

# Qi Balance

## A Personalized, Balanced Diet

Name: Ben Greenfield  
ID#: 304  
Date: 8/7/19  
Date of Birth: December 20, 1981  
Time of Birth: 7:12 PM Standard Time  
Diagnosis: So-eum, avoid lung-building, protect heart

	Yang Metal	Yang Water	Yang Metal	Yin Metal
	庚	壬	庚	辛
	戌	申	子	酉
	Yang Earth	Yang Metal	Yang Water	Yin Metal
Alt. TIME	TIME	DAY	MONTH	YEAR

Thank you for your order. Above is your Five Element Natal Chart. This is your detailed consultation with the interpretation of your natal chart and how it relates to your physical health, your emotions and personality. It also provides you with some background information and specific guidelines for following the diet that will maximize your health by balancing the energetic pattern of your constitution.

You can read this information in any order you choose but it makes the most sense to read the material in the following order.

1. Five Elements
2. Body Constitution
3. Diet Guidelines and Menu Suggestions
4. Analysis specifics
5. Food chart

The consultation fee you have paid includes a month of support in getting started with your diet and lifestyle changes. Please feel free to contact me with any questions.