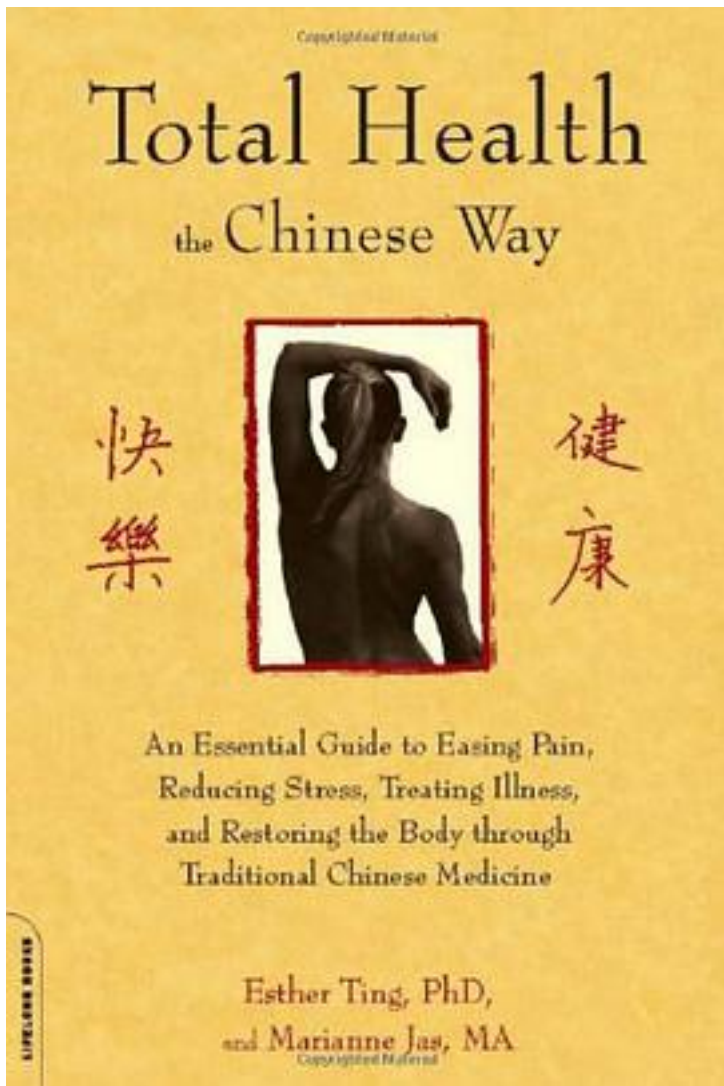


# Total Health the Chinese Way



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An unprecedentedly accessible, practical guide to achieving total health the Chinese way--from one of the nation's most prominent, esteemed doctors of Oriental medicine. A fourth-generation Chinese doctor, Dr. Esther Ting has treated more than 140,000 patients on two continents. Now she distills her decades of medical experience and lifetime of knowledge for everyone seeking complete health naturally. Total Health the Chinese Way derives from Ting's core belief that we can achieve lasting health without surgery or drugs the moment we start listening to our bodies. She and researcher Marianne Jas, a former patient, explain the concept of the body's five power centers and their roles in increasing our physical and emotional defenses. Total Health the Chinese Way describes the armamentarium of Chinese medicine, such as acupuncture and herbs; how practitioners use them to diagnose and treat patients; and the many benefits these treatments offer. It identifies myriad home remedies--from simple recipes to invigorating physical and mental exercises--to ease pain, maximize energy, and strengthen and restore the body. Total Health the Chinese Way makes the wisdom of this 4,000-year-old healing tradition accessible and useful as never before.

作者介绍:

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