

"In the care of yourself or others there are many ways to assess what would be helpful. One way is to balance the energy of the soul by using muscle tests to determine where the energy is not in harmony with the purposes and goals of the person seeking change. After muscle testing and determining the meridian(s) that are not harmoniously functioning there are a number of different ways to bring the meridians into harmony and the whole person, the soul back into harmony or balance. Using herbs is one way this may be accomplished. This model is quite different from the models used in Western Herbal Medicine. In the Western Herbal Model herbs are viewed as plant-based drugs. As such, they are administered in monopreparations, or sometimes as simple combinations of two herbs based on the symptoms or a particular medical condition. Where this is the model, herbal products are pre-scribed in the context of conventional medical consultation and diagnosis of a specific disorder which is a good model but entirely different from the model which is used in Touch for Health Kinesiology (TFHK). In the TFHK model the herbal preparations are given to balance the energy imbalances as found from assessing the meridian imbalance by muscle testing. The symptoms and diagnosis are treated in the Western Herbal Medicine or Phytotherapy by giving the preparations to eliminate the symptoms in the same way as drugs are given. In the TFH Kinesiology model the herbal preparations are given to balance the subtle energies and bring in to balance the muscle that previously was inhibited for the goal of the client. In this model the herb has a chemical component but is also hypothesized to have a subtle energy component which is the herbal signature or message from the plant kingdom to the human soul.

This herbal manual assists the Touch for Health Kinesiologist to make a herbal choice that addresses the energy imbalance both physically and spiritually to bring harmony to the soul, the whole person seeking change in their life."

John F. Thie, DC – Author of Touch for Health Malibu, California March 27, 2005

"With her new manual Western Herbs for Eastern Meridians & Five Element Theory, Evelyn Mulders has given the busy Kinesiologist (and other health practitioners) an effective, user-friendly, new tool for their clinics. In particular, Professional Kinesiology Practitioners (PKP) graduates will enjoy the way in which she has organized her knowledge of herbs within the PKP protocol and Chinese Five Element theory. However, within that context, Evelyn is teaching western (local) herbs which support our western society and nourish the people of western lands and cultures.

I enjoyed the inclusion of a "herbal attitude" portion which gives clients the metaphysical message to support them in their spiritual journey. To make it easy for practitioners, Evelyn has outlined the herbs in a chart with their Mental/ Emotional/Physical relevance. This means that while the client is receiving physical benefit from the use of the herb, a herbal 'message' also offers their spirit an additional perspective for energy balancing.

Non-PKP practitioners are not forgotten, the manual is non-commercial product-related and the biochemical uses are quickly referenced. The manual outlines the part of the herb that holds the balancing quality and so alleviates any confusion over which part of the herb to use.

Clients themselves will receive immense benefit from owning this book. With increasing government restrictions on the availability of supplements, the rising prices and side-effect risk of pharmaceuticals, knowledge about the safe use of local herbs to support family and close friends becomes very empowering.

Evelyn's desire is to empower people to be able to pick local herbs and have knowledge direction over the preparation and use of that herb. This manual has the potential to liberate people in finding the herb in local fields and having confidence in using what mother nature intended as healing gifts for us."

Bruce A J Dewe , MD NZRK MICAK Dean, ICPKP July, 2005

“Emotions are powerful. Most people have experience with the physical effects of emotions in their lives. It could be the loss of a loved one resulting in severe grief, depression and fatigue. Or it could be the anger at feeling crossed by someone close and the tight and stiff muscles from holding that anger in the body.

The whole realm of mind-body medicine addresses the powerful emotions that may be linked to health problems or disease states. But, knowing that a particular trauma or emotional issue is a factor in health concerns and knowing how to clear the emotions from the body to allow full healing to occur are very different things.

To assist with eliminating the potentially damaging effects of long-held emotional states, Evelyn Mulders has looked to the ultimate healer – Nature. The largest and most powerful medicine cabinet exists in the plants, trees, flowers, shrubs, and other herbs that beautify our natural landscape. While some people may be aware of the powerful healing effects of herbs, few people are aware that herbs are also powerful emotional healers.

Combining Energy Kinesiology, Chinese Medicine, Western herbalism, and emotional healing, Western Herbs for Eastern Meridians and Five Element Theory guides holistic healers of all kinds to not only uncover the emotional factors blocking healing, but also teaches readers how to unblock these emotions using herbal medicines. Evelyn Mulders has created a fabulous healing resource that is practical, easy to use, and well organized for anyone who wants to start addressing emotions in their healing practice.

Evelyn is a truly gifted and caring healer who compassionately shares her teachings in this manual. I am blessed to know such a person and everyone who reads this book will be blessed by Evelyn’s sensitivity to Nature and her profound teachings. Enjoy!”

Michelle Schoffro Cook, DNM, DAC, CNC Author of the books, *The 4-Week Ultimate Body Detox Plan*, and *Healing Injuries the Natural Way* – www.energyeffect.com

“Evelyn’s love for and knowledge of herbs is very evident in her book. It is brilliant how she has correlated the energetics of the herbs to the five elements. Now I have so many wonderful ways to use the herbs and/or their energetics with my clients. I love her book, the integrity of her work, and the simplicity of her writing.”

Tawni Lawrence, Energy Kinesiologist