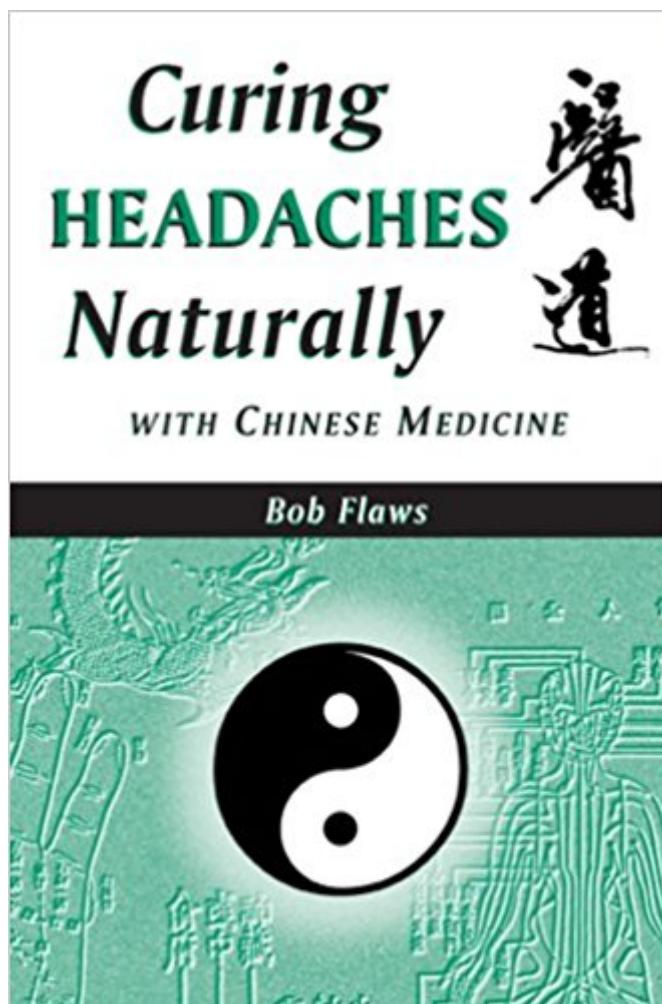


The book was found

Curing Headaches Naturally With Chinese Medicine



Synopsis

Chinese medicine has effective answers for prevention, diagnosis, and treatment of headaches. This book explains the benefits of Chinese medicine and covers self-care and home remedies, including self-massage, magnet therapy, moxibustion, aromatherapy, Chinese patent medicines, and herbal teas.

Book Information

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Customer Reviews

Headaches are one of the most common of medical complaints. Everyone, young and old, male and female, suffers from headaches from time to time. These may range from minor, nagging headaches to full-blown, incapacitating neurovascular migraines. However, no matter what kind, traditional Chinese medicine can explain why you are having the headaches you are and what you can do about them. Based on the 2,000 year old theories of Chinese medicine, each person's headaches are unique and require their own individualized treatment. In this book you will learn a host of no or low cost, holistic and natural methods for preventing and treating all kinds of headaches. These treatments include Chinese herbal medicine, acupuncture, acupressure, Chinese aromatherapy, Chinese magnet therapy, Chinese dietary therapy, relaxation therapy, and exercise. If you or anyone you know suffers from headaches, this book is a must.

Bob Flaws is one of the world's best known authorities on Chinese medicine. Author, editor, and translator of over 60 books and scores of articles on all aspects of Chinese medicine, Bob is a

Fellow and Governor of the National Academy of Acupuncture & Oriental Medicine, a founder and Lifetime Fellow of the Acupuncture Association of Colorado, and a Fellow of the Register of Chinese Herbal Medicine (UK). He has been in private practice since 1977.

Good background on Chinese Medicine.

Cure headache naturally, great content and It's good book to read,thank you thank you thank you thank you ta

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