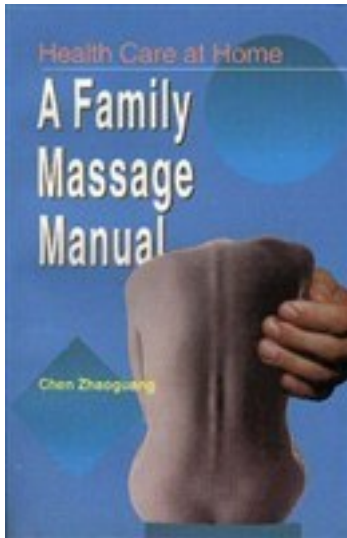


中医按摩健身操



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《Health Care at Home a Family Massage Manual(中医按摩健身操)(英文版)》 内容简介: Massage at home, without even stepping out of your bedroom, by yourself or your family members. Follow the simple, step-by-step procedures detailed in this book once a week or once a day, and you will get relief from ailments and discomforts and feel refreshed. With its preventative health care approach, this manual offers an alternative to frequent the hospital trips and pharmaceutical medications, few of which are side-effect-free. Headaches? Back pain? Or hypertension? Apoplexy? Look it up in the index and find out what to do.

作者介绍:

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