

# 王氏中醫

## Instructions

1. Join the public WeChat group and fill out the inquiry form, send it to the group for consultation.

2. **【Wang's 5-color therapy inquiry form】**

Please check the corresponding website:

<http://bit.ly/2tbUJuE>

Or scan the QR code to view the form format



WeChat group



Form format

## ① *Know the Eight Trigrams of the abdomen*

Color is energy and can be applied to our body under the guidance of the Eight Trigrams (八卦) theory and diagnosis used in traditional Chinese medicine.

Since each symbol of the Eight Trigrams represents one or two organs in our body, respective colors work on our body as medicine does. They work by generating, restricting, strengthening and neutralizing the organs' energy, bringing the body into balance and health.



## ② *Pick 5-Colour Therapy's tools*



Body Paint Crayons

**Kinesiology Tape is recommended**  
If you have sensitive skin or feel skin allergy, body paint crayons can be used instead.



Kinesiology Tape

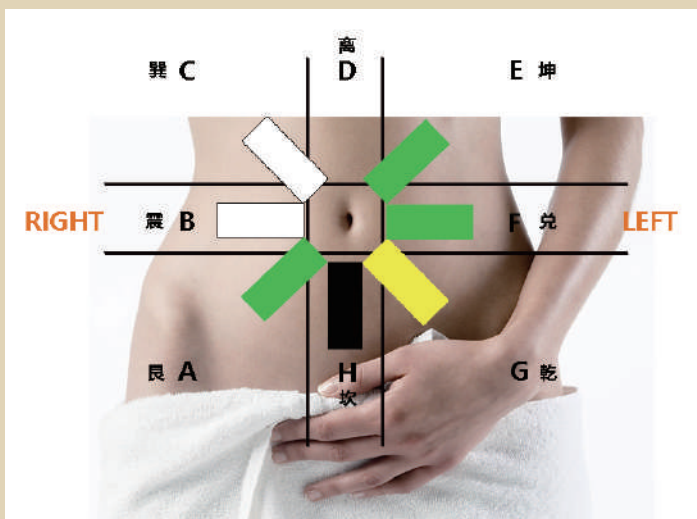
Purchase Link: <https://www.5colorhealing.com/en/purchase>

## 3 Confirm position

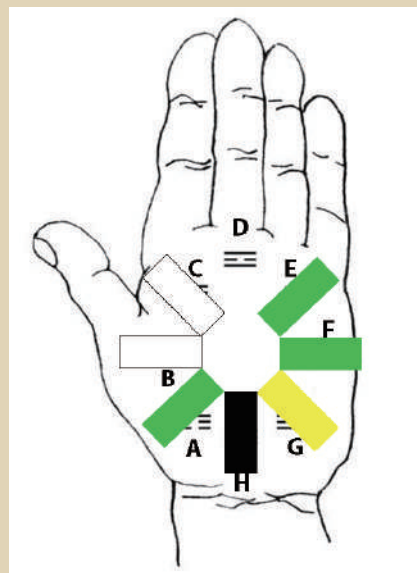
When getting your 5-color therapy prescription, use the tool (<https://www.5colorhealing.com/en/tools>) to generate the image and apply it with body paint crayongs or body kinesiology tape on your abdomen or left palm.

For example: Prescription - AEF green BC white H black G yellow

### Abdomen



### Left palm



## 4 Feedback

Please provide feedback based on the time specified in the prescription by updating the inquiry sheet. The doctor and the group manager will provide a new prescription based on your feedback.

### Precautions

- 1) Do not keep the tape or paint on your skin for more than 8-10 hours to avoid possible skin allergies.
- 2) Women should not use 5-color therapy during menstruation and pregnancy.
- 3) Please provide your feedback on time so that the prescription can be adjusted accordingly.
- 4) Take a one-day break after using the prescription for six continuous days.
- 5) If any individual piece of tape falls off, remove the remaining pieces at once.
- 6) Remove the tape or paint at any time if you experience discomfort or feel significant changes.

Scan the QR code to learn more. Be sure to use the prescriptions according to the doctor's instructions.

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5colorhealing.com



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