

A Handbook Of Traditional Chinese Dermatology

Authoritative and comprehensive guide by one of North America's pioneering practitioners. Dr. Lu familiarizes the reader with the 'thirteen syndromes' identified in Chinese medicine, incorporating more familiar Western medical terminology. The result is a handbook that straddles both traditions. In addition to providing help for chronic ailments, Dr. Lu provides treatments for problems that affect men or women specifically, with a section on diseases of the prostate gland and impotence for men and a section on pre- and postnatal care as well as ways to alleviate symptoms of PMS and menopause for women.

Chinese popular culture is extremely diverse and richly complex. The 18 chapters in this reference provide the most comprehensive and current bibliographical and descriptive study of Chinese popular culture in English. Each chapter, written by an expert contributor, provides a thorough survey of research materials and an overview of the most significant points of critical concern. The extensive closing bibliography provides references for topics not treated in the volume. This guide brings Chinese astrology back to its ancient roots, providing all the information you need for understanding one of the world's oldest systems of divination. The ancient Chinese people developed a sophisticated science of astrology that continues to have profound influence in China today. Rooted in the fundamentals of Taoism, it evolved into a system vastly different from Western astrology. Rather than determining personality by the time of the year in which you are born, in Taoist astrology it is the year itself that determines your character. The years form a twelve-year cycle of signs, each named after an animal. Additionally, your

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personality depends on which of the five traditional Taoist elements you are born under--water, wood, fire, earth, or metal. This makes for a cycle of sixty unique signs. Taoist Astrology includes information for each sign's personality, compatibility, child-parent relations, and rising and falling fortunes during the twelve-year cycle. Discussions of yin and yang, Confucianism and Buddhism, Taoist alchemy, and the connection between Taoist astrology and Western astrology give you all the background you need for understanding one of the oldest systems of divination known to humanity. Taoist Astrology differs from other books on the subject by grounding its concepts in the ancient traditions from which it originated.

Traditional Chinese Medicine Cupping Therapy - E-Book
Path of Pregnancy

A Handbook of TCM Patterns & Their Treatments
Routledge Handbook of Chinese Medicine
The Body Clock in Traditional Chinese Medicine
Prevention & Natural Healing

A comprehensive, practical user's guide for Traditional Chinese Medicine.

For thousands of years, traditional Chinese medicine (TCM) has helped countless people with their health, and is still widely sought after today--especially by those all over the world who are intrigued by natural healing and healthcare. The culture underlying TCM is broad and the information incredibly extensive, which means it can be difficult to know where to start for those who are interested in learning. This book does just that, providing both an encyclopedia of knowledge in the field, while also acting as a practical

manual to guide readers to greater health. It offers an effective, easy-to-learn set of daily TCM skills and expert advice on how to use them. Through this book, you can learn: Basic concepts such as yin-yang, the five elements, meridians and acupoints, qi, blood flow and constitution How to judge your own health status through constitution tests and develop a personalized health plan for yourself How to make external adjustments for your health through TCM practices such as acupressure, cupping, scraping, heat treatment, acupuncture, massage and other methods TCM methods of natural internal adjustments including food therapy, herbal medicine, breathing techniques, sleep, meditation, qigong and other practices that will enhance your physical and mental health from the inside out A twelve-hour regimen with adaptations for each of the four seasons, stages in life, times of day, and place where it is practiced, allowing readers to customize the plan to their lives

A comprehensive reference tool for maximizing healing of the mind, body, and spirit through a holistic synergy of Chinese medicine and Ayurveda • Details the foundational principles of each tradition and the many concepts they share, such as qi and prana, meridians and nadis, and energy centers and chakras • Provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire • Offers breathing exercises, dietary regimens, herbal

recommendations, and guides for detoxification, including safe and gentle at-home cleansing Chinese medicine and Ayurveda are two of the oldest healing systems in use today. Each is a complete art, in and of itself, and has profoundly contributed to the health and well-being of millions of people around the world. Drawing on their shared roots and spiritual principles, Bridgette Shea, L.Ac., MAcOM, shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. The author explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. She examines shared concepts such as qi and prana, meridians and nadis, and energy centers and chakras. She explores the strengths of each practice, such as the clinical efficiency of diagnosis and the use of acupuncture for pain relief, improving fertility, and stress reduction in Chinese medicine and the dietary, detoxification, and spiritual guidance of Ayurveda, including the detox branch of Ayurveda known as Panchakarma. Moving beyond theory into practical application, she explores the Elements, known as the Five Phases and the Panmahabhutas, and how they affect our well-being. She provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire. Offering

