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Guía práctica de Medicina China



ROBIN
BOOK

*La antigua sabiduría oriental de los cinco
elementos aplicada a la vida diaria*

Resumo de Guia Practica de Medicina China

According to traditional Chinese medicine, good health and a sense of balance are dependent on an individual's relationship with her environment. This guide invites readers to enter the world of Chinese thought and extract resources for health and well-being.

Precise, practical, and fun, the book clearly presents the often-misunderstood concepts of yin and yang, as well as the five elements that are so key to Chinese medicine and psychology.

It then invites readers to take a simple, 40-question quiz and to study their hand to determine which element best represents them. Natural remedies and therapies--acupuncture, massage, phytotherapy, breathing and visualization exercises, and others--that can help readers achieve proper harmony with their particular element are also described.

This is an exhaustive resource for anyone looking to achieve wellness of spirit and mind using the timeless wisdom of Chinese medicine.

[Acesse aqui a versão completa deste livro](#)