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CHINESE
*Herbal
Medicine*
MADE EASY

NATURAL AND EFFECTIVE
REMEDIES FOR COMMON
ILLNESSES

THOMAS RICHARD JOINER
Author of The Warrior as Healer

Chinese Herbal Medicine Made Easy Natural And Effective Remedies For Common Illnesses

ML Morrison



Chinese Herbal Medicine Made Easy Natural And Effective Remedies For Common Illnebes:

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The Prostate Health Workbook Newton Malerman, 2002 Stating that men who take a proactive approach to treatment when diagnosed with prostate cancer have better recovery rates a cancer survivor provides worksheets that enable readers to understand their illness exercise all available treatment options and cope with emotional and sexual difficulties

Positive Options for Hiatus Hernia Tom Smith, 2001 Heartburn coughing when lying down pain in the upper chest or throat these can all be signs of an often misunderstood condition hiatus hernia This book looks at all aspects of dealing with this condition from diagnosis to self care Case studies discuss how individuals have successfully minimized symptoms and how dangerous complications can sometimes arise

Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome Mari Skelly, Andrea Helm, 1999 Describes the effectiveness of tai chi yoga acupuncture massage and chiropractic

Anemia in Women Joan Gomez, 2002 Many women are unaware that they have anemia Its symptoms fatigue weakness shortness of breath headaches and poor concentration are often attributed to stress rather than iron deficiency Using case studies Joan Gomez discusses the prevention and treatment of anemia during childhood adolescence and menopause

MS and Your Feelings Allison Shadday, 2007 Multiple Sclerosis is a devastating incurable disease that afflicts about one in a thousand North Americans Striking in the prime of life it is the most common debilitating neurological disorder of people between the ages of 20 and 40 Eighty percent of patients suffer from cognitive impairments seventy percent from sexual dysfunction and fifty percent from depression Few people are prepared for the emotional impact of this unpredictable disabling chronic condition

Library Journal, 2001

The Cortisol Connection Shawn M. Talbott, 2002 The Cortisol Connection explores the documented relationship between elevated levels of this hormone chronic stress and such health conditions as obesity depression suppressed immune system osteoporosis and hypertension It then shows how to control cortisol through supplements dozens of which are discussed in detail Illustrations tables

The Library Journal, 1994 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

American Book Publishing Record, 1998

Medical and Health Care Books and Serials in Print, 1997

The Doctor's Complete Guide to Healing Herbs David Kessler, Sheila Buff, 1996 This groundbreaking source offers scientifically proven herbal remedies for more than 100 common conditions including headache fatigue allergies and more Includes essential information about every aspect of herbal medicine

The Natural Health First-aid Guide Mark Mayell, Natural health magazine (Brookline, Mass.), 1994 Here s an invaluable handbook of natural remedies for treating minor emergencies that clearly evaluates the healing properties of alternative and natural remedies that can be used alone or in conjunction with

conventional medical treatments **The Empty Vessel** ,2000 *Forthcoming Books* Rose Arny,2003 Natural Health
,2003 **The British National Bibliography** Arthur James Wells,1998 *New Age Journal* ,1997 Vista ,1994
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