

CHINESE NATURAL CURES

TRADITIONAL METHODS
FOR REMEDIES AND
PREVENTIONS

悟高物業類問

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Chinese Natural Cures

Michael Castleman



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medicine this work presents natural food remedies and herbal treatments for common illnesses The main text presents an A Z of over 60 common illnesses or conditions from allergies to urinary stones with causes and symptoms and natural food remedies for each

The 5-Element Guide to Healing with Whole Foods Denise Thunderhawk, L.Ac.,2016-05-22 In my book you will learn why diets don't work and how to eat based on your individual nutritional needs In these pages are the nutritional secrets of an ancient practice for eating in harmony known as Chinese food cures Readers will explore individual constitutional typing with some fun and informative tests Find your dominant element Wood Fire Earth Metal Water and what that means nutritionally for YOU Energetic properties the directional flow of various foods meats vegetables fruits herbs spices are discussed as well as how to use those foods to obtain and or maintain health and internal harmony Don't miss out on the section Food Combining for Maximum Effect to help you balance out your meals AS AN ADDED BONUS I've included Recipes for Health Healing as well as an abbreviated encyclopedic section The Nature of Foods where food properties are discussed in greater detail AT NO EXTRA COST

Chinese System of Natural Cures Henry C. Lu,1994 List of diseases and treatments from Chinese medicine emphasizing herbology acupuncture manipulative therapy and food cures

Nature's Cures Michael Castleman,1997 This unsurpassed health resource explores 33 fascinating drug free healing arts from acupressure to yoga Featuring a chart that lists appropriate alternative therapies for given symptoms this work describes the natural and scientific reasons why natural therapies work and how to incorporate them into one's life Also included is advice on nutrition and exercise that will help readers gain a sense of emotional and physical balance

The Complete Book of Chinese Medicine Kiew Kit Wong,2002 The Complete Book of Chinese Medicine is the result of years of research and study by a world renowned Shaolin Grandmaster Sifu Wong Kiew Kit who has an excellent track record in curing many so called incurable diseases like cancer cardiovascular diseases diabetes sexual inadequacy kidney failure rheumatism and asthma using chi kung therapy The aim of this exciting book is to introduce the wonderful and unique concept behind Chinese medicine Sifu Wong's command of both the Chinese and English languages has made this book possible as meanings are often lost or misinterpreted during translation Thus this book will be indispensable to everyone with an interest in Chinese medicine and to those who find that Western medicine does not have all the answers after all The book includes The history development and the main features of Chinese medicine Strategies and tactics when diagnosing and treating patients How modern societies including Western medical doctors and research scientists can benefit from a deeper and holistic understanding of Chinese medicine Case studies

The natural method of healing Friedrich Eduard Bilz,1898

Treasury of Home Remedies and Natural Cures Bottom Line Books,Joan Wilen, Lydia Wilen,2023-08 Includes home remedies natural cures and alternative approaches to aches pains and diseases from acupressure and aromatherapy to natural techniques for quitting smoking and managing weight

Natural Folk Remedies Lelord Kordel,1974

The Herb Quarterly ,2000

The Holistic Dog Book Denise Flaim,2003-03-28 A guide to natural dog care covers a wide range of

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