



A User's Guide to Chinese Medicine (Paperback)

By Neil Kingham

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An accessible guide to the theory and practice of Chinese Medicine, for those who are having, or considering having treatment, and for anyone interested in discovering this ancient form of medicine. With simplicity and insight, this book describes in detail the process of Chinese diagnosis and treatment, as well as the ancient theories that underlie them. Including: - Using The 5 Branches Of Chinese Medicine - Understanding the language of Chinese Medicine - How Chinese Medicine differs to Western Medicine - The 3 Steps To Radiant Health - The Causes Of Disease - Traditional Chinese Pulse and Tongue Diagnosis - What is Qi (or Chi)? - The Chinese Organ System - How To Choose A Practitioner - Understanding the Meridians and Acupoints - Food As medicine - Chinese Dietary Therapy and Nutrition - How to Maintain Health Prevent Illness.

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