



# **Chinese Medicine: Acupuncture, herbal remedies, nutrition, qigong and meditation for total health**

*Tom Williams*

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Chinese medicine is growing ever more popular in the West. Increasing numbers of us know that acupuncture and herbal remedies can help us - yet we do not understand how they work or why. Tom Williams' timely introduction shows how Chinese medicine interprets the human body, and how Qi, Jing and Shen (the three treasures - energy, essence and mind/spirit) and the other basic body substances interact to bring bodily harmony.

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