# How Can Chinese Medicine Help My Diabetes?: An Illustrated Guide (Paperback)



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#### Reviews

*I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf.* (*Mrs. Felicia Windler*)

### HOW CAN CHINESE MEDICINE HELP MY DIABETES?: AN ILLUSTRATED GUIDE (PAPERBACK)



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People s Medical Publishing House, China, 2008. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This clear and thorough book, designed especially for those with Diabetes Mellitus, introduces the basics of Chinese medicine, describes treatment methods used, gives helpful advice in diet and exercise, and takes you step-by-step through what being under the care of Chinese medicine practitioner will involve. This is not merely a text to help you understand an ancient healing art, but a manual which will prove useful to you on each step of your journey back to health.For patients with diabetes, Chinese medicine can provide extraordinary results. Not only can it improve symptoms, but it may help reduce or even eliminate the need for drugs and be the first step to a new and healthy life. It provides clear explanations of the basics of Chinese medical theory. It is a step by step guide to what treatment with Chinese medicine involves. It provides lifestyle instructions on diet, exercise, and at - home therapies. It introduces the various therapies used in Chinese medicine such as acupuncture, herbal medicine, tui na (massage), and others. It is clearly written with beautiful, informative illustrations make it easy to grasp.

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