treatment and prevention strategies that draw from both disciplines, she encourages the reader to implement an integrated practice of these two systems in daily life or clinical practice. She details breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle home cleanses, all rooted in the holistic synergy between Ayurveda and Chinese medicine. Sharing case studies that highlight the interconnectedness of these approaches, Shea provides a comprehensive guide for self-healing of body, mind, and spirit and a practitioner's resource to cross-reference complex questions with respect to both healing traditions. Women's Treasure and the Three Treasures [combined]

A Handbook of TCM Pediatrics

A Handbook of Traditional Chinese Postpartum Diseases

An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing

A Clinical Manual of Chinese Herbal Medicine for the Treatment of Gynecological Disorders

How to Maintain Your Health and Treat Illness

For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence

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of TCM. The principle theories inherent within thousands of years of classical TCM are expounded upon. It provides a newer understanding of TCM by relying on evidence acquired from advanced research. It corrects mistakes or omissions inherent within existing TCM by discussing true TCM fundamentals independent of cultural or historical reasons. It recovers important concepts of TCM rarely acknowledged in current TCM practices. It facilitates modern medical practices with roots in TCM for better therapeutic efficacy. It provides a comprehensive understanding of TCM by relying on the latest scientific achievements.

For thousands of years, traditional Chinese medicine (TCM) has helped countless people with their health, and is still widely sought after today—especially by those all over the world who are intrigued by natural healing and healthcare. The culture underlying TCM is broad and the information incredibly extensive, which means it can be difficult to know where to start for those who are interested in learning. This book does just that, providing both an encyclopedia of knowledge in the field, while also acting as a practical manual to guide readers to greater health. It offers an effective, easy-to-learn set of daily TCM skills and expert advice on how to use them. Through this book, you can learn:

- Basic concepts such as yin-yang, the five elements, meridians and acupoints, qi, blood flow and constitution
- How to judge your own health status through constitution tests and develop a personalized health plan for yourself
- How to make external adjustments for your health through TCM practices such as acupressure, cupping, scraping, heat treatment, acupuncture, massage and other methods
- TCM methods of natural internal adjustments including food therapy, herbal medicine, breathing techniques, sleep, meditation, qigong and other practices that will enhance your physical and mental health from the inside out
- A twelve-hour regimen with adaptations for each of the four seasons,

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stages in life, times of day, and place where it is practiced, allowing readers to customize the plan to their lives.

This book is the second, revised edition of a practical handbook of Chinese medical patterns with their disease causes and mechanisms, signs and symptoms, treatment principles, guiding formulas, main modifications, and acupuncture treatments. It is meant for both the student and the clinical practitioner. The authors have included numerous patterns previously not described in the English language literature as well as many complex patterns which are commonly seen in real-life practice in the West. It also includes a symptom-sign index and a formula index for easy reference. All medicinal names in this new edition conform to Bensky et al.'s Chinese Herbal Medicine: Materia Medica 3rd edition, and all Chinese medical terminology corresponds to Wiseman and Feng's A Practical Dictionary of Chinese Medicine. Ingredients in Chinese medicinal formulas begin with their pinyin names and are listed down for easier reference. In addition, this new edition contains a number of case histories for use in problem-based learning (PBL) along with suggested answers, thus making it even more useful in the classroom.

Plants, Minerals, and Animal Products

Fulfilling the Essence

Zhong yi lin zhen shou ce

An Integrated Practice of Ancient Healing Traditions

Comprehensive Handbook of Traditional Chinese Medicine

A Handbook of the Authentic Chinese Tradition

This Handbook approaches Chinese Studies from an interdisciplinary perspective while attempting to establish a fundamental set of core values and tenets for the subject, in relation to the further development of Chinese Studies as

