underlying foundation of the principles that create Body Landscape. The body's energy system plays an extremely important role in the maintenance of our health and our very life, yet it has been largely ignored by Western medical science. Although it cannot be seen, all of us at one time or another have felt the movement or sense of blockage or roughness of our energy flow. Via the energy system, all organs, body systems, and functions are interrelated; nothing operates entirely independently .

Eastern cultures see our bodies as very much connected with the universe in which we live. The energies which allow us to breathe, to move, to talk, and which allow all our organs and five senses to function are the same as those which allow seeds to sprout, trees to grow, fire to burn, rocks to form, rain to fall, and wind to blow. Over five thousand years ago, medicine men in China, Korea and Japan began to research theories relating our energies to those in the surrounding universe. Eventually they developed a system of five basic energies, or elements, which they identified as:

- ❖ **Earth**
- ❖ **Gold (or metal)**
- ❖ **Water**
- ❖ **Wood**
- ❖ **Fire**





FIVE ELEMENTS IN THE BODY

In Five Element Theory, each element is related to one of our major internal organs. The name “earth” describes the energy of the stomach and spleen; “gold” is the energy of the lungs and respiratory system; “water, the energy of the kidneys and urinary system; “wood” the energy of the liver, and “fire” the energy of the heart. These five names were chosen because they most closely describe the characteristics of each kind of energy. For example, our body’s fire energy behaves in similar ways to fire: it is warm, dry, moves in an upward direction, and is very active, and so on. Water energy is cool, damp, moves in a downward direction, can extinguish fire energy, and so on.

FIVE ELEMENTS AND EMOTION

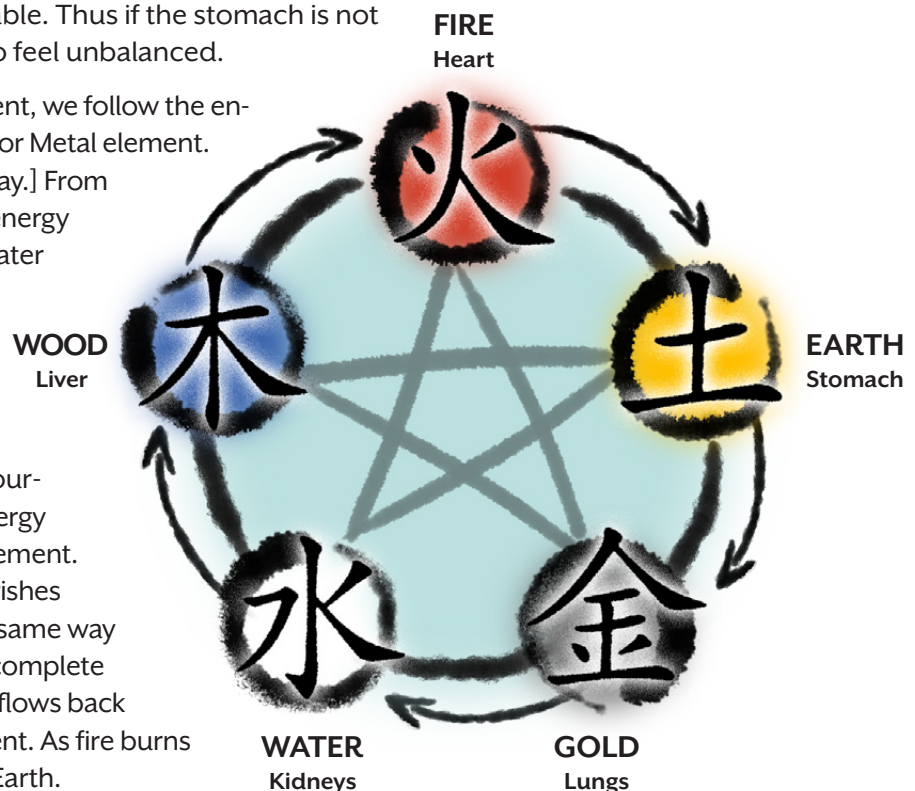
There is also an emotion associated with each organ: happiness belongs to the heart, anger to the liver, anxiety and excessive thinking to the spleen and stomach, sadness to the lungs, and shock or astonishment to the kidneys. If someone frequently tends to become angry their liver can become weak or diseased, and their sight can also be affected. Anxiety and excessive thinking can result in stomach problems. But there is also a converse possibility. For example, if someone were born with the wood energy in low proportion or absent, their liver would be weak. This person would be easily susceptible to anger and unable to control sudden angry feelings. *Thus the proportions of the five elements at the moment of birth can affect our emotions which in turn affect our health, and to a large extent determine our personality.*

