



## Yin Yang Qi: The Art of Balancing Health (Hardback)

By Joe Mah

Hubstar International Inc (US), United States, 2011. Hardback. Condition: New. Language: English . Brand New Book. This book is about the Tao (proper way) of mastering health, which traces its roots to ancient China. The author gained these skills from immigrant herbal experts in Montreal's Chinatown. He provides a history of its use among the Montreal Chinese during the 1950s and 1960s. In doing so, he touches on bodily, mental, and spiritual health concepts, which are largely unknown in Western cultures. Complex Yin-Yang health concepts such as Leung-Yit (cool and hot internal energies) are introduced and explained in plain English, in a manner that almost anyone can understand. It is a common Chinese belief that those who know the Tao are able to stay young and healthy, while those who do not age prematurely. The book explains how Chinese vegetables and Chinese tea are used to balance the diet. It illustrates and reveals the healing properties of various natural food ingredients such as beans, vegetables, legumes, nuts, and herbs.



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