Qigong (Chi Kung) Suggested Reading/Viewing

Chi Kung Fundamentals DVD #1
Michael Winn
http://www.healingdao.com/ckf1.html

Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy (Paperback Book) by Gilles Marin

Five Element Theory on Wikipedia Online Encyclopedia:

The Five Element Personality Questionnaire on a Website
http://www.longevity-center.com/five_element.html

Wood Becomes Water: Chinese Medicine in Everyday Life (Paperback Book) Gail Reichstein

Meridian Chi Kung DVD
http://www.healingtaobritain.com/p16marketdirkoellibrandt.htm
(You would have to specify your order is for the USA.)

Primordial Chi Kung (Spiritual Tai Chi) DVD
http://www.taichi-enlightenment.com/