



# Your best health with feng shui

Could improving your health be as simple as placing some fresh flowers and healthy plants in your home? Could you snuff the sniffles by sleeping with your head facing a certain direction? Or could you settle your digestion by placing certain charms around your home? **Amber Wilson** goes in search of how we can harness health-giving energy using principles of the ancient Chinese art of feng shui.

## HEALTHY ENERGY

Most of us have experienced a time when we walked into a friend's home and had an 'ahhh' moment; there was something about the environment inside this house that created a peaceful, uplifting oasis. Similarly, most of us have visited people living in the type of homes where we can't wait to leave again. The thing is, sometimes it's hard to pinpoint what it is that separates the two – sometimes the most beautifully decorated homes can still have a dreary, sombre 'vibe'.

The Chinese believe energy flows in and around our homes, and depending on how and where this energy is harnessed, we can live lucky lives full of health, wealth and prosperity – or not. They also believe that this energy can travel around our homes in such a way that it can encourage good health, high spirits and wellbeing. The flipside of this is that poorly harnessed feng shui could encourage disease, ailments and injuries.

Melbourne feng shui consultant Alma Gonzalez says it's easy to understand why feng shui affects our health when we consider that everything in the world is composed of energy.

"Scientists have found that we are energy beings, and fng shui is based on energy flow," she says. "If you have good energy flow, not stagnant, you will have good health, prosperity and wellbeing."

## WEAK POINTS

Alma says if a person lives in a home with poor feng shui, their body's individual 'weak' points could become susceptible to injury or disease.

"Before, my weak spot was my back. When I got very, very stressed, my back would go. People will have different complaints according to the weak part of their body," she says.

Other times, a person's individual composition can conflict with elements in the home.

"Once, I went to a home and the energy in the eldest son's room wasn't good – the worst you can have. I said to the owners, 'your son is probably having troubles with the law, he probably has lots of fines', and they were amazed, they said he had thousands of dollars in fines. He also had stomach complaints," Alma says.

"It was very hard to fix that room, but the remedy was to paint one wall in red. They did it, and 15 days later, the son's health problems were fixed.

"I had another lady, she wanted to put her mother in a good area in the home because she had been complaining of coughing and colds – problems related to the respiratory system. The mother was sleeping in an area that wasn't helpful at all. The lungs are related to the metal element in feng shui, and she was sleeping in an area where there was a lot of metal.

"I put her in a different area, and the mother recovered from that constant coughing."

Alma says people with consistent health problems may need to employ a professional feng shui consultant, rather than reading advice from books.

"The problem with the books is it says 'you should put a plant here, or put a chime in the corner', but that's not real feng shui. Real feng shui is done with a compass. The bad areas need to be fixed and the good areas need to be enhanced."

## HAZARDOUS HOMES

Another Melbourne feng shui practitioner, Anjela Wong, who services businesses rather than homes, says several issues, according to traditional Chinese analysis, can cause poor health.

"Feng shui is one of a number of things that can contribute to poor health," she says. "Other factors include your destiny, exposure to imbalances in the energies on and within the earth (geopathic stress), and exposure to modern day health hazards such as electromagnetic fields and impurities or chemicals in our food, water and air.

"Poor feng shui can contribute to any health problems from disharmonies in body parts and body functions to problems with mental and emotional wellbeing in people who are susceptible – feng

shui energy can affect different people in varying degrees.”

Luckily, Anjela says we can look forward to better health with some careful planning and clever adjustments with a professional feng shui consultant.

She also says it's important to focus on the bedroom when it comes to improving our health.

“Because we spend one quarter to a third of our lives in the bedroom sleeping, the feng shui energies in the bedroom often have the most impact on health. However, the feng shui of other areas can also be important depending upon where they're placed in your home. If these energies are destabilised, this can also lead to potential health issues.”

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*To find a feng shui practitioner in your state, visit the Association of Feng Shui Consultants website at [www.afsc.org.au](http://www.afsc.org.au)*



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## DIY FENG SHUI FOR HEALTH

Alma and Anjela both recommend hiring a professional feng shui consultant to get an accurate and specific analysis done on your home. However, there are some feng shui tips we can all follow to improve our health, without needing to visit a professional.

### Alma's Tips

- Remove all rubbish, clutter, refuse and bad smells.
- Check and keep your house free from structural problems. Fix any damaged roof tiles, doors, windows, spouting, re-paint walls if needed. A run-down house represents gradual decline in your health.
- Select natural fibres for your furnishings – these are the healthiest. Synthetic and plastic materials pollute our environment and contaminate the air.
- Enhance the flow of energy with fresh flowers, healthy plants, nice smells with the use of aromatherapy, and beautiful music to uplift the spirit.
- Remove whatever possible electrical equipment, especially from bedrooms, such as electric

blankets, digital clock alarm/radios, lights, metre boxes, TVs, phones and computers. These devices emit electrical magnetic fields that are potentially harmful to your health.

### Anjela's Tips

- Open windows to ventilate – the air outside has far fewer contaminants than indoor air.
- Use water filters to remove impurities and chemicals from your drinking water.
- Reduce exposure to electromagnetic radiation by avoiding wireless devices – computers, phone, etc.
- Minimise exposure to chemicals by using natural personal care products, natural cleaning products, and eating organic foods where possible.
- Clear your clutter. Remove dead or broken things, and items you don't need, use or like. Clutter can stagnate the energy and promote confusion and lack of clear-headedness, a feeling of being stuck or a lack of motivation. **NH**