

## East Meets West To Give You The Best In Health Care (Paperback)



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### **Reviews**

*The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.*  
*(Dr. Jarrett Bednar)*

## EAST MEETS WEST TO GIVE YOU THE BEST IN HEALTH CARE (PAPERBACK)



AUTHORHOUSE, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EAST MEET WEST to give you the best IN HEALTH CARE The key to maximum good health is to know your own body, to live a healthy lifestyle and to find health care that works for you. East Meets West outlines how to achieve a healthy lifestyle, prevent the onset of many common illnesses and deal with a variety of important health issues. Weight control, heart attacks and strokes issues, excessive fatigue, sexual dysfunction, pain management, senior diseases and problems with stress are addressed, along with serious diseases such as diabetes, arthritis and cancer. Learn important facts about nutrition, exercise, herbs and supplements, and secrets to longevity. Become informed about different health care options and the differences between them, so you can make the best choices for care when illness or injury strikes. Trained at the University of Beijing in both Western and Chinese Medicine, Dr. Yuan has over twenty years experience working as a surgeon in China and a researcher and medical practitioner in Canada. His advice in this book is based on medical concepts from Conventional Western Medicine, Traditional Chinese Medicine and other Alternative Health Care practices. Read! Investigate! Learn! Take the best possible care of yourself.



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