



The Chinese Way to Healing: Many Paths to Wholeness (Paperback)

By Misha Omd L Ac Cohen

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Chinese Way to Healing: Many Paths to Wholeness is an essential guide to achieving total health in mind, body and spirit. By showing you the powerful benefits of Chinese Medicine-particularly acupuncture, massage, nutrition, meditation and herbs-along with other healing arts as adjunct therapies, this book can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life. This book offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, addictions, gynecological problems, PMS, menopause, and more. These plans combine Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies. Includes: Basics of Chinese medicine How to evaluate a Chinese medicine practitioner Acupuncture and Moxibustion Qi Gong: Chinese exercise and meditation Case histories: profiles in healing Chinese medicine dietary practices Chinese herbal therapy.



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