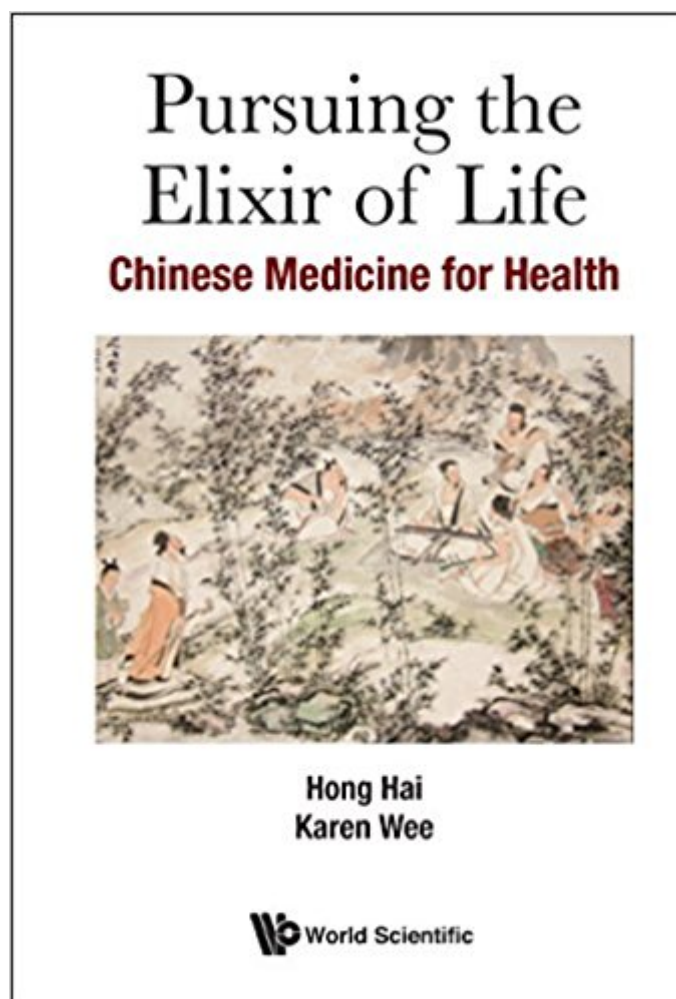


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Pursuing The Elixir Of Life: Chinese Medicine For Health



Synopsis

Since time immemorial Man has pursued the elusive elixir of life. The wisdom of ancient Chinese medicine declared immortality unattainable, but offered the elixir of longevity through lifestyle, diet, the judicious use of herbal tonics and the practice of subtle but powerful exercises of qigong and taijiquan. This concise volume explains in modern scientific language the principles of ancient Chinese methods of health and the practice of yangsheng or life cultivation. Natural holistic solutions to health issues and the intricacies of Chinese diagnosis and therapies are brilliantly exposed, complete with detailed descriptions of herbs, acupuncture and tuina. Discover appetizing recipes for soups, porridges and teas that give you that healthy glow and nourish your body and soul. Based on a series of popular lectures by the authors, this book opens a new chapter in your pursuit of a long and fulfilling life. It is also excellent preparation for more advanced studies in Chinese medicine. Readership: General readers interested in cultivating health; students and practitioners of medicine and healthcare who wish to gain a modern insight into the mysteries of Chinese medicine.

Book Information

Paperback: 232 pages

Publisher: World Scientific Publishing Company; 1 edition (January 2, 2017)

Language: English

ISBN-10: 9813207043

ISBN-13: 978-9813207042

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

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