THE FIVE ELEMENT CYCLE: BODY LANDSCAPE IN MOTION

This diagram shows the cycle of the five elements. The outer circular arrows represent the creative or nourishing cycle. Wood produces fire; fire when it burns produces ashes which become earth; within earth is found rocks or metal (gold) and the elements which produce it; out of gold (or the rock layers in the earth) flow springs, and this water in turn nourishes trees (wood). The inner arrows represent the destructive, regulating cycle, showing the elements that restrain or control other elements.

In terms of how the five elements flow in the body, we look first at the stomach, the Earth element. The stomach is referred to as the Central Energy, and provides support and stability for all the other internal organs. It is also referred to as the cog of the wheel, so if the cog is cracked or unstable, the whole wheel becomes unstable. Thus if the stomach is not well balanced, all others begin to feel unbalanced.

From the stomach, or Earth element, we follow the energy flow into the lungs, the Gold or Metal element. (Earth creates Gold in the same way.) From the lungs, the Gold element, the energy flows next into the kidneys, the Water element. In other words, the lung energy nourishes the kidneys. From the kidneys the energy flows next to the liver, the Wood element. Water nourishes Wood in the way that rain nourishes plants. From the liver the energy flows next to the heart, the Fire element. The Wood energy of the liver nourishes the Fire energy of the heart in the same way that wood fuels fire in nature. To complete the cycle, Fire energy of the heart flows back into the stomach, the Earth element. As fire burns it produces ash, which becomes Earth.





FIVE ELEMENTS AT BIRTH

These early investigators also realized that the five energies exist in the air around us, their balance and proportions changing from morning to afternoon to evening, from day to night, from month to month, season to season, and year to year. Eventually they developed accurate charts indicating their proportions in the air for every hour of every day, of every month, of every year. Throughout the East, books of these charts are readily available in bookstores. For each category of year, month, day and hour, there are two Chinese characters — a total of eight in a natal chart. Each character is related to one of the five elements.

In the last weeks before we are born, most of us are equipped with healthy bodies and all body parts and organs in place, ready to function.

When we take our first breath of air, the proportion of the five elements in the air at that moment determines what proportion of the related element is received by each of our major organs.

If all five elements are in fairly equal proportions at that first breath, each of these organs receives a relatively equal proportion of energy. Sometimes one or more elements are in greater proportion than the others, or one or more may be virtually absent. Such excesses or deficiencies then affect not only the balance among our five major organs, but also the health of the individual organs. Each of our major organs is also related to one sense organ: the liver is related to the eyes (sight), the kidneys to the ears (hearing), the stomach to the mouth (taste), the heart to the tongue (speech), and the lungs to the nose (smell).



SASANG CONSTITUTIONAL MEDICINE

With the foundation of Five Element Theory in place, we can now explore Korean Sasang Constitutional Medicine and its role in Body Landscape.

HISTORY

Sasang Constitutional Medicine was first developed in Korea over 120 years ago. It revolutionized our understanding of the human body, how it functions and how disease appears. The system was developed by Dr. Lee Jae Ma (1837-1900), a Korean acupuncturist and herbalist, who realized that not all human bodies are the same, and therefore not everyone responds in the same way to the same medical treatment.

Dr. Lee witnessed a cholera outbreak spreading through the local villages. Two patients came to him suffering from the disease, one an adult woman, and one a young girl. As they both had the same illness, he gave them the same medicine. The woman responded well to the medicine and recovered, but the young girl did not respond well, her condition worsened, and she died. This caused Dr. Lee to question why there would be such different responses when they both had the same disease and took the same medicine. He concluded there was a missing link which made the two patients respond differently. Dr. Lee was determined to find out what that was.

Having studied the ancient Chinese and Korean medical texts, Dr. Lee was familiar with the concept of five different body constitutions described in The Yellow Emperor's Inner Cannon. He began doing his own extensive research, including observation and testing on his patients, and autopsies to examine the varying sizes and appearances of the internal organs in different people. He eventually created a system of four major body constitutions, and a separate system of diet and treatment for each one. In 1894 he published a book titled Dong Yi Soo Se Bo Won (The Principle Of Life Preservation In Oriental Medicine), in which he described his research and eventual development of what he named Sasang Constitutional Medicine. He concluded his book by stating that there was still more to be understood about this system and he hoped that future practitioners would develop it further.

