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specifically determines our mental and
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negative emotional states by thinking positive thoughts and saying positive affirmations. If you follow the

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They are energy channels
'transporting' life energy (Chi/Qi)
throughout the body. If there are
blockages, leading to lack of energy
supply to certain areas of the body, or
a surplus of energy in other areas...

The Body Meridians can be used for
Treatment of a condition or/and
Diagnosis. Energy blockages can be
the result of stress, an injury or
trauma, or bad living habits (diet,
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can be traced to the root of all health
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The Body Meridians - An Energy map

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The main portion of Life Energy is split up into three different sections: "The Goal", "The Thymus" and "The Acupuncture Meridians". After emphasizing the importance of keeping life energy high and the energy systems of the body in balance, Diamond explores the role played by the thymus in our well-being, showing how our emotions can have either a positive or a negative effect on the functioning of the organ.

Life Energy: Using the Meridians to
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Dr. Diamond's discovery of how to release LIFE ENERGY is based on the twelve acupuncture meridians, each of which relates to a specific emotional state. Using the simple muscle test described in this book, you can assess

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LIFE ENERGY is based on his
discovery that each of the twelve
acupuncture meridians relates to a
specific emotional state. By learning to
assess these emotional states by
using the simple muscle test described
in this book, you can determine your

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