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an academic discipline. It aims to consolidate the current findings in Chinese Studies, extract the essence from each affiliated discipline, formulate a concrete set of ideas to represent the 'Chineseness' of the subject, establish a clear identity for the discipline and provide clear guidelines for further research and practice. Topics included in this Handbook cover a wide spectrum of traditional and newly added concerns in Chinese Studies, ranging from the Chinese political system and domestic governance to international relations, Chinese culture, literature and history, Chinese sociology (gender, middle class, nationalism, home ownership, dating) and Chinese opposition and activism. The Handbook also looks at widening the scope of Chinese Studies (Chinese psychology, postcolonialism and China, Chinese science and climate change), and some illustrations of innovative Chinese Studies research methods. The Routledge Handbook of Chinese Studies is an essential reference for researchers and scholars in Chinese Studies, as well as students in the discipline. This book covers Traditional Chinese Medicine (TCM) comprehensive facial rejuvenation protocols, advanced TCM

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facial rejuvenation protocols, as well as a step-by-step protocol for TCM facial rejuvenation. Throughout the book, precise and detailed color pictures demonstrate the techniques to enable practitioners to correctly perform the manipulations. The diagnostic information, acupuncture point prescriptions, herbal suggestions, food therapy recommendations, and acupressure procedures make this book useful for students and practitioners of TCM, massage therapists as well as beauticians.

This book was the first English language translation of a complete Chinese clinical manual on TCM gynecology and obstetrics. It was the textbook for the OB-GYN class at the Zhejiang College of Chinese Medicine in Hangzhou, PRChina. It covers the disease causes and mechanisms and the pattern discrimination treatment for 35 commonly encountered complaints. The book is divided into five sections: 1) menstrual diseases, 2) abnormal vaginal discharge diseases, 3) gestational & birthing diseases, 4) postpartum diseases, and 5) miscellaneous diseases. Because Chinese gynecology in China means treatment via the internal administration of Chinese herbs, all the treatments in this book are herbal ones. If one wants to buy a single book covering all of Chinese

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gynecology in an introductory, survey fashion, this is the book to buy.

A Handbook of Traditional Chinese Gynecology

A General Introduction to Traditional Chinese Medicine

Clinical Handbook of Internal Medicine

A Handbook of Chinese Healing Herbs

Understanding Our Energy Cycles for Health and Healing

Routledge Handbook of Modern Chinese Literature

The Routledge Handbook of Modern Chinese Literature presents a comprehensive overview of Chinese literature from the 1910s to the present day. Featuring detailed studies of selected masterpieces, it adopts a thematic-comparative approach. By developing an innovative conceptual framework predicated on a new theory of periodization, it thus situates Chinese literature in the context of world literature, and the forces of globalization. Each section consists of a series of contributions examining the major literary genres, including fiction, poetry, essay drama and film. Offering an exciting account of the century-long process of literary modernization in China, the handbook's themes include: Modernization of people and writing Realism, romanticism and modernist aesthetic Chinese literature on the stage and screen Patriotism, war revolution Feminism, liberalism and socialism Literature of reform, reflection and experimentation Literature of Taiwan Hong Kong and new media This handbook provides an integration of biographical narrative with textual analysis, maintaining a subtle balance between comprehensive overview

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and in-depth examination. As such, it is an essential reference guide for all students and scholars of Chinese literature. This handbook aims to showcase the latest research on medicine in China as it has developed over 3,000 years. It identifies themes concerned with both history and culture and the significance of Chinese medicine in the modern world, and invites established experts together with some of the most exciting and innovative younger researchers to respond. China will be understood as an 'open empire', receptive to all the coming influences of religion, materia medica and dietetics, and techniques that have shaped its healing traditions; and also exerting influence through the land, maritime, air and cyber networks that have connected it with other places. To avoid the pitfalls of representing Chinese medicine as a monolithic tradition, detailed attention will be paid to the social and cultural contexts within which a classical medicine emerged, as well as to the realities of everyday practice, to the extent that they can be known. The themes of the book will be traced historically through the healing traditions of Early China, medieval religious institutions, the transmission of knowledge and practice through ritual, writing and authority, and the impact of the printing technologies of early modern China. The Ming period, in particular, provides a wealth of exquisitely illustrated medical works which demonstrate the eclectic healing environment. The Handbook will end with two sections on the significance of Chinese medicine in the modern world addressing issues of evidence and, most significantly, analysis of the global impact of everyday Chinese attitudes to health. It will draw out the complex and paradoxical role of Chinese medicine in the construction of 'modern' Chinese nation as well as its adoption as a strategy of resistance to

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perception of an all powerful biomedicine in the Euro-American sphere.