Sasang Constitutional Medicine is still practiced today by some Eastern medicine doctors in Korea.

THE FOUR BODY CONSTITUTIONS

- ❖ **Lesser Yin**
- ❖ **Lesser Yang**
- ❖ **Greater Yin**
- ❖ **Greater Yang**

A NOTE ON TERMINOLOGY

The term “Lesser” is a loose translation of a Chinese character meaning “youthful, in a stage of growth”. So the English translation of “Lesser” is somewhat misleading, as it actually represents a condition that is just beginning to expand, so it is strong and increasing.

The term “Greater” means that it has reached the height of its growth and will soon begin to change into its opposite. It represents a condition that is at its full expansion and on the verge of decreasing.

LESSER YIN CONSTITUTION

Associated with the season of Winter
approximately 45% of the population

In this constitution, the stomach has a cold, damp condition. Internal energy is cold, the body heat tends to sit on the outside, at the skin surface, where it gradually escapes. The cold, internal energy tends to settle downward into the lower body, often resulting in weight gain around the hips and thighs. The coldness of the stomach energy can give rise to anxiety, worry, or excessive thinking. This constitution benefits from a diet emphasizing warming foods.



Each Body Constitution is a broad category with many possible variations of internal strengths and weaknesses. Therefore, two people of the same Body Constitution may not receive identical Nutritional Plans.

LESSER YANG CONSTITUTION

Associated with the season of Summer
approximately 35% of the population

In this constitution, the stomach has a hot, dry condition. Internal energy is hot, and tends to remain stuck in the center of the body, often resulting in cold hands and feet, and the person experiencing a feeling of coldness on the exterior of the body. The internal heat will easily rise upward into the upper body, causing a feeling of tension and tightness in the chest, shoulders and neck, and when severe, can cause headaches. A sense of weakness may be experienced in the lower back, as the kidney energy is weak in most cases. People of this constitution can be prone to feelings of fear due to weak kidney energy. This constitution benefits from a diet emphasizing cooling foods.

GREATER YIN CONSTITUTION

Associated with the season of Spring
approximately 15% of the population

The liver energy is excessively strong, while the lung energy is extremely weak. Strong stomach energy provides a strong foundation for a strong liver. There are two types of Greater Yin, one with cold, damp stomach energy, and one with hot, dry stomach energy. People of the Greater Yin Constitution generally experience good health. As a result, they take little interest in taking care of their bodies. But when a Greater Yin person does experience health issues, they can come down with a serious illness which is difficult to treat, particularly illness related to the nervous system or lymph system. By the time they realize they are ill the condition may be considerably advanced and therefore difficult to treat. So a program of preventive medicine when healthy is particularly important for this Body Constitution.

GREATER YANG CONSTITUTION

Associated with the season of Autumn
approximately 5% of the population

In the Greater Yang constitution, the lung energy is excessively strong, while the liver energy is extremely weak. The stomach has a hot, dry condition. The internal energy in general is hot and dry, so will easily rise into the upper body. This is very similar to the Lesser Yang constitution. Kidney energy is weak so there can be problems with the urinary system, lower back, or other

areas of the lower body. This constitution is rare, and patients of this constitution are not often seen. It is believed that Dr. Lee Jae Ma, the founder of Sasang Constitutional Medicine, was this constitution.

CHINESE NATAL CHARTS

With the foundation of Five Element Theory and Sasang Constitutional Medicine in place, we can now examine the role of Chinese Natal Charts in determined Body Landscape.

Master Sunim made the revolutionary discovery that these charts could accurately pinpoint an individual's Body Constitution. This was an extremely significant development because up until this time, the traditional methods used to diagnose a client's Body Constitution—a list of questions regarding body size, shape, digestion, personality, temperament, stamina, blood type, etc.—had been widely known to be vague and inaccurate. It has always been considered to be the weak link in the system. Master Sunim's discovery has now resolved that problem, making the entire system extremely accurate.

