



The Book of Oriental Medicine: A Complete Self-Treatment Guide

Clive Witham

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Addressing the issues of how and why illness occurs, this informative guide provides fresh Eastern perspectives on well-being, allowing readers to take control of their health. With easy-to-understand explanations, clear illustrations, and straightforward treatment alternatives, previously unexplained signs and symptoms can be researched and dealt with. Tried-and-true techniques developed over hundreds of years—diet, acupuncture, massage, exercise, scraping, tapping, and lifestyle—are offered for common maladies from colds and high blood pressure to backache and depression. Even readers with limited medical knowledge can learn to assess their own conditions and become proactive in lifestyle changes, overcoming the sense of powerlessness that is often experienced when dealing with chronic issues.

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