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Tcm: A Natural Guide to Weight Loss That Lasts

By Nan Lu, Ellen Schaplofsky

HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, Tcm: A Natural Guide to Weight Loss That Lasts, Nan Lu, Ellen Schaplofsky, The Dragon's Way To Natural, Healthy, Lasting Weight Loss Here at last is the secret to taking off pounds and inches and keeping them off for life. Unlike popular "miracle" diet programs and products, "The Dragon's Way" addresses the root cause of your weight problems and offers a remarkable six-week program that shows you how to reach your optimum weight and stay there. "The Dragon's Way" is based on Traditional Chinese Medicine (TCM) theories that have been practiced for thousands of years. Today billions of people worldwide benefit from this medical system. "The Dragon's Way" is not about food restrictions, appetite suppression, or vigorous exercising. It's about treating the whole person instead of focusing on weight; about how to use ancient energy movements to awaken your healing ability; about showing you how to use food as a healing tool; and about helping you achieve the harmony and balance in your own body that can result in "natural," healthy, permanent weight loss. Discover: How the Traditional Chinese Medicine approach differs from diet programs How this TCM...



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