



Chinese Medicine for Women: A Common Sense Approach

By Bronwyn Whitlocke

Spinifex Press, Australia, 2006. Paperback. Book Condition: New. Second Edition, Second edition. 192 x 128 mm. Language: English . Brand New Book. Traditional Chinese Medicine (TCM) takes account of the relationship between mind, body and emotions. This book takes a common-sense approach to women s health based on Chinese medicine. The author outlines the principles of her practice and their applications for women s health, dealing with issues such as stress, diet and lifestyle. Chapters include information on menstruation, infertility, pregnancy and menopause, on migraine, colds, obesity, depression and other conditions. Traditional Chinese Medical terminology is explained.



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