

# heal your child from the inside out



The 5-Element Way  
to Nurturing Healthy,  
Happy Kids

Robin Ray Green, L.Ac., MTCM

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## **Heal Your Child from the Inside Out**



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Drawing from the ancient wisdom of the Five Elements of Traditional Chinese Medication, Robin Ray Green, L.ve gained a solid understanding of the 5 Elements and how health conditions are affected by elemental imbalances, diet, and lifestyle, you', MTCM, offers basic solutions for developing a natural healing program that is as unique mainly because your son or daughter. Questionnaires and quizzes assist you to gain an understanding of your child's Timber, Fire, Earth, Metal or Water #8212;whether it's 5-Component type &Ultimately, empowered with this understanding and a new, holistic perspective on wellness, you&such as acupressure, massage, and meditation & Once you'Ac.ll learn simple methods #8212;to help you to diagnose imbalances in the body that create health issues.ll be able to augment Western treatments with time-tested natural solutions to help your child, and your whole family members, heal naturally.that will help your son or daughter achieve vibrant health.#8212;rsquo;#8212;



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Invaluable resource for the entire family! There are two books I wish all new mothers could have from Day 1: "The Womanly Art of Breastfeeding" by La Leche League, and this one. Robin Ray Green's reserve has given --and continues to provide -- me and my children wonderful support on the parenting trip. That alone is definitely beyond amazing. Although I've tried hard to provide my daughter a healthy diet plan and lifestyle since her birth, as any brand-new mother knows, motherhood is the most humbling job on the planet, and I was at a loss as to how exactly to help her drift off and stay asleep for longer than two hours at a time, on a consistent basis. Robin's reserve has given me practical and effective answers to helping me offer my daughter (or while We learned, my Fire girl with strong Timber and Metal influences) a more supportive environment and meal choices to greatly help her thrive. It is not easy, and you can find no "quick fixes," but I've learned, with much help from Robin and her book, methods to make our lives less complicated and --most importantly--understand my child and her needs and character on a deeper level. This really helped me understand my son and who to communicate in his language. One to read Great duplicate. My acupuncturist recommended Robin's book (and acupuncture clinic, once we are fortunate to live within generating distance) because of my daughter's sleep problems. This book changed the way I view parenting. If any of what I described above resonates with you, I urge you to buy this book and see for yourself what a blessing it'll be in your life. Many thanks, Robin, for posting your gift with the world and making my daughter's world more joyful ... Fantastic book with incredible insight. Love reading about children and how exactly to better serve their needs and support them because they come into themselves! BEST book for children' nutrition, health insurance and over-all well being! It's truly life-changing. This is a must have on the shelf for all parents! Love the book. I recommend this publication to anyone who is a parent, works with kids, knows children, or really, anyone! Buy this publication! and even more conducive to sleep! This book is filled with amazing and empowering information for parents attempting to have some .. Amazing book for parents attempting to navigate parenting. Amazing book for parents trying to navigate parenting. This book is filled up with amazing and empowering information for parents attempting to have some tools at home to greatly help kids get and stay healthy. Thank you Robin for placing this book together in an accessible and well organized manner. It provides precious insight on why your child is the method he/she is, which helps you to be a more effective and understanding parent. I have read it many times and make reference to it often.. Since incorporating the tips of this publication and managing to see Robin at her acupuncture clinic every month or so, my three yr old daughter has truly gone from waking every two hours since birth (with few exceptions) to sleeping 8-10 hours right. Not only will there be amazing information and insight into increasing kids with an individualized approach, but adults may use this wisdom too. Individualized health advice This book helped me connect so many dots with my daughter's health struggles. Plenty of great details on catering health suggestions to you child's specific needs rather than a one size fits all approach. Every parent needs to read this book. Robin's book is an excellent resource for every parent. This book will give you brand-new insights on how best to treatment for yourself as well as your kids from a whole new perspective. It really is full of practical tips on how best to begin the healing process for your child. I thought I was an experienced parent, but I learned quite a lot from this wonderful book!



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