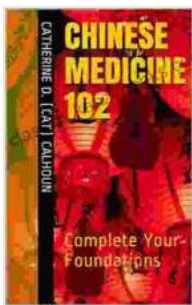


Chinese Medicine 102: Complete Your Foundations in Chinese Medicine Basics

Chinese medicine is a complex and ancient system of healing that has been used for centuries to treat a wide range of illnesses. It is based on the belief that the human body is a microcosm of the universe, and that health is achieved when the body is in balance with its surroundings.



Chinese Medicine 102: Complete Your Foundations

(Chinese Medicine Basics Book 2) by Catherine D. (Cat) Calhoun

★★★★☆ 4.4 out of 5

Language : English

File size : 3023 KB

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Print length : 9 pages

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Chinese medicine practitioners use a variety of techniques to diagnose and treat illnesses, including acupuncture, herbal medicine, dietary therapy, and massage. Acupuncture involves the insertion of thin needles into specific points on the body to stimulate the flow of Qi, or vital energy. Herbal medicine uses plants and minerals to create formulas that can be taken to address specific health concerns. Dietary therapy involves eating foods that are believed to promote health and balance the body. Massage is used to relax the body and promote circulation.

Chinese medicine is a safe and effective way to treat a wide range of illnesses. It is a holistic approach to health that takes into account the whole person, not just the symptoms of the illness. If you are interested in learning more about Chinese medicine, Chinese Medicine 102: Complete Your Foundations in Chinese Medicine Basics is the perfect book for you.

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- A comprehensive guide to the twelve meridians
- Detailed information on acupuncture points
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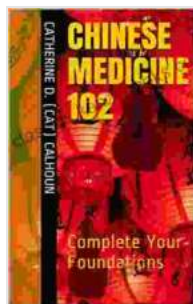
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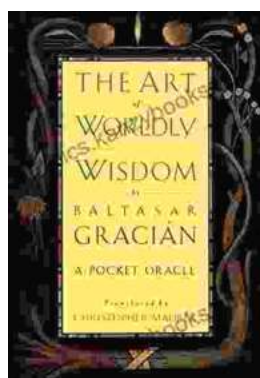
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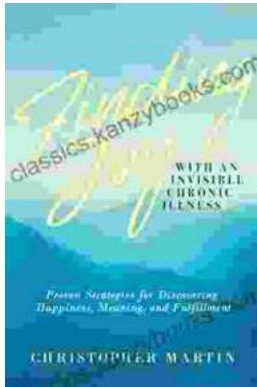
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