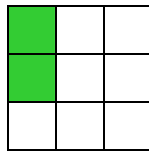




## Five Elements – Revitalize with Wood Energy

*The Five Elements Theory has the same fundamental philosophy as the Yin Yang Theory - that of continual evolution and balance. Each natural element - wood, fire, earth, metal, and water - has specific attributes that vibrate with their own frequency of energy. In this way, elements interact with each other to affect the energy flow in your environment in a positive or negative manner. Let's see how the Wood element affects our energy flow.*

The Wood element is represented in two of the nine Bagua areas – Family and Prosperity. It is physically located in the middle of the left side; and the back left corner of your home or office.



The primary colour of the Wood element is green and is considered a strong and yet flexible energy. Its nature is masculine - or yang.



Wood energy naturally represents growing and creative energy, and is flexible, energetic, and upward moving. Wood is considered the first element of the Five Elements because it is the beginning of new life; therefore the Wood

element is the creator of the Five Element cycle.

Wood regenerates each Spring when the trees and plants send out new growth. The Wood element can influence your personal growth, creativity and ability to expand in new directions.

The energy of the green Wood element is great to 'get new things started' – new beginnings and renewal. This is the element to focus on when you wish to achieve harmony and purify the energy in your space. When you need a change and new things in your life, take a look at the Wood element.

The Wood element is often used to break the flow of energy into a soft and dispersed flow. In addition to the colour green, integrate columnar or upward rectangular shapes to lift energy upward (like the trees outside your home) and increase the flow of energy.

Wood promotes development and creative energies and promotes motivation, inspiration and passion without overpowering your space.

We have a lot of Wood element in our environment. The most effective is living plants and trees – their true life force is the very best enhancement. The universe is about everything working together to promote the cycle of life – plants cleanse the air and photosynthesis produces fresh oxygen.

Although Wood is a very positive element, excessive Wood elements and colours can restrict your ability to make decisions or develop new ideas and you may experience lack of empathy for others. Watch for anger and depression and a lack of motivation. When these types of behaviours are being experienced, introduce more Metal element into the environment to create a more balanced environment.

When there are not enough Wood elements in our environment, we may experience irritability and problems with relationships with those close to us. Life is simply not abundant. In addition to adding healthy living plants (Bonsai are also considered a form of cultivating one's self), colour and shape attributes, an

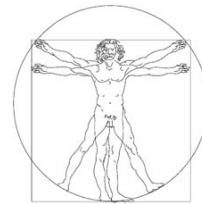
excellent way to increase Wood energy to any space that needs enhancement is to add artwork that features gardens, flowers and forests – with wooden picture frames. You can give a boost to the existing Wood element by introducing more Water element. Adding three Bamboo plants in a tall rectangular vase is a favorite because there is always water in the vase and it is beautiful. ***The exception to enhancing with live plants is the bedroom.***



Lush and healing, the Wood element will bring the energy of health, vitality and growth to your space. The nurturing and loyalty qualities are perfect for the Family and Prosperity zones of your home.

*Bring vitality into your environment by bringing new life and movement to your space.*

# Matters of Health



## This Season ... Put Spring Back in your Step

In my practice I am seeing a lot of so called 'unexplained' weight gain and digestive complaints. What's the connection? If we all had the knowledge of the amazing and intimate relationship between our digestion and our immunity ...we would thrive.

We would manipulate our diets and our lifestyles in such a way that digestive issues, inflammatory conditions, or pathology would never even get a foot hold. But the sad fact is – our lifestyles and food styles are out of balance. We aren't educating ourselves. So we are getting sick. Look around you. There is a lot of walking wounded out there.

Prevention would be a good thing to think about now...



Everyday we are exposed to thousands of toxins. They are a big part of why we are getting sicker and aging faster. We ingest chemicals, poisons and additives in our foods, in our water, and in the air we breathe.

Here are a few interesting things.

- Artificial sweeteners will cause your body to crave sugar. Don't use them.
- Have a sugary treat once in awhile. The rest should be considered junk and treated that way.
- Adult onset diabetes had to change its name to Type Two diabetes because now so many children are affected by this disease. In fact 45 percent of new diagnoses are children. Preventable.
- Phthalates - the outgas that comes from plastic containers and wraps - coats our food and emulates plastic. Once in our body, the plastic hooks on tightly to our cells where they literally crash the party.



'Could have been the whiskey, might have been the gin...or, the phthalates...'

OK – here is the science in a nutshell. Once there, phthalates, along with other pesky poisons from our

foods, cause hormone damage, loss of sex drive (It is spring people! We should be frisky little things...), they deplete our energy stores (if we had any left), they damage our brains' chemistry leading to learning disabilities and hyperactivity, and then they take up residence in our breasts, lungs, thyroids, and livers. Squatters really. They sure don't have permission to be there.

Then there is dioxin. One of the most potent carcinogens known. *Stay tuned for the next edition.*

You decide what to put in and on your body. You decide what to feed your children and what to wash their clothes in or serve their lunches in. We all need to take care of ourselves. Seek out the education that will serve you well for the rest of your life.