SAMPLE CHINESE NATAL CHART

Personal Element

Yang · Wood	Yang · Water	Yang · Fire	Yin · Earth
甲	壬	丙	己
辰	辰	子	丑
Yang · Earth	Yang · Earth	Yang · Water	Yin · Earth
TIME	DAY	MONTH	YEAR

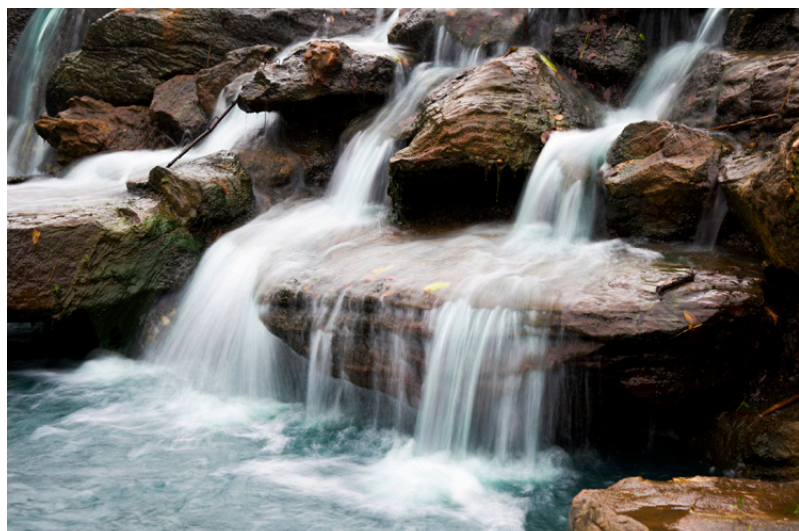
The Five Element Natal Charts, once their underlying principles are deeply understood, can immediately reveal the Body Constitution of the client with extreme accuracy. Once the Body Constitution is diagnosed, then the Five Element charts provide many more details of an individual's internal energy map. This allows the practitioner to pinpoint the underlying sources of health symptoms and prescribe a nutritional program that promotes healing and ongoing good health.

Master Sunim's made the revolutionary discovery that these charts could accurately map an individual's energy pattern as never before.

If we can know the pattern of the five elements at the time of our first breath, we can learn the balance of energies in our major organs—which are weak and susceptible to disease and which are strong and healthy. We can also understand how we came to have our particular personality and emotional make-up. If we have this information about another with whom we have a close relationship, we can better understand them and know why we do or do not get along. (See "Relationship Compatibility," page 23.)

The charts themselves are made up of eight Chinese characters, each expressing the yin or yang energy of one of the five major organs. Each chart shows time, day, month and year. The upper character in the "day" category represents the Personal Element—the ruling element which is most obviously expressed through the personality. In fact, each character represents a vast complexity of principles which cannot be easily or briefly described, but in the consultation is explained in practical terms of what it means for you and your health.

*Our Body Constitution
combined with our personal
energy balance creates our
Body Landscape.*



THE MISSING LINK

While the oriental system of natal charts has existed for centuries, it was used solely for understanding personalities and relationship compatibility. No concerned parent would permit their child to marry without first having a mutual compatibility reading done.

Though oriental medicine and natal charts are based on the same principles, no one had thought of combining them until Venerable Hyunoong Sunim made the simple yet far-reaching discovery that natal charts provide a clear, concise and extremely accurate picture of the balance of the five energies in an individual's major organs.

BRINGING IT ALL TOGETHER

According to the Body Landscape indicated by your natal chart, one is advised to avoid certain food categories and emphasize others, thereby creating balance for the energies one was born with.

A hot Body Landscape needs to eat cooling foods and a cold Body Landscape needs to eat warming foods. It is the same principle as putting on warm clothes in the winter and wearing cool clothes in the summer.

Not only is this an extremely sophisticated form of preventive medicine, but it also provides a clear, detailed picture of who we are, so that we may better understand in what areas and in which directions we must change and adjust in order to become happier, more relaxed, more balanced and at peace with ourselves.

The Eastern system of herbal medicine is based on this same philosophy, the herbs containing various proportions of each of the five elements. The herbs are chosen not only to treat the disease but are also combined to balance the Body Constitution, the unique proportions of the five elements of each individual patient.

The interpretation of these natal charts to diagnose your Body Constitution is not a simple task. After achieving a deep understanding of the principles of the five elements, one then needs much practice in interpretation. An experienced practitioner can see an individual's most dominant element from their chart, and perhaps take an educated guess at one or two others, but there has never

been any reliable method which would provide an accurate and complete picture of the Body Constitution and of all energies in the five major organs.

