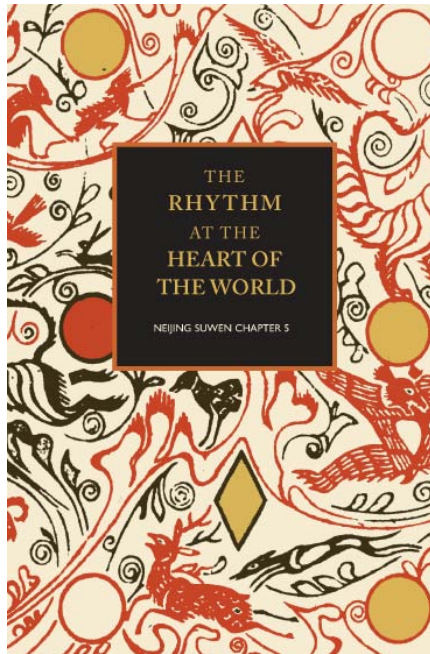


# The Rhythm at the Heart of the World:

A Translation of the Neijing Suwen Chapter 5



*ROCHAT DE LA VALLEE Elisabeth*



**Elisabeth Rochat de la Vallée**

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**ABOUT THE BOOK:** Chinese medical knowledge is based on an understanding of the processes of yin yang and the five elements. Chapter five of the Neijing Suwen, the first part of the Yellow Emperor's Inner Classic, lays out these principles. The chapter begins with the laws of yin yang, progresses to the resonances of the five elements within the human body, and culminates with detailed descriptions of medical pathology.

'Suwen chapter 5 conveys how a deep knowledge of yin yang and the five elements enables us to understand the functioning of a human being.'

**ABOUT THE AUTHOR:**

Elisabeth Rochat de la Vallée is an internationally respected scholar and translator of Classical Chinese Medical and philosophical texts.



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