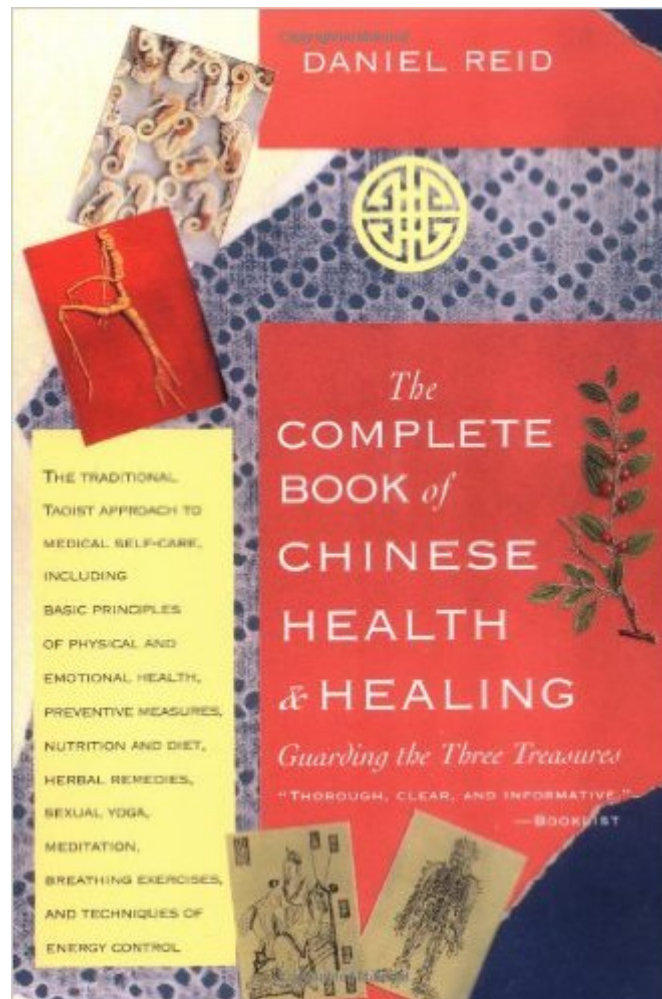


The book was found

The Complete Book Of Chinese Health & Healing: Guarding The Three Treasures



Synopsis

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 T'ai 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

Book Information

Paperback: 484 pages

Publisher: Shambhala (December 5, 1994)

Language: English

ISBN-10: 1570620717

ISBN-13: 978-1570620713

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars • See all reviews (49 customer reviews)

Best Sellers Rank: #325,622 in Books (See Top 100 in Books) #116 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #23363 in Books > Medical Books

Customer Reviews

This book is nothing short of spectacular, and this is because it motivates to start doing some of what Daniel Reid explains. Reid, a Westerner living in Asia since the 70's, comes with Western scientific explanations (where possible; modern science isn't yet developed enough to understand and acknowledge nature of some things) of why Taoists do things the way they do. Books subtitle is "Guarding the three treasure" - and by that he means the body, energy and spirit, he touches all of them. After reading it I understand a lot more things about the world in general. A lot more...I first started reading his other book - "The Tao of Health, Sex and Longevity", and I would recommend starting with that one, because it is more basic and easier to chew by the Western mind. This book is also very clear, and you don't need other explanations, but reading the other one first would make some things easier. Personally, after I finished this one book, I understood some of his teachings in

"The Tao..." that I had skipped at that point and started doing them now. One good example of this is to do skin brushing every day. Why? Stimulate lymph movement, especially helpful for people living sedentary lives every day. I intend to reread both of them many times, and hopefully pick new good habits with each pass. I'll probably look into his other works. So, what's in the book? It starts with explaining the Taoist cosmogony, starting with the One source, Tao. You probably already know its mark, it's that circle with black and white "tears", each having a small spot of the other inside it. They are the two poles, Yang (male/active/warming/ascending, white with black spot) and Yin (female/passive/cooling/descending).

I do not know who to thank for curing me of a chronic digestive disorder whose underlying cause had eluded allopathic physicians and Western nutritionists for the past 30 years: Daniel P. Reid or the ancient Taoist masters? Mr. Reid's books are truly gifts to the modern Western world and to those who sense that there is something more to life than a mass-produced culture and lifestyle. Ancient wisdom does have a wealth of knowledge to impart today in order to live a better tomorrow. If you are a newcomer to Taoism, spirituality, and traditional health practices, this is an ideal book to help you begin your journey towards enlightenment. Those with a little more experience will also benefit from reading this book and adding its little gems of wisdom to their library of ever-expanding Taoist knowledge. Somehow, years of higher education and exponentially expanding university tuition never taught me the beautiful, life-affirming, and liberating simplicities expounded by Taoism. Begin your journey with these books. I also highly recommend Mr. Reid's "The Tao of Health, Sex and Longevity" as an excellent companion to "The Complete Book..." However, I caution you to exercise maturity, responsibility and personal accountability as you read and practice the ancient Taoist arts. You should be fully aware that there is no way for the author to be familiar with your particular ailments or life-situation. In this regard, I recommend that you pursue your studies under the guidance of a qualified instructor and to seek health advice from a Traditional Chinese Medical practitioner. If you heed the caution and advice you will gain tremendously. There is genuine gold in this ancient wisdom.

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

The Complete Book of Chinese Health & Healing: Guarding the Three Treasures Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) 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) 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) 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 Zac's Mulligan (Guarding The Gods Book 1) 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 The Chinese Cookbook: 50 Great Recipes from the Chinese Kitchen (Chinese Cooking) Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Integrated Chinese: Level 2, Part 1 (Simplified and Traditional Character) Character Workbook (Cheng & Tsui Chinese Language Series) (Chinese Edition) Integrated Chinese: Level 1, Part 2 Workbook (Traditional Character, 3rd Edition) (Cheng & Tsui Chinese Language Series) (Chinese Edition) Guarding the Thief's Heart Guarding His Obsession La Batalla De Cada Mujer Joven / Every Young Woman's Battle: Protege tu Mente, tu Corazon y tu Cuerpo en un Mundo Saturado de Sexualidad / Guarding your ... in a Sex-Saturated World (Spanish Edition) The Creation of Health: The Emotional, Psychological, and Spiritual Responses That Promote Health and Healing: Three Rivers Press Edition Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei

[Dmca](#)