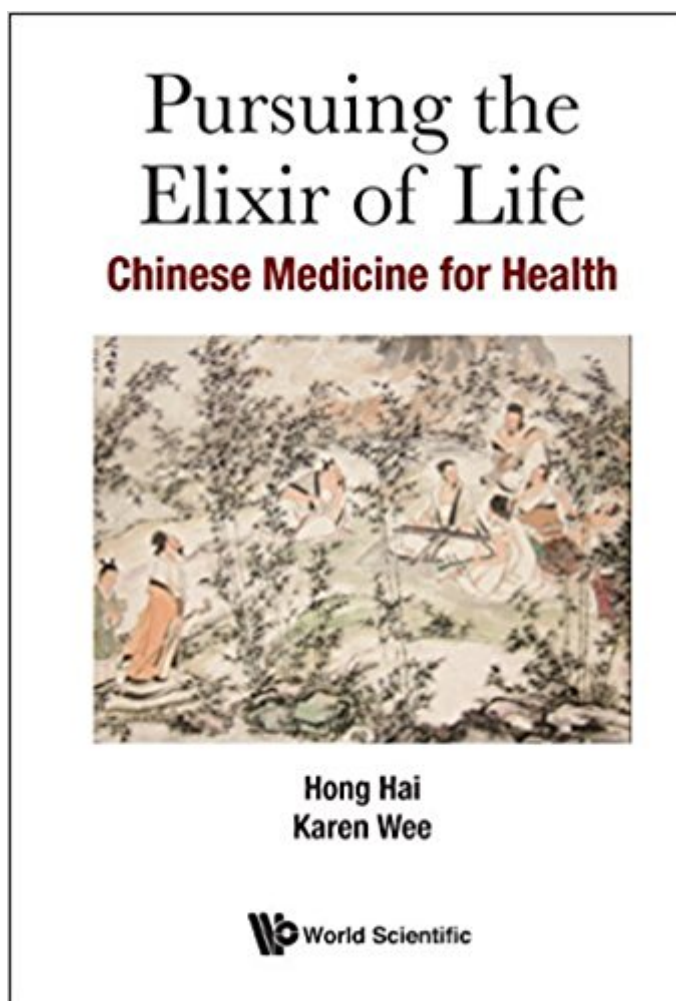


The book was found

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)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #894,445 in Books (See Top 100 in Books) #59 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture](#) #500 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#) #1604 in [Books > Textbooks > Medicine & Health Sciences > Medicine > General](#)

[Download to continue reading...](#)

Pursuing the Elixir of Life: Chinese Medicine for Health Chinese: Crash Course Chinese - Learn Chinese Fast With a Native Speaker: 500+ Essential Phrases to Build Your Chinese Vocabulary, Chinese, Learn Chinese, Chinese Phrasebook, Mandarin Study Aid I Love to Share (English Chinese kids, Chinese children's books): Mandarin kids books, Chinese bilingual books, Chinese

baby books (English Chinese Bilingual Collection) (Chinese Edition) Chinese Bilingual Books: I Love to Brush My Teeth (chinese kids books, chinese children's books): English Chinese Children books (Chinese Bilingual Collection) (Chinese Edition) Chinese Children's Books: I Love My Dad (English Chinese Bilingual): chinese bilingual children's books (English Chinese Bilingual Collection) (Chinese Edition) Chinese baby book: Where is the Baby: English-Chinese picture book (Simplified Chinese book) (Bilingual Edition) Early Reader Chinese book for ... books for kids) (Volume 7) (Chinese Edition) I Love to Tell the Truth (chinese english bilingual,chinese children stories,mandarin kids books): mandarin childrens books,bilingual chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (mandarin childrens books, chinese baby books): kids books in chinese, chinese children stories, mandarin kids (Chinese Bedtime Collection) (Chinese Edition) I Love to Tell the Truth (chinese kids books, mandarin childrens books): mandarin kids books, kids books in chinese, chinese children's books (Chinese Bedtime Collection) (Chinese Edition) Welcome to Chinese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Chinese Recipes (Chinese Cookbook, Chinese Food Made Easy, Healthy Chinese Recipes) (Unlock Cooking, Cookbook [#13]) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Integrated Chinese: Level 2 Part 2 Character Workbook (Traditional & Simplified Chinese Character, 3rd Edition) (Cheng & Tsui Chinese Language Series) (Chinese Edition) Chinese Acupuncture and Moxibustion: A Practical English-Chinese Library of Traditional Chinese Medicine Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Elixir Recipes to Super-charge Your Health Chinese Medicine Study Guide: Diagnostics (The Chinese Medicine Study Guide Series) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Elixir of Love (L'Elisir D'Amore): Vocal Score (Italian, English Language Edition) (Vocal Score) (Kalmus Edition) (Italian Edition) L'Elisir D'Amore (The Elixir of Love), A Melodrama (Opera) in Two Acts: For Solo, Chorus and Orchestra with Italian and English Text (Choral Score): 0 (Kalmus Edition) Elixir: A History of Water and Humankind The Technological Elixir: Invoking Artificial Intelligence & Understanding the Arcana of Mysticism

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)