



Asthma - Help From Chinese Medicine

By Zheng Shu-mei

2011. Soft cover. Book Condition: New. 2nd Edition. Language :Spanish This book brings valuable instructions on having the most appropriate lifestyle, diet, exercise, and home therapies when diagnosed with Asthma. It clearly explains the basics of Chinese medical theory and gives a step by step guide to Chinese medicine treatment. It also introduces the various therapies used in Chinese medicine such as acupuncture, herbal medicine, tui na (massage) as well as others forms of practical therapies.

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