



## Your Guide to Health with Food and Herbs: Using the Wisdom of Traditional Chinese Medicine (Paperback)

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By Zhang Yifang, Yao Yingzhi

BetterLink Press Incorporated, United States, 2012. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Traditional Chinese Medicine (TCM) is a storehouse of knowledge about using foods and herbs therapeutically, providing a natural way to boost energy, extend longevity and treat health conditions. From two TCM experts, this book will allow you to bring TCM into your own life, safely and naturally. This book will help you put the wisdom of TCM to use, guiding you with case studies, treatment details, recipes and illustrations.

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