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Chinese Medicine has helped millions of cancer patients in China, specializing in reducing the risk of breast cancer and healing it by identifying and treating its root cause. Chinese medicine offers a broad range of time-tested, natura

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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.

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prevaling Western cancer treatments. Traditional Chinese Medicine provides a nine-point healing guide that can be individually customized for women diagnosed with breast cancer; those about to undergo surgery, chemotherapy or radiation; breast cancer survivors who want to prevent

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A solid introduction to medical alternatives that are often safer, less invasive and less expensive, with fewer long-term side effects.

This book is organized around the

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'four pillars' of TCM diagnosis: inspection, inquiry, listening and smelling, and palpation. In this text, each aspect is explained in a clear and systematic manner, with generous use of tables and illustrations. This is followed by a series of review questions for deeper understanding. A



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Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to

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time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

One of Canada's most trusted and

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beloved health practitioners introduces Western women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Since establishing her practice in Canada twelve years ago, Dr. Xiaolan Zhao has treated

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thousands of women suffering from fatigue, PMS, infertility, depression, menopausal symptoms and other gynecological disorders — health problems that are all too common in the West but less so in China, where traditional Chinese medicine (TCM) has been an integral part of women's



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Trouble Free Menopause  
Lives for thousands of years. As a physician originally trained in Western medicine who later took up the practice of TCM, Dr. Zhao has seen how effective the Chinese approach is for her patients, and she'd like to see more Canadian women incorporating its wisdom and practices in their own

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lives, as a complement to their regular health care. In Reflections of the Moon on Water, she explains the unique philosophy behind the healing tradition, a way of thinking that is liberating and empowering for women. Sharing stories from her own life and the lives of her patients, Dr. Zhao

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Trouble Free Menopause  
shows that we have nothing to reject about our feminine selves, and explains how we can develop new relationships with our bodies and our emotions. There is so much every woman can do in terms of ongoing and preventative self-care to improve her health and vitality and prevent illness.

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Trouble Free Menopause  
By making simple changes in diet, exercise routine, sex life and the way we deal with stress and our emotions, we can profoundly improve our health now and into the future. "Many Westerners think Chinese medicine sounds too complicated or too esoteric. They find discussions of yin

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Trouble Free Menopause  
and yang, or the life energy known as qi intimidating. In fact, Chinese medicine is very simple and accessible. Many of the herbs we use are ordinary ones. Sometimes, I might treat a patient's sinus condition with eucalyptus or other familiar herbs, and she'll say, "Oh that smells just like

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what my grandmother used to give me." So much of Chinese medicine is based on intuition and common sense. Although the history behind TCM is 5,000 years old — 4,500 years older than our scientific traditions — it is knowledge open to anyone." —excerpt from Reflections of the Moon on Water

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One of Canada's most trusted and beloved health practitioners introduces American women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Since establishing her

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practice in Canada twelve years ago, Dr. Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, cancer, menopausal symptoms and other gynecological disorders - health problems that are all too common in the West but less so in China, where



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Traditional Chinese medicine (TCM) has been an integral part of women's lives for thousands of years. As a physician originally trained in Western medicine who later took up the practice of TCM, Dr. Zhao has seen how effective the Chinese approach is for her patients, and her book will help

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American women incorporate its wisdom and practices in our lives. Sharing stories from her own life and the lives of her patients, Dr. Zhao shows that we have nothing to reject about our feminine selves, and explains how we can develop new relationships with our bodies and our

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emotions. There is so much every woman can do in terms of ongoing and preventative self-care to improve her health and vitality and prevent illness. By making simple changes in diet, exercise routine, sex life and the way we deal with stress and our emotions, we can profoundly improve our health

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delivers healing effects by improving blood circulation, promoting smoother flow of qi through meridian points and dispelling cold and dampness in the body. It involves local suction on the skin through vacuum created by heating and subsequent cooling of the air in the cup. Because of its easy

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Application and immediate effects, cupping therapy has been practiced in China since time immemorial and remains to this day as a form of traditional medicine for treating illnesses and enhancing health. With solid grounding in both theory and clinical practice, the author introduces

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the fundamental principles of cupping therapy and areas that require special attention, which are followed by techniques of cupping for targeted ailments. The book covers nine areas: internal medicine, surgery, ENT and ophthalmology, dermatology, andrology, gynecology, and pediatrics



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(with 73 common illnesses), as well as sub-health condition and health and complexion enhancement, with cupping options for various target skin areas. A Comprehensive Guide to Cupping Therapy contains: A therapy for healing, enhancing health and improving quality of life through the

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