

# Secrets of Self-Healing



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A guide to natural healing that combines the wisdom of Eastern tradition with Western medicine and nutritional science.

Secrets of Self-Healing ranges from treating common ailments with healing foods and herbs to the all-round balancing of mind and body that is essential for vitality, wellness, and longevity.

In Part One, Dr. Mao explains that diet, exercise, self-awareness, a positive emotional life, living in harmony with the environment, and spiritual growth are crucial for vibrant, lasting health. He shows, for example, how simple self-assessments can help prevent disease, how negative emotions can make us ill, how clutter in our homes can create imbalances in our bodies, and how Eastern and Western medicine can work together to fight cancer.

Then, in Part Two, he reveals his favorite natural remedies for more than sixty-five common ailments, such as sore throat, dandruff, headaches, high blood pressure, sunburn, insect bites, indigestion, and jet lag.

Inspirational and practical, Secrets of Self-Healing will put readers on the path to a balanced and healthy life.

作者介绍:

倪毛信，著名中医师、治疗师、抗衰老专家、健康教育专家。为了有别于他的父亲和哥哥，人们称他为“毛博士”。

毛博士出身于中医世家，小时候患过一场大病，与死神擦肩而过。为了自身的康复，他跟随父亲学习太极拳和气功，并开始学习中医。后来，他又在美国和中国的医学院学习多年，获得了两个博士学位。

毛博士提倡“保健医学”和“整体疗法”，主张通过各种自然方式——中草药、按摩、针灸、太极拳等，激活人体强大的自愈能力。毛博士认为，现在医疗系统完全处于药物、保险业和生物技术的主宰之下，已经陷入了重重危机，而中医整体疗法则是解决危机的关键。

从医20多年来，毛博士先后治愈了数千名患者，其中包括500多名企业CEO。毛博士通过各种方式推广自己的健康理念。他先后出版了《长寿秘诀》《身体自愈的秘密》《营养之道》等畅销书，他的博客和个人网站也广受欢迎。毛博士还在洛杉矶设立了“友善中医药大学”。

作为知名的健康教育专家，毛博士是多家电台和电视台的座上宾，并多次到国外演讲，经常出现在《纽约时报》《洛杉矶时报》等报刊杂志上。他还被yahoo网聘为健康教育专家。

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