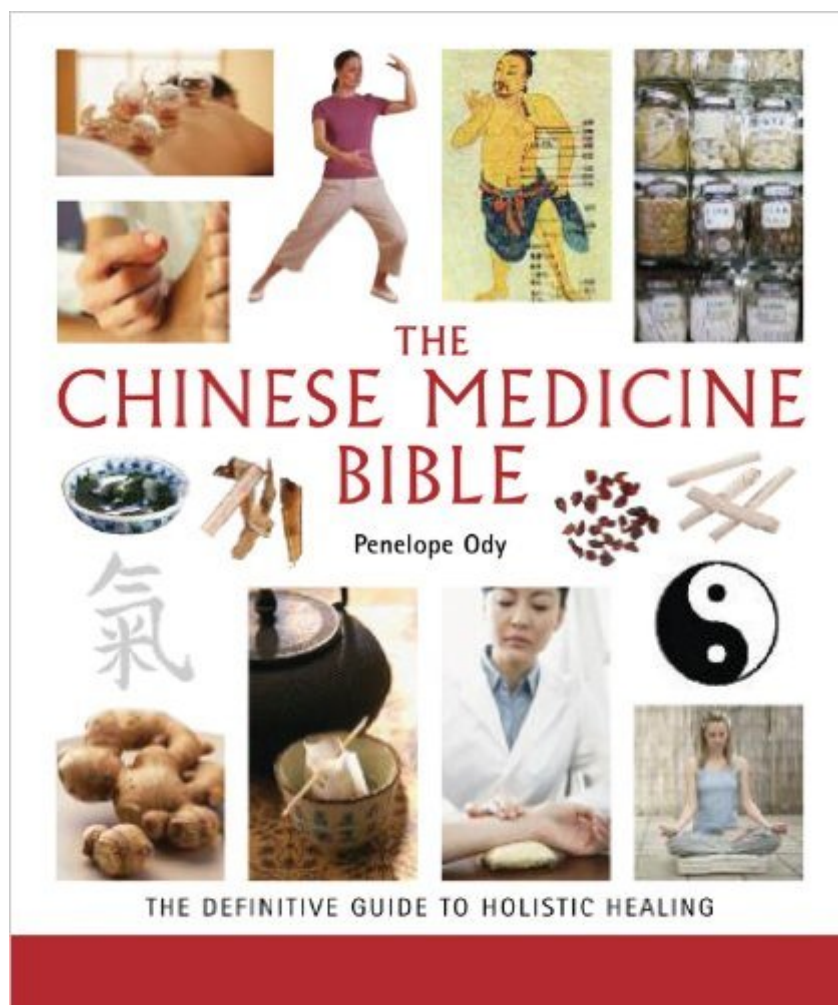


The book was found

The Chinese Medicine Bible: The Definitive Guide To Holistic Healing



Synopsis

From tai chi to acupressure, the ancient art of Chinese medicine remains as popular today as ever. This comprehensive guide explains all the key principles of this holistic method of healing, including the five-element theory and balancing yin and yang. There's also information on what causes illness; diagnostic tools like tongue and pulse analysis; and treatments for common ailments. Also included: a directory of Chinese herbal medicine, acupuncture and acupressure basics, and a guide to self-help techniques such as Qigong.

Book Information

Series: ... Bible

Paperback: 400 pages

Publisher: Sterling (February 1, 2011)

Language: English

ISBN-10: 1402780915

ISBN-13: 978-1402780912

Product Dimensions: 1.2 x 5.5 x 6.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #96,401 in Books (See Top 100 in Books) #32 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #127 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #566 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

Bought this book because I'm fascinated with herbal/traditional medicine in general, and didn't know too much about the traditional Chinese system. It does a good job of explaining the basics of it, however I knocked off a star because there's no direct symptom-remedy type section, which is really a big part of what I was looking for. Maybe that would go against the whole philosophy of TCM, I don't know. Oh yeah, and the author sort of gave off the vibe that she didn't believe too wholeheartedly in the whole thing, or at least that she believed the Western system was better/more scientific. Again, I could be completely wrong, I don't know anything about her, that's just what it read like to me. On the plus side, there was a lot of information about non-herbal remedies, like acupuncture, acupressure, food cures, tai chi, that sort of thing, which is nice. Also a lot of glossy, full color pictures, which is also a big plus. Recommended.

Although I've had acupuncture before, I consider this my introduction to the world of Traditional Chinese Medicine because the practitioners didn't tell me why they were doing what they did or why I couldn't continue to do what I was doing. I received so many answers in hindsight, after reading this informative book. For instance, I've received the following answers:***Why are they taking my pulse in different spots?***What does the liver meridian govern? (mine was out of whack)***Why can't I have my early morning breakfast smoothies?***What's the difference between yin and yang energies?...and so on . . . I think this is a good book for a beginner to read. I wouldn't use it solely for diagnosis - I would definitely leave it to the professionals, but I would keep this in my library for reference for when I see a TCM doctor for a consult/office visit. Also, I did knock this down one star because my professor, who is a practicing acupuncturist, disagreed with the author on a few minor points.

As a fairly new fan of Chinese Medicine and wellness, this book was exactly what I was looking for. It is written in a simple way to understand the practice of TCM and will leave you satisfied. I am still reading through it, but from what I have already read, I have learned a lot and am very happy with this purchase.

A friend suggested that I try traditional Chinese medicine (TCM). I bought this book and "Using Traditional Chinese Medicine" for an overview of TCM. It's interesting. This is a fat book and has theory as well as practical application. "Using Traditional Chinese Medicine" is a thinner, "How To" book.

an exelent truly sincere bible of chinese medicinal intruction marvelous printed and well illustrated i highly recomended for who ever is interested in the oriental practices.thank you.

Just take the time to identify what is troubling you then research how to address thoughts issues, the keys is preventive medicine.

This book has lots of great information to give you an overview of Chinese Medicine. Lots of little helpful hints.

I love this book! It was exactly what I was hoping for! I needed for a science fair project and I

couldn't be any more satisfied!

[Download to continue reading...](#)

The Chinese Medicine Bible: The Definitive Guide to Holistic Healing The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) Critical Care Nursing: A Holistic Approach (Critical Care Nursing: A Holistic Approach (Hudak)) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Chinese Hot Pot Cookbook - Your Favorite Chinese Hot Pot Recipe Book: No Other Chinese Cookbook Can Compare 49 Awesome Chinese Recipes (The Ultimate Chinese Cookbook That Brings an Entire American Chinese Buffet

to Your Dinner Table) Chinese Recipes. Delicious Chinese Recipes For All The Family: Easy & Tasty Chinese Cookbook

[Dmca](#)