



# The Alchemy of the 5 Elements: The Legend of the Beet Brothers - Course 1 (Volume 1)

*Osalina Berman M.H.*

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**The Alchemy of the 5 Elements: The Legend of the Beet Brothers - Course 1 (Volume 1)** Osalina Berman M.H.

The Alchemy of the 5 Elements is a book that teaches about the history of Alchemy and how it applies to the 5 Elements and 5 senses. It includes a imaginative story about the Legend of Beet Brothers as they travel through the Land of the Imagi Nation studying in the College of Alchemy for Plants with the Guardians of each Element and the Nature Spirits related to each of the 5 senses. It includes many poems, charts, games, food recipes and natural body care and household recipes. It also includes a Holistic puzzle, science projects and arts and crafts and charts on Ayurveda and Chinese 5 Elements as well. It has fun and educational information for all ages 2 - 200. It is the first of a series of 15 courses as the Beet Brothers travel the world studying with over 600 plants for teaching the principles of Holistic Health.

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