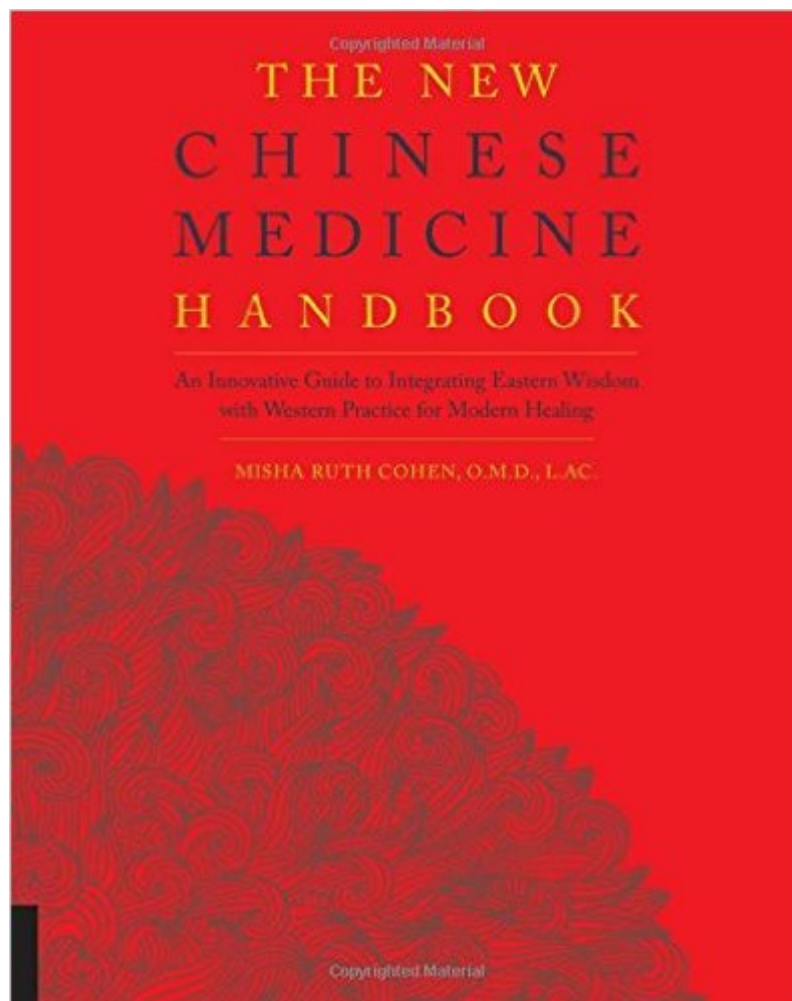


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# The New Chinese Medicine Handbook: An Innovative Guide To Integrating Eastern Wisdom With Western Practice For Modern Healing



## Synopsis

The New Chinese Medicine Handbook is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine--particularly acupuncture, massage, nutrition, meditation and herbs--along with other Eastern healing arts. This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life. Dr. Misha Ruth Cohen, an internationally recognized practitioner, lecturer, leader and mentor in the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertility, menopause, and more. This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including: Basics of Chinese medicine, Acupuncture and moxibustion, Qi Gong: Chinese exercise and meditation, Dietary practices, Chinese herbal therapy. The New Chinese Medicine Handbook keeps esoteric information to "need to know" basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes. Take the first steps to natural healing remedies and a longer, healthier life.

## Book Information

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## Customer Reviews

The opening line of The New Chinese Medicine Handbook states 'If you have picked up this book, you are searching for answers....' Indeed I had little understanding of Chinese Medicine when I

reached for this book. I had recently been diagnosed with a fatal illness and was scared, overwhelmed, hopeless and at a loss as to where to begin. Working with Misha Cohen guiding me through the chapters, I gradually moved from hopeless to hopeful, dis-ease to ease, and simply living my life to embracing it with strength and happiness. Conceptually the book is like creation of a new recipe - beginning with the inspiration, gathering ingredients and then layer by layer creating a unique life sustaining, emotionally nourishing and delicious stew that is always on hand. Part One of the book clarifies the context and complexity of illness from the Chinese med mind/body/spirit prospective. The information is presented clearly enough for the uninformed lay person and thorough enough to provide information to eastern and western medical professionals. Part Two addresses practical steps that can be taken, from how to choose a Chinese medicine doctor and what you can expect from them, nutritional supplements, to diet, movement and meditation recommendations. These chapters include recipes, massage techniques, how to begin a meditation practice. Many of the recommendations address specific Chinese medicine diagnoses. Part Three sets forth a path to incorporating all of the knowledge and options and moving forward on a wholistic, mindful, and informed way. I recommend that all seekers accept the book's The New Chinese Handbook's invitation to this shared healing journey.

If you are looking for a book that is a thorough culmination of 40 years of wisdom in patient education in the realm of Chinese medicine, this is the book to have. In simple and clear narrative, all the terms that a practitioner would use to inform their patients are addressed here. Everything from basic TCM theoretical concepts, to complete self-care programs to an expanded appendix can be found. The addition of the Western overview of conditions is welcome as it helps to explain the varying conditions as well as expanding on the layout of self care programs. One can tell the amount of work that Misha has put into this book and her genuine compassion through her generosity to share with all of us.

Looking for answers? Looking for a great recipe that's healthy and tasty? Or are you just looking to learn a little bit of Chinese Medicine? Look no further! This book encompasses enough depth to satisfy the seasoned practitioner or the lay person who wants to begin their learning path. It is wonderfully laid out, easy to read, and a wealth of information that encompasses theory and practical lifestyle choices.

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