*Speaking of education, my colleagues and I will be running a much needed lecture on women's health, hormones, bio identical hormones and some artistic processes to putting 'us' back into perspective. If you want to be on the contact list, please email me at [itsonlynatural@shaw.ca](mailto:itsonlynatural@shaw.ca). We are running a few introductory lectures throughout the summer and dates are to be announced. There will be a wide variety of speakers. Elisabeth Fayt will be joining us for at least one.*

In conclusion: Eat as 'down to earth as possible'. Seasonally, locally and organically. The hours, the money, and the health savings are immeasurable. So next time – I will talk a bit more about these things. But in the meantime....eat well. Eat clean. Eat with respect. Live well. Live clean. And live with respect. Little by little and step by step.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

Margo Laing, RHN, NCP, OHP  
Certified Orthomolecular Health Practitioner, Certified Holistic Breast Health Consultant, Certified Cancer Coach, Registered Holistic Nutritionist  
Email: [itsonlynatural@shaw.ca](mailto:itsonlynatural@shaw.ca)

# Online Product Specials

*Thank you to everyone for your patience while the Shopping Cart was being updated!  
In appreciation, we are offering **free shipping** for any order over \$100 - Enter Promo Code **FSMFS100** at the checkout*

---

## Feng Shui Flutes



These lovely 3-Node Bamboo Flutes are among our most valuable Feng Shui cures. Bamboo is an auspicious rejuvenating plant that represents safety and peace; and the presence of bamboo brings good fortune, good luck and prosperity. Bamboo provides strong protection from negative Chi and attracts positive Chi – similar to a Bagua mirror. These Feng Shui Flutes have been specially designed for Feng Shui Market. In addition to the 3-Nodes, each flute length is in multiples of 3 and has 6 finger holes representing an 8-note scale – all auspicious numbers.

### Placement of Bamboo Flutes

1. Bamboo flutes are recommended to overcome the 'poison arrow' energy of overhead beams
2. As a cure to enhance spiritual energy i.e., in the Helpful People and Travel Zone or the Skills and Knowledge Zone
3. To stimulate or activate any money areas i.e., in the Prosperity Zone, near the front door or in the kitchen near the stove. In a business, hang near the cash register or safe.

Bamboo flutes should always be hung in pairs, at 45 degree angles with the mouthpieces at the bottom.

**Order your Feng Shui Flutes today Special Price \$49.95 ea SAVE \$10 ea or \$20/pair**



## Road to Life presents Achieving Balance Home Study Workshops \$39.95 each – Purchase Series for \$99.95 – You Save \$19.95

Laurie Bonello candidly admits that when she started her own wellness journey, she spent a lot of time and money on treatments, looking for someone else to "fix" her and magically remove self-limiting beliefs so that she didn't have to do too much work herself. What she came to realize was that there are so many simple ways a person can expedite the process, saving time, frustration, and money. Through Laurie's own wellness exploration, she experienced major benefits in integrating easy techniques and tools into daily routines, creating new habits that sustain permanent change. And now you have the opportunity to learn about and integrate these simple but powerful techniques, tips and tools yourself, to create meaningful change in your own life, in the comfort of your home and at your own pace. **Each home study workshop includes an easy to follow comprehensive workbook and companion CD.**

### Goal Achievement for Health & Wellness Home Study Workshop

Create a new, improved, healthy self-image with this road map to create physical balance! Includes the motivational hypnosis CD, *Your Healthy Self-Image and the Law of Attraction*. Quick and easy techniques with which to identify and achieve goals.

- Define what you want to achieve and identify specific goal outcomes
- Determine if you are ready, willing, and able to achieve your goals
- Visualize and materialize
- Use two ultimate motivational tools
- Use positive affirmations and self-hypnosis to reset mental programs

### Finding Peace through Releasing Negative Emotions Home Study Workshop

Find Peace through releasing negative emotions and finding forgiveness. Create a road map to creating emotional balance. Includes the motivational CD, *Release Negative Emotions & Find Forgiveness*. Effective tools and techniques to find peace in the chaos of life, assisting you in one of the most powerful gifts you can offer yourself – the gift of releasing negative emotions.

- Take responsibility for how you respond to life events
- Take charge of your thoughts, perceptions & beliefs
- Forget about fear
- Annihilate anger
- Find forgiveness
- Use positive affirmations and self-hypnosis to reset mental programs

### Connect to Source Energy, Keys to Live in the Now! Home Study Workshop

Find spiritual balance through energy cleansing, daily connection to Source energy (God, the Universe, Love; whatever name you prefer), and establish and maintain positive energy throughout the day. Includes the motivational CD, *Internal Energy Cleanse*. Basic tools are easy to follow, understand and integrate into daily life.

- Energy cleansing, presence, stress reduction, deep breathing
- Gratitude, "lightening up" your energy, mini-meditations
- Trusting, using anchors, and self-sustenance

**[Start your journey on the Road to Life today!](#)**

---

## Feng Shui Market & Publishing

Mailing Address 195, 612 – 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3  
[www.fengshuimarket.ca](http://www.fengshuimarket.ca)

Phone 403.295.7336  
email: [info@fengshuimarket.ca](mailto:info@fengshuimarket.ca)