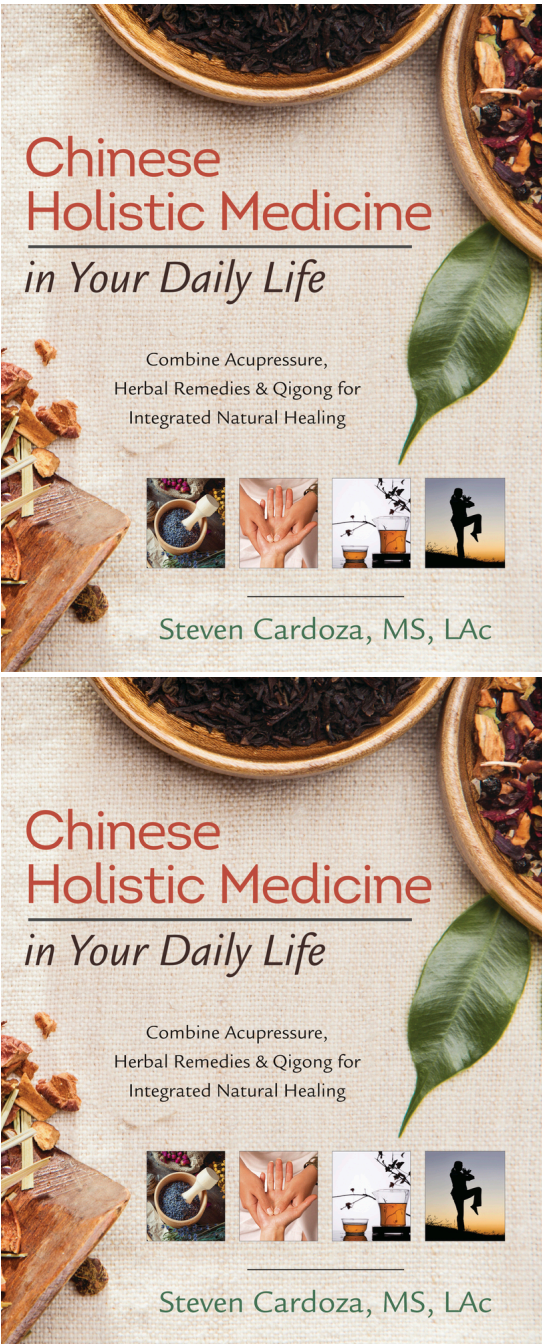


Chinese Holistic Medicine - Steven Cardoza



Discover a self-care approach for treating specific ailments and enhancing wellness.

Rating: Not Rated Yet  
**Price**  
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### Description

This book shares the foundational concepts of Chinese medicine and shows you how to integrate acupressure, herbalism, Qigong, diet, and lifestyle so that you can achieve optimal health outcomes. The ancient wisdom and practical techniques in this guide will help prevent the onset of disease, improve your day-to-day wellness, and promote longevity.

Chinese medical physician Steven Cardoza provides integrated healing prescriptions for dozens of common conditions, including:

- Pain
- Insomnia
- Arthritis
- Common Cold
- Headache
- Poor Memory
- Angina
- Impotence
- Motion Sickness
- Asthma
- Flu
- Menstrual Disorders
- Abscesses
- Hemorrhoids
- Dry Skin
- Hepatitis
- Allergies
- Fatigue
- Bronchitis
- Morning Sickness
- Hernia
- Poor Appetite
- Prostatitis
- Eczema
- High Blood Pressure
- Nausea
- Hives

### Reviews

There are yet no reviews for this product.