

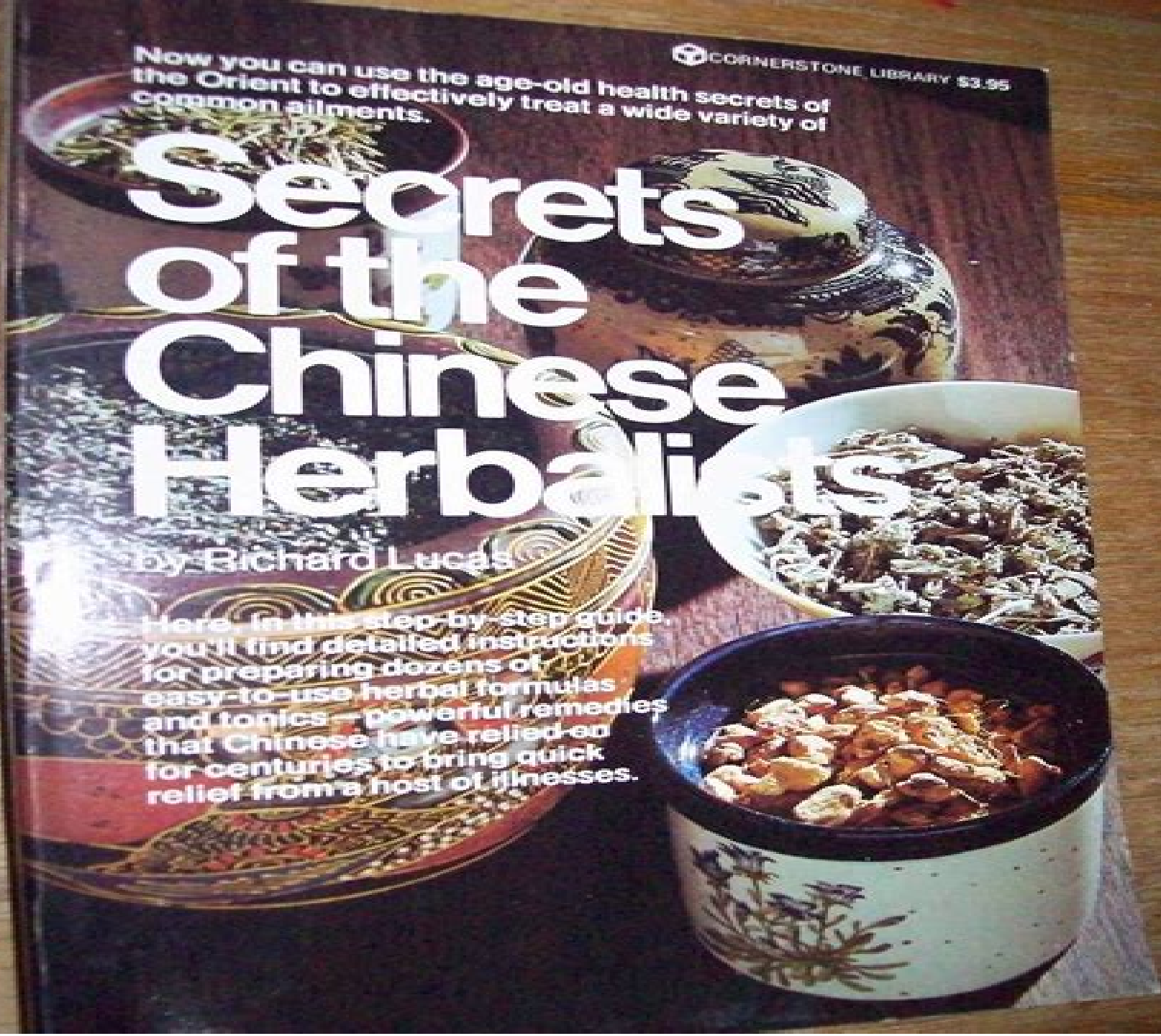
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by Richard Lucas

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Secrets Of The Chinese Herbalists

Richard Lucas



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Chinese Medicine Secrets Angela Hicks,2010-11-26 In China people send greetings by wishing a person a long and healthy life Our natural state is to be healthy and happy This includes having a calm mind a healthy body and emotional resourcefulness This book reveals the profound yet simple health maintenance secrets that Chinese medicine has developed over many centuries These secrets enable you to deal with stress and return to your natural balance In this book you will discover guidelines about many aspects of your lifestyle including UNDERSTANDING YOUR OWN PARTICULAR CONSTITUTION EATING WELL FOR YOUR OWN UNIQUE NEEDS BEING EMOTIONALLY RESILIENT AND USING SETBACKS TO GROW FINDING THE RIGHT BALANCE BETWEEN WORK REST AND EXERCISE RECOGNIZING HOW THE ENVIRONMENT AFFECTS US ALL By practising these secrets you will learn how to recover the ability to nourish and protect your energy overcome illness and feel an easy joy in simply being alive **Secrets of Chinese Physicians** Garding Lui,1957 *The Health Detective's 456 Most Powerful Healing Secrets (Volume 1 of 2) (EasyRead Edition)* , Longevity and Chinese Herbal Medicine Jacqueline Buksh,2006 **The Health Detective's 456 Most Powerful Healing Secrets** Nan Kathryn Fuchs,2009-06-16 The Health Detective s 456 Most Powerful Healing Secrets There s a tug of war going on and your health is at risk Business interests are pulling on one end and science is tugging at the other Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is She knows that it takes time to sift through current information and separate hype from the real deal Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions this health detective has done it for you There are truly miraculous substances and diagnostic tools out there that can help improve how you look how you feel and even how long and how well you live Dr Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women s Health Letter In The Health Detective s 456 Most Powerful Healing Secrets

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