



The New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing

By Misha Ruth Cohen

FAIR WINDS PRESS, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book. The New Chinese Medicine Handbook is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine--particularly acupuncture, massage, nutrition, meditation and herbs--along with other Eastern healing arts. This practical guide tototraditional Chinese medicine can help you take control of your healing process and maintain orrestore wholeness and harmony in all aspects of your life.Dr. Misha Ruth Cohen, an internationallya recognized practitioner, lecturer, leader and mentorin the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailmentsincluding digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertilitymenopause, and more.This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including: Basics of Chinese medicineAcupuncture and moxibustionQi Gong: Chinese exercise and meditationDietary practicesChinese herbal therapy The New Chinese Medicine Handbook keeps esoteric information to need to know basics andshows you how to use Chinese medicine for different conditions from pain to infertility to various illnesseslike cancer and diabetes. Take the first steps to natural healing remedies and a longer...

Reviews

Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.

-- Dameon Hettinger

A really wonderful book with perfect and lucid information. I actually have study and i am sure that i am going to gonna read through once more yet again in the future. I am pleased to explain how this is actually the finest ebook we have study inside my personal daily life and might be he finest book for at any time.

-- Kristy Stroman