Even if you are not sure of your exact time of birth, a Body Landscape consultation can still be done. Often, all possibilities are covered in the remaining three categories, or enough is revealed to at least indicate your Body Constitution. Of course, the more accurate your time of birth, the more accurate the health diagnosis.

HOW CAN A BODY LANDSCAPE CONSULTATION HELP ME?

As you have seen, an imbalance of the five elements can make us susceptible to physical illness and even sometimes emotional illness. It can cause us to have an unexplainable illness or lack of control over our emotions, a lack of clarity, of strength, of self-confidence. Things which may be troubling you or which you cannot understand about yourself can often be clearly explained by your energy patterns. The mystery and confusion can be removed and replaced by insight, new ways of change, and refreshing new perspectives on yourself. Only when the cause and source of your problems is revealed can truly effective solutions be found.

For someone who is already seriously or even critically ill, your Body Landscape Consultation and Personalized Nutritional Plan can provide an understanding of the energy imbalance which is the source of the illness, and how to re-balance and correct it. If someone has recovered from an illness, the guidelines can provide an energy balance which decreases the possibility of relapse. We emphasize that serious illness can be prevented BEFORE it appears by knowing one's energy balance and eating foods which complement it. Most people are unaware of their energy imbalance until serious illness strikes, when it may be too late for effective treatment.





The mystery and confusion can be removed and replaced by insight, new ways of change, and refreshing new perspectives on yourself.

WHAT WILL MY CHART REVEAL?

The analysis of your chart will diagnose your Body Constitution and describe the underlying sources of your health symptoms. It will also describe your weak and strong organs, why they are so and how this affects your physical and emotional health. If the interplay of elements produces personality traits which can be damaging for your health, these will also be described. You will be given nutritional recommendations to achieve ideal balance for your energies. These can be easily incorporated into your regular eating habits, providing more energy to strengthen your weak organs and avoiding further strengthening of your excessively strong organs. In this way, your energies can be consistently balanced by what you eat.

When you order your Individual Body Landscape Consultation, you will learn:

- ❖ **Your unique Body Landscape**
- ❖ **The source of your health symptoms and how to restore your health**
- ❖ **Foods that are most healing for you, and foods to avoid**



FOOD

Foods are categorized into four basic kinds:

- ❖ **Warming foods:** Onions, garlic, ginger, ginseng, chicken etc.
- ❖ **Cooling foods:** Pork, barley, black beans, cucumbers, watermelon etc.
- ❖ **Clear, dry foods:** Beef, duck, chestnuts, pine nuts, millet etc.
- ❖ **Neutral foods:** Brown rice, broccoli, zucchini, tuna, salmon, raspberries etc. As all foods have their own balance and combinations of different energies, these foods are not truly neutral. However, foods in this category have an overall energy makeup that anybody can eat, regardless of the person's body type.



CASE STUDIES

In the following case studies, you'll see living examples of Body Landscape and how it can be a powerful tool in unlocking health and happiness. Read on to learn about two very different Body Landscapes in individual clients, and the relationship compatability of a couple based on the interplay of their energies.



CASE STUDY 1: INDIVIDUAL BODY LANDSCAPE CASE STUDY

This client came to us with symptoms of eczema, frequent colds, bronchitis, poor digestion, stomach-aches, and anxiety. She was born on December 28th at 7:30 AM and was 46 years of age when we saw her.

SAMPLE CHART: WOMAN 1

Personal Element

Yang · Wood	Yang · Water	Yang · Fire	Yin · Earth
甲	壬	丙	己
辰	辰	子	丑
Yang · Earth	Yang · Earth	Yang · Water	Yin · Earth
TIME	DAY	MONTH	YEAR

Looking at her chart, it shows that her energetic Body Landscape is a cold, wet, winter landscape with only intermittent sunshine. The time of year or season that one is born is not what determines one's internal energy climate, but in this case the two happen to coincide, so she was born in winter and received a winter – like internal climate. This cold internal climate means that her Body Constitution is Lesser Yin.

The Lesser Yin constitution means that the stomach/spleen energy is very cold and damp. When the stomach is cold, all of the other internal organs also take on this cold, damp condition. In the case of this chart, her stomach/spleen energy is extremely cold with almost a frozen condition, similar to what the earth or ground would be like in a winter landscape. So for this woman we will picture a winter rural landscape with frozen earth and some snow covering the ground. There is a pond in this picture, also frozen, with a small stream running through, frozen on top but some water flowing under



the ice. There are some trees in this landscape, but they are also in their winter phase. There is a partly cloudy sky so we see sunshine intermittently.