For more than four thousand years, Chinese scholars and medical practitioners have documented ways of maintaining health and treating illness, from theories of yin-yang and the zang-fu organs to the use of herbs and acupuncture. The Essential Book of Traditional Chinese Medicine marks the first time such concepts have been made accessible to Westerners in a comprehensive form.

Handbook of Chinese Medicine and Ayurveda

The Essential Book of Traditional Chinese Medicine

A Materia Medica for Chinese Medicine

A Practitioner's Guide to the Care and Treatment of Common

Childhood Diseases

Statements of Fact in Traditional Chinese Medicine

The Routledge Encyclopedia of Traditional Chinese Culture

This book was compiled by leading experts on the documents and literature of traditional Chinese medicine. The pictures, mostly photocopied or re-produced from the originals, are all exquisite and rare works of the past, and demonstrate the distinctive traditional Chinese characteristics of this approach to health care.

Phytotherapy or herbal medicine is the most important therapy within Chinese medicine and is being used increasingly in the West. A Materia Medica for Chinese Medicine: plants, minerals and animal products describes 400 of the most important plants, minerals and animal substances used as treatments by Chinese medical practitioners. The items included have been selected according to their degree of clinical relevance. Each remedy is clearly described and illustrated on two facing pages, making this an easily accessible reference for both students and practitioners of

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Chinese herbal medicine. The clearly laid out text presents the following details for each herb or substance included: a detailed description of the characteristic features indications for safe use medicinal and toxic effects possible combinations with other substances full-colour illustrations, generally two for each substance, showing the detailed characteristics of the item described A Materia Medica for Chinese Medicine has been written by two medically trained doctors who have worked as TCM therapists specializing in the use of Chinese herbs for more than 30 years. Based on their many years of teaching and practice, the book has been carefully compiled and designed to provide a concise and accurate practice-based reference for both students and practitioners.

The authors of the Textbook of Complementary and Alternative Medicine present practitioners, physicians, and allied health workers with detailed material for a wide ranging understanding of what Traditional Chinese Medicine can offer.

The New Chinese Medicine Handbook

Handbook of Nutritional Therapy

A Comprehensive Handbook of Traditional Chinese Medicine: Prevention & Natural Healing

The Routledge Handbook of Chinese Studies

Clinical Handbook of Chinese Medicine

An Easy-to-Use Guide to 108 Chinese Medicinal Herbs and Dozens of Prepared Herbs | Formulas

Traditional Chinese medicine is perhaps the oldest system of health care in the world—and one of the safest and most effective. This first easy-to-use pocket guide provides everything readers need to know to explore Chinese

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herbal medicine for themselves. The book includes:

- A brief overview of the basic terms and concepts of traditional Chinese medicine.
- Simple instructions on how to prepare herbal formulas at home.
- An illustrated guide to 108 of the most widely used Chinese herbs, with descriptions, therapeutic effects, preparation methods, and dosages.
- A guide to dozens of readily available prepared herbal formulas for common ailments.
- An index of symptoms and ailments.
- Listings of mail-order houses for herbs, herbal formulas, and other supplies.
- Suggestions for further reading.

For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM. We

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highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book. This handbook is specially designed to meet the needs of both Chinese and English readers, researchers, and translators who are interested in Chinese culture. The Chinese cultural terms included in this book cover almost all the aspects of Chinese culture, literary, artistic, religious, philosophical, folkloric, classical, vernacular and so on. As many of them have not their English equivalents, the authors have tried to find the corresponding English terms for them as much as possible so that they can be conducive to the readers' grasp of the Chinese cultural terms and phrases when they read or translate a Chinese book about Chinese culture. This book is indispensable and very useful to sinologists, Chinese-English translators and tour guides.

Handbook of Chinese Popular Culture

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A Handbook of Traditional & Contemporary Chinese Treatments for Female Infertility

A Compendium of TCM Patterns & Treatments

A Handbook of Traditional Chinese Dermatology

Handbook Of Traditional Chinese Medicine (In 3 Volumes)

Zhong yi lin chuang shou ce

This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. DVD containing 12 video clips showing the use of cupping in practice. Unique scientific research on cupping therapy and the effect on the immune system. LI>16 page colour plate section containing 63 halftones. New page layout including new features.

