

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Energy Medicine and Optimal Health Archives Available

January 23rd 2012: What are the 5 Rhythms?

The 5 rhythms represent an energy system that moves through and connects to other energy systems. It is an elegant framework for understanding human character, cycles, temperament, and illnesses. Chinese sages identified the 5 rhythms, water, wood, fire, earth and metal, by careful observation of the earth's seasons and insights into nature and energy. While each of us contains all 5 rhythms, there are one or two rhythms that dominate or define our character corresponding to an energy vibration. During life, we experience different seasons of the year and different seasons or phases of life.

[Read more](#)



Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Melanie Smith

Melanie Smith, one of the most powerful energy medicine teachers, teaches Energy Medicine for Healthy Living™ Workshops empowering people to be their own best healers. She is a Doctor of Oriental Medicine, Acupuncture Physician, Eden Energy Medicine (EEM) Advanced Practitioner, Licensed Massage Therapist, teacher and national speaker. She is an original faculty member of EEM Certification Program, an Energy Medicine for Women Class Instructor, facilitator of the Florida EEM Foundations Program and will be presenting at the International Gathering of EEM in 2012. Dr. Melanie has treated thousands of patients at Well Within Natural Medicine located in St. Petersburg, Florida. She helps people

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

