

Sources:

The science behind 5 Senses draws equally from the knowledge available East and West that has been applied into a practice and tested with evidence-based results found published in peer-reviewed journals and classic texts.

1. Scientific findings and concepts of stress and stress management
(Titles in bold offer practices or insights applied 5 Senses Lab)

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***The 5 Senses mind-body review draws from a diagnostic questionnaire validated by Zeller and team as presented in this article. Zeller is a German gastroenterologist who adapted a classic Kampo Sho diagnostic survey for use in German and English in Western medical practice and pain management, from Japanese in collaboration with Japanese physicians Dr.s Yamaoka, Sato and Watanabe.**

Zou H. Zou H, Yan R, Yao Z and Q Lu 2022. Chronotype, circadian rhythm, and psychiatric disorders: recent evidence and potential mechanisms. *Front. Neurosci.* 16:811771. doi: 10.3389/fnins.2022.811771.

2. 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.

3. 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.

Sophrology, or mindfulness for people who can't sit still, is a practice of short stress relief exercises drawn from Eastern traditions and translated with a Western sensibility by Spanish neurologist and physician, Dr. Alfonso Cacedo in 1960 at Madrid University Hospital. Cayedo partnered with Dr. Ray Abrezoi, a Swiss physician who popularized sophrology practices across Europe where it's widely applied today in hospitals and by insurance companies as well as longevity programs like Chenot Palace Weggis. Sophrology is relatively unknown in North America where more people are familiar with Jon Kabat-Zinn PhD's 1979 term for a similar group of exercises, 'mindfulness-based stress reduction'. Kabat-Zinn extended the duration of the exercises far longer to meditate as the intention. Both approaches draw their exercises (without other than a general attribution) from

Japanese Kampo, Traditional Chinese Medicine and yoga/ Ayurveda, a difference being that sophrology exercises do not require training and are short for immediate results.

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