In the philosophy of Five Elements, the Earth element represents the energy of the stomach/spleen. When the stomach is very cold and damp this prevents the upper digestive system from functioning at its best, and digestive problems can often appear. Warmth must be provided through food and perhaps Chinese herbs, to heat up the stomach, improve digestion, and eliminate the stomach pain. In addition, any foods that would make the stomach even colder must be strictly avoided. The emotions related to the stomach/spleen are anxiety, worry, and excessive thinking. As her stomach warms up by following the Lesser Yin diet, her anxiety will calm down significantly.

Out of the Five Elements, this woman's chart contains four elements, with the Gold/Metal element absent. This is the energy of the lungs and respiratory system, so her lungs are not only weak, but very cold, as they are in a winter climate. The coldness and weakness of her lung energy is the underlying source of her frequent colds and bronchitis. The lung energy also governs the skin, so whenever there are skin problems such as eczema, skin allergies or skin sensitivities we look at the lung energy to see how to correct any imbalance there. There are foods that specifically strengthen the lung energy, so we would design a nutritional program for her that emphasized these lung strengthening foods, as well as warming foods.

Upon following the nutritional program we designed for her, after three weeks she reported improvement in all of her symptoms. After six weeks, she no longer had any digestive issues, had not had any colds, and her bronchitis and eczema were much improved. We then treated her with a Sasang Constitutional Chinese herbal formula to treat her eczema on a deeper level, and after several weeks of treatment these symptoms cleared up completely.

As long as she continues to follow her Body Landscape nutritional program and take Chinese herbs twice a year, she will be able to maintain excellent health and protect her health for the future.



CASE STUDY 2: INDIVIDUAL BODY LANDSCAPE CASE STUDY

Woman #2 is a client who came to us with symptoms of urinary incontinence, digestive problems, headaches, impatience, overly excitable, and a feeling of constant over stimulation. She was born on December 11th at 8:10 AM, and was 42 years old when we first met her.

SAMPLE CHART: WOMAN 2

Personal Element

Yang · Earth	Yin · Earth	Yang · Gold	Yang · Fire
戊	己	庚	丙
辰	未	子	戌
Yang · Earth	Yin · Earth	Yang · Water	Yang · Earth
TIME	DAY	MONTH	YEAR

Although she was also born in the winter, unlike Woman #1, her chart shows an internal landscape that is extremely hot and dry. She has a Lesser Yang constitution. This is a desert-like condition with excessively strong Earth energy, and her chart shows the absence of the Wood element. In her case her stomach/spleen energy is excessively strong and is very hot and dry, just like the ground in a desert. Approximately 50% of her energy gathers in her upper digestive area. When energy is excessively strong this can create just as many health problems as when energy is deficient.

Woman #2's Body Landscape is a desert scene, sand dunes under a very hot sun, extremely dry with no rain in sight. There are no trees in this landscape as the climate is far too hot and dry. Trees need rain to thrive, so this environment simply can't support trees.



Her digestive problems are caused by the extreme heat and dryness of her stomach energy, combined with eating Warming Foods. She had frequently been eating ginger in an attempt to calm her stomach, but ginger has very hot energy so it was like turning the heat on in a house in the desert. It just made her digestion worse. Heat by nature rises upward, and her internal heat was consistently rising into her upper body and head, causing headaches.

Her urinary incontinence is caused by weak kidney energy. The kidney energy governs the kidneys, adrenals, urinary bladder, lower back and reproductive organs. It is represented by the Water element. Water is easily absorbed by Earth, demonstrated when we water a plant that has gone dry. If you pour water on desert earth, the water will soon evaporate and disappear. This is what is happening to Woman #2's kidney energy. It is constantly being depleted by her excessively strong, hot, and dry earth energy. The more she eats warming foods, the hotter her stomach becomes, and the more this weakens her kidney energy, resulting in urinary incontinence.

The absence of Wood in her chart means that her liver is weak. It is not only weak, but extremely dry. This is like a tree struggling to survive in the desert. When the liver is weak one can be impatient, easily excitable and easy to anger. One can also be prone to fatigue.

