



# **The Chinese Way to Health: A Self-Help Guide to Traditional Chinese Medicine**

*Stephen Gascoigne*

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**The Chinese Way to Health: A Self-Help Guide to Traditional Chinese Medicine** Stephen Gascoigne  
Chinese medicine has a case history spanning thousands of years. Combining herbal remedies, massage, Qi Gong, meditation, and a holistic approach to diet and lifestyle, Chinese medicine works to restore life energy -- Qi -- that flows throughout the body and directly affects health. This wonderfully illustrative self-help guide introduces Chinese medicine to the Western reader. An expert author and consultants offer clear, safe advice on Chinese remedies, medicines and treatments. They integrate the spiritual into every aspect of their explanation--and nothing could be more appropriate. To empower yourself with the knowledge and ability to treat what ails you, body and soul, nothing could be better than taking the Chinese way to health.

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