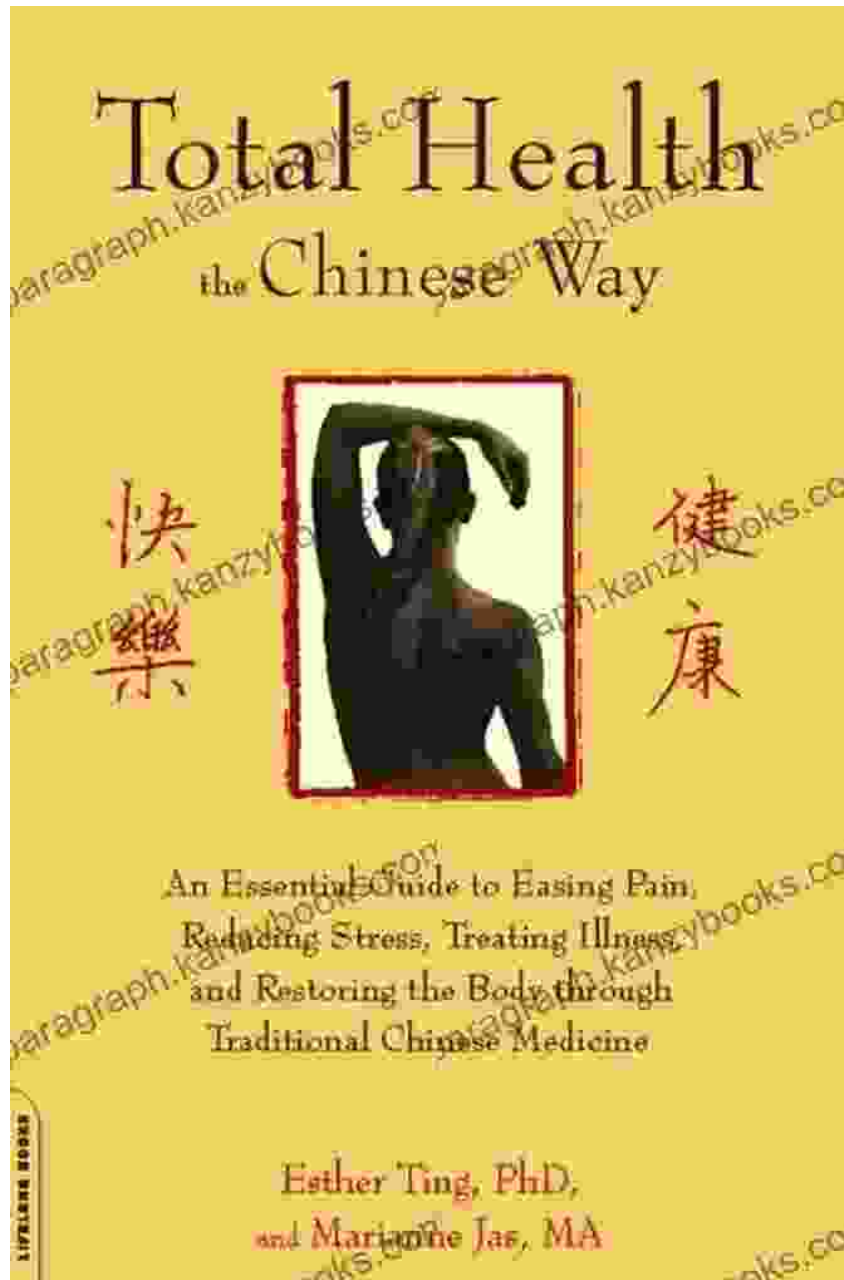
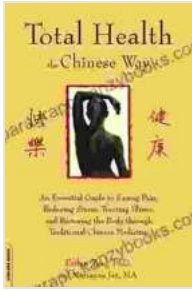


Total Health The Chinese Way: A Holistic Guide to Achieving Optimal Well-being



Total Health the Chinese Way: An Essential Guide to Easing Pain, Reducing Stress, Treating Illness, and Restoring the Body through by Marianne Jas

★★★★☆ 4.7 out of 5



Language	: English
File size	: 4409 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 370 pages



Discover the Ancient Secrets of Chinese Medicine

For centuries, Traditional Chinese Medicine (TCM) has been used to promote health and well-being. This holistic approach to healthcare focuses on the balance of the body's energy, or qi. When qi is flowing freely, we are healthy and vibrant. But when qi is blocked or out of balance, we can experience illness and disease.

Total Health The Chinese Way is a comprehensive guide to TCM that will teach you how to:

- Understand the principles of TCM
- Identify and treat common health conditions
- Create a personalized health plan
- Achieve optimal well-being

What You'll Learn in Total Health The Chinese Way

This book covers a wide range of topics, including:

- The history of TCM

- The principles of TCM
- The different types of TCM treatments
- How to use TCM to treat common health conditions
- How to create a personalized health plan
- The benefits of TCM

The Benefits of Total Health The Chinese Way

Total Health The Chinese Way can help you:

- Improve your physical health
- Boost your energy levels
- Reduce stress and anxiety
- Improve your sleep
- Strengthen your immune system
- Achieve optimal well-being

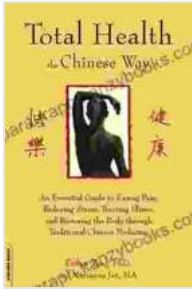
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