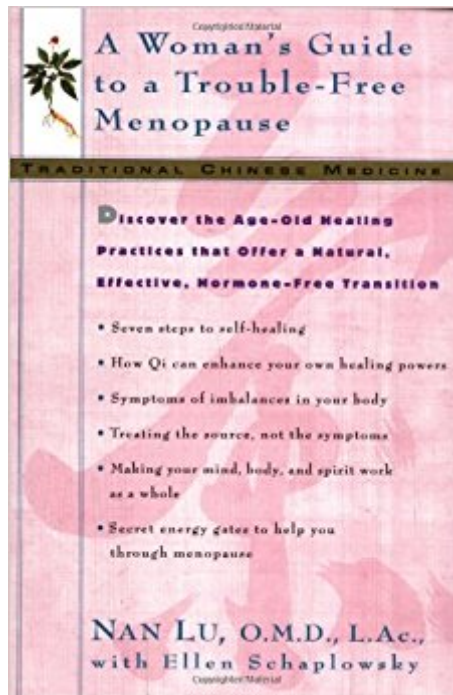




The book was found

TCM: A Woman's Guide To A Trouble-Free Menopause



Synopsis

Traditional Chinese Medicine (TCM) has successfully treated menopausal systems for thousands of years and continues to do so today, providing a powerful natural transition that allows women to take advantage of one of life's greatest healing opportunities. It offers any women a rich chance to heal and strengthen herself and to balance and harmonize her body, mind, and spirit without the use of hormone therapy. Dr. Lu, trained in the principles, theories, and technical practices of this ancient medicine, now makes this unique knowledge available to women everywhere. Discover for Yourself Why TCM seeks to heal the source, not the systems, of health problems How TCM will help you avoid the hormone dilemma What can you do to keep your body in healthy balance Symptoms of organ imbalances you should take seriously Exercise for stress reduction and physical well-being Healing foods and herbs Relieving hot flashes, digestive problems, vaginal dryness, depression, and more Preventing post-menopausal problems

Book Information

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Customer Reviews

Nan Lu, O.M.D., M.S., L.Ac., is the founding director of the Traditional Chinese Medicine World Foundation. He is a classically trained doctor of traditional Chinese medicine who has applied its ancient healing principles, theories, and techniques to help thousands of patients, 95 percent of whom are Western women.

The material is good. Most of the book is written in with pencil. Almost every page has been defaced and is messy.

This book changed the whole way I look at menopause and health. Thank you!

I loved the easy format of this book. I have a number of books on Chinese Medicine and mostly I found them boring and very hard to read. This book is very easy and includes a number of very practical suggestions that you can start using right away. I've been practicing the qigong exercises mentioned in the book. I am also trying to change my diet and I went to see an acupuncturist. Overall I would suggest this book to any woman going thru the peri-menopause and menopause.

I found this book very interesting and useful. Has black and white photos of how to perform the qigong exercises and was well written.

A great book to learn more & prevent problem due to menopause. I think this must have for all women.

Received the book - Thanks!

Great resource!!!!

I see Dr. Lu occasionally for checkups. Although this book doesn't really do him justice, it is a helpful and informative guide for living. About 7 years ago, I had tendonitis and could not play the piano for 2 years. A friend recommended him to me and after one visit (where he performed accupressure on my hand) and some self home therapy, I was able to play Rachmaninoff. I don't even remember having suffered from tendonitis now. I'm so glad that I went to see him instead of getting cortisone injections (or surgery) from an allopathic doctor. I highly recommend him for any sort of ailment.

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