



The Complete Book of Chinese Health and Healing: Guarding the Three Treasures (Paperback)

By Daniel P. Reid

Shambhala Publications Inc, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: - Key concepts of Chinese medical theory - Dozens of illustrated Tai Chi and Chee-gung exercises - The Chinese approach to healing common ailments - Authentic secrets of Taoist sexual yoga - Therapeutic food recipes and herbal tonics - Alternative treatments for diseases such as AIDS and cancer - Resource listings: teachers, schools, centers, stores, and mail-order suppliers.

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