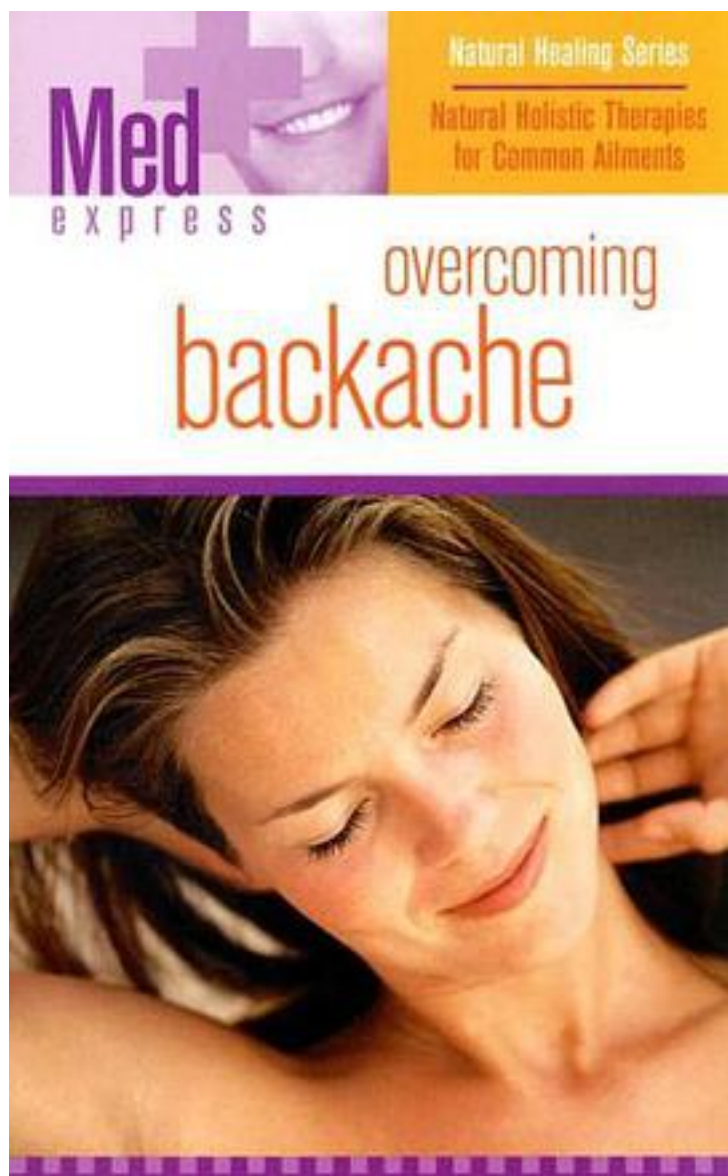


Med Express



[Med Express_下载链接1](#)

著者:

出版者:

出版时间:2005-11

装帧:

isbn:9781582799506

Book Description

Overcoming Colds & Flu

Natural home health remedies are a great way to prevent or soothe colds and flu. This book is filled with tips and techniques to show you how to relieve congestion and other ailments through good diet, exercise and massage.

Many of the techniques are based on Oriental healing arts dating back thousands of years that are commonly used in Western countries.

Some of the techniques include:

- * Decongesting finger pressure massage
- * Yoga exercises to stimulate your body's defense
- * preventative hydrotherapy
- * cold fighting reflexology
- * medicinal herbs to prepare holistic tinctures or to use in aromatherapy
- * foods for your immune system.

Each technique is explained in detail and illustrated with full-color photos. These helpful, clearly explained therapies will help your immune system fight off the effects of a cold or flu.

作者介绍:

目录:

[Med Express_下载链接1](#)

标签

评论

[Med Express_下载链接1](#)

书评

[Med Express_下载链接1](#)