



# **The New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing**

*Misha Ruth Cohen*

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## **The New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing** Misha Ruth Cohen

*The New Chinese Medicine Handbook* is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine--particularly acupuncture, massage, nutrition, meditation and herbs--along with other Eastern healing arts. This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life.

Dr. Misha Ruth Cohen, an internationally recognized practitioner, lecturer, leader and mentor in the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertility, menopause, and more.

This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including:

Basics of Chinese medicine

Acupuncture and moxibustion

Qi Gong: Chinese exercise and meditation

Dietary practices

Chinese herbal therapy

*The New Chinese Medicine Handbook* keeps esoteric information to "need to know" basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes. Take the first steps to natural healing remedies and a longer, healthier life.



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