**Sources: The Science behind 5 Senses**

5 Senses translates the best scientific knowledge available East and West into practice from scholarly articles published in peer-reviewed journals and classic texts.

1. Scientific findings and concepts (titles in bold were the most influential to 5 Senses):

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**\*The 5 Senses interactive survey draws from the Kampo Sho diagnostic questionnaire validated by Zeller, a German gastroenterologist, for use in medical practice and pain management in German and English from Japanese in collaboration with Japanese physicians Yamaoka, Sato and Watanabe.**

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1. Knowledge, principles and empirically-proven techniques from classical texts:

Eikan, Kaibara, 14th century AD. Yojokun: The Way of Nurturing Life. Written by Samurai and Physician Kaibara Eikan, this text contains foundational principles of traditional Japanese healthcare, known as Kampo.

Ishinpō (醫心方), Heart of Medicine, compiled in 984AD, is the oldest medical text in Japan and stored a national treasure. It contains distinct diagnostic techniques that depart from traditional Chinese medicine while remaining rooted to the same foundational principles. One of these techniques is the idea that a person’s constitution, meaning their pattern of health or Shō (証), can be learned from their current physical appearance and narrative about their relationships.

Daozang, compiled over centuries, contains foundational principles of Taoism and the practice of reversing Qi as one of many for circulating and cultivating the energy flow in the body to re-set its balance. A Qi reversal exercise, the Small Heaven Circulation, is found in 5 Senses exercise 1.

Huangdi Neijing, The Yellow Emperor's Classic of Internal Medicine, 2nd century BC, contains the foundational principles of cultivating qi (vital energy) in Traditional Chinese Medicine and Qi Gong exercises. Health and healing are achieved by balancing basic forces inside the human body and with its environment, including relationships, for example by observing and resetting the balance between how energy is directed internally (yin) and externally (yang).

Xi Qi Ming, On Circulating Qi, 4th century AD, contains applications and practices for cultivating balanced circulation of energy, heat/cold, moisture and other material properties in the body.

Charaka Samhita, 4th century BC to 2nd century AD, is the core Ayurveda text on health, factors of disease and prevention and integrating the human mind into concepts of pathology and recovery, and emphasizing that mind-body balance is fundamental to good health. Vedic literature presents exercises and practices for mind-body balance in numerous texts, the classics being Dinachariya, or daily regimen, and Sadvritta, code of good health, and many more on yoga and meditation for promoting mental clarity, stress relief, and emotional balance.

1. Insights on Stress Relief from Physicians in France, Greece, Spain, Switzerland, China

Abrezoi R 2007. **Vaincre par la sophrologie.** Santé pratique. LANORE.

**\*Dr. Ray Abrezoi,** a Swiss physician, is well known for training >40 Olympic athletes with the practices and methods in this book, some of which are incorporated into 5 Senses in the first and second audio exercises.Relatively unknown in North America, but widely applied in Europe for example in the programming of luxury longevity spa Chenot Palace Weggis, sophrology is a European term for empirically-proven techniques and physical exercises derived from Kampo, Traditional Chinese Medicine, Ayurveda and yoga by Physicians Dr. Alonso Cayetano and Ray Abrezoi and presented with a Western sensibility.

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