



The Shambhala Guide to Traditional Chinese Medicine (Paperback)

By David Reid

Shambhala Publications Inc, United States, 1996. Paperback. Book Condition: New. New.. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.The Chinese approach to health and healing is a rich and complex tradition, encompassing disease prevention, diagnosis, and treatment of the full spectrum of illnesses, as well as offering a holistic approach to mental health. More than a system of medicine in the Western sense of the term, the Chinese approach to health care reflects the Taoist belief in the importance of promoting balance and harmony in body, mind, and spirit. In traditional Chinese medicine, this goal is achieved through nutrition, herbs, acupuncture, massage, exercise, meditation, and other holistic methods that restore the natural patterns of the human system. This book is an accessible and highly readable introduction to all the major aspects of this vast tradition. Topics covered include: - The foundation of traditional medicine in Chinese history - The theory of chi (energy) and how it influences health - The Chinese approach to health, happiness, and longevity - The use of Chinese herbal medicine and herbal formulas - Diet and nutrition as a form of preventive medicine - Acupuncture, acupressure, and massage--including sample...



READ ONLINE
[4.4 MB]

Reviews

Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.

-- **Prof. Lela Steuber**

This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhance once you total reading this publication.

-- **Heath Prosacco**