Thoroughly revised and updated throughout with more details allocated to individual treatment and methods. LI>New material on muscular pain, stress management and cupping therapy and sports medicine.

Established by the Western Han dynasty more than 2,000 years ago, Traditional Chinese Medicine (TCM) is currently finding increased acceptance. A General Introduction to

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Traditional Chinese Medicine explores the thinking behind TCM, its philosophy-based theory, and its cutting-edge uses in today's clinical practice. The book covers: Establishment and characteristics of TCM's theory Establishment and development of TCM's clinical system. Basic features of TCM TCM's philosophical bases: primordial qi, yin-yang and Five Elements TCM's medical model, method, and architecture Organized to make information easily accessible, each chapter contains: Goals & Requirements and Key Contents to enable readers to understand the core and the outline of the chapter Endnotes for readers to learn some cultural and historical information peculiar to China Glossary for readers to understand more specific information about TCM and Chinese culture Complete with chapter outlines and ancillary material, this carefully designed guide brings a time-tested practice back to the future.

This is a concise handbook providing a quick clinical reference on Chinese medicinal treatments for many diseases, based on Traditional Chinese Medicine theory and practice. Organized by different clinical conditions and diseases, it provides clinicians and healthcare professionals with definitions and recommended treatment methods, especially herbal medicine formulae. In addition to being a comprehensive quick reference source, this handbook also conveys a generalized understanding of Traditional Chinese Medicine. Contents: Overview: Introduction Chinese History vs. Chinese Medicine Misunderstandings of Chinese Medical History Obstacles in Chinese Medical History Milestones in Chinese Medical History Pre-scientific, Qualitative, and Philosophical Medicine Complexity of Chinese Medicine Methodology of Chinese Medicine Chinese Medicine vs. Complementary and Alternative Medicine (CAM) Fundamental Characteristics of Chinese Medicine Research and Regulation on Chinese

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Medicine Nomenclature of Chinese Medicine Practice: General Principles Internal Medicine Pediatrics Obstetrics and Gynecology Surgery Anorectal Diseases Andriatics Dermatology Ophthalmology Otolaryngology Rhinology Laryngology Stomatology Preventive Medicine Readership: All TCM clinicians, health professionals, and practitioners. Individuals in the following fields: medicine, psychology, psychopathology, life and health sciences, philosophy, humanities, sociology, education, and anthropology. Members of the lay public. Keywords: Chinese Medicine (CM); Traditional Chinese Medicine (TCM); Chinese Herbal Medicine; Herbal Formulation

Traditional Chinese Medicine

The Treatment of Disease With Traditional Chinese Medicine
A Handbook of Chinese Cultural Terms

Clinical handbook of traditional Chinese medicine

Classical Formulae for the Modern World (and) Traditional Formulae for the Modern Woman

Clinical handbook of traditional Chinese medicine. Rev. by Anhui yi xue yuan

The Routledge Encyclopedia of Traditional Chinese Culture offers an in-depth discussion of cultural aspects of China from the ancient period to the pre-modern era, lasting over 5,000 years, comprised of 7,000 word pieces by more than 20 world-leading academics and experts. Addressing areas such as China studies, cultural studies, cultural management, and more specific areas - such as religion, opera, Chinese painting, Chinese calligraphy, material culture, performing arts, and visual arts - this encyclopedia covers all major aspects of traditional Chinese culture. The volume is intended to be a detailed reference for graduate students on a variety of courses, and

also for undergraduate students on survey courses to Chinese culture.

A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way • Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day • Describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices • Explores the mental and emotional states each organ is related to and their connections to the teeth, the other organs, and the Five Elements of TCM All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock. In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help.

The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices. By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.

The object of this book is to provide an additional tool to enhance the efficiency of treatments. Our perspective is based on a specific palpation of tissues which allows to determine the energetic functions that are disturbed and on what level.

Taoist Astrology

A Comprehensive Hand Book for Traditional Chinese Medicine Facial Rejuvenation

A Chinese Medicine Geometrical Healing Handbook

Handbook of Traditional Chinese Medicine

An Illustrated Handbook of Traditional Chinese Health Preservation