

# Keep Fit the Chinese Way



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Traditional Chinese medicine, after long accumulation of medical practice, has developed a unique system of medical treatment. This book introduces to the general reader this unique rehabilitation medicine, including breathing exercises, traditional gymnastics for health, shadow boxing, muscle relaxation, five-animal exercises, eightpart exercise, eighteen exercises, exercises in bed, massage therapy, chiropractic, slapping, acupuncture-moxibustion, cupping and bloodletting. It has been compiled by the famous physician Professor Hu Bin of the Academy of Traditional Chinese Medicine, who has had extensive experience in rehabilitation medicine. Readers of the book will not only gain fundamental knowledge of this field, but also be able to practise the art so as to prevent and cure diseases and maintain good health.

作者介绍:

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