Changing her diet to avoiding Warming Foods, and emphasizing Cooling and Liver Strengthening foods resulted in dramatic improvements in her physical and emotional well being. Her urinary incontinence required deeper treatment using a Sasang constitutional herbal formula.

Woman #2 provides counseling in another alternative health system, but after following her Body Landscape nutritional program and experiencing dramatic improvement in her own health, from that point on she has always required her clients to also have their Body Landscape consultation.

CASE STUDY 3: RELATIONSHIP COMPATIBILITY CASE STUDY

This man in this relationship has a quite well balanced chart. He has all five elements, and each of them are in fairly equal proportions. He does, however, have one small problem. His Personal Element is wood, and a tree must have good, solid nutritious earth to put its roots into if it is to grow tall and healthy. He does, indeed, have an earth element below his wood, but he was born in December, when the earth is cold, damp and frozen. This indicates that it requires a great deal of work and effort to achieve the heights he is aiming for. His health is basically sound and his personality is quite well-balanced.

Man I is married to Woman II. At first glance the two charts seem very compatible. He has plenty of gold which is water-producing, he also has plenty of water, both of which could nicely balance her hot earth. Most of all he has wood, which is absent from her chart. She has plenty of earth, just what his wood needs to sink its roots into. But the problem is that within each element there are many varieties, and the variety of his wood exactly opposes her variety of earth. As well, his variety of earth opposes her variety of earth, creating two direct clashes. Although this couple has been married a number of years the marriage has been difficult, and both partners were experiencing health problems. Her complaint is that he leans too heavily on her. This is his wood

SAMPLE CHART: WOMAN 2

Personal Element

Yang · Earth	Yin · Earth	Yin · Gold	Yang · Fire
戊	己	庚	丙
辰	未	子	戌
Yang · Earth	Yin · Earth	Yang · Water	Yang · Earth
TIME	DAY	MONTH	YEAR

SAMPLE CHART: MAN 1

Personal Element

Yin · Wood	Yin · Wood	Yin · Water	Yin · Gold
乙	乙	癸	辛
酉	丑	亥	巳
Yin · Gold	Yin · Earth	Yin · Water	Yin · Fire
TIME	DAY	MONTH	YEAR



energy constantly trying to settle its roots into her opposing earth. He feels frustrated and dissatisfied because she does not provide the support and comfort he needs to flourish. Initially they would be attracted to each other, but with time the oppositions would become more and more apparent. Understanding their charts has helped these two people to accept each other better and to realize why each feels frustrations with the other. Such an understanding, together with work on themselves, can help to improve the relationship. Of course, for real harmony there must be some compatible areas between two charts.

As in the above example the energy pattern of one person can have a profound effect in combination with the energy pattern of another. If the combination is positive, the relationship can be a long, healthy and happy one, in which each person actually helps the other to be healthy and reach their full potential. In contrast, if the combination is not positive, both people can suffer not only years of a difficult relationship but also actual physical health problems.

In other family relationships such as between parents and children, brothers and sisters, or with in-laws, a clear picture of an individual's energy patterns can help to resolve the otherwise confusing and difficult conflicts. Understanding why someone is the way he or she is can help us better accept them. Such acceptance in turn can open doors to avenues of change, both within our own attitudes and those of the other person. In weighing the choice of a business partner, for example, the compatibility of both person's charts, and the inherent aptitude for business of either one can virtually mean the difference between financial success or failure.

Be assured that this is not a method of prediction or psychic intuition, but a study of facts clearly shown in each person's chart. These energy principles come from an ancient philosophy and the explanations are given according to the principles of yin and yang. Whether it is financial skills, a spouse or spiritual growth one is seeking, if such potentials are indicated by the energy patterns, without a doubt one was born with the inherent skill, aptitude and correct attitude to meet or achieve it. Regardless of the stage of your commitment with another person, if there are difficulties in the relationship an understanding of both individuals' charts can be of tremendous benefit to your present and future happiness.



CONCLUSION

Our bodies exist as the nodal point where the forces of the physical elements engage with the spiritual world. While the wisdom of Body Landscape is rooted in the primal forces of the universe, our work is, at its heart, about serving people.

As Spiritual practitioners we are concerned with relieving human suffering, the suffering of physical and emotional ills, the suffering of conflicts between people, and the suffering of the spirit which longs for peace and happiness.

The Taoist philosophy of Five Elements reminds us that we are deeply connected. That we ourselves are a part of the great and beautiful energetic flow of all things.

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