



Simple Chinese Medicine: A Beginner's Guide to Natural Healing & Well-Being

Aihan Kuhn

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Bronze Winner - 2010 IP's Living Now Award
Finalist - 2010 USA Best Book Award

Written for those new to natural healing, Simple Chinese Medicine gives you tools that you can use today to improve your quality of life and begin your healing journey. Based upon centuries old practice of Traditional Chinese Medicine (TCM), readers are provided simple-to-do exercises for stress relief, health maintenance, and cancer prevention. Additional sections include guidance on using food for healing and for weight control. Careful attention is given to explaining the differences between Eastern healing methods and Western treatment methods, as well as an insightful discussion of TCM's concept of 'prevention' for health maintenance. A final section shares the personal experiences of some of Dr. Kuhn's patients.

Contents include:

- Healing in Traditional Chinese Medicine
- Differences in Chinese Medicine and Western Medicine
- TCM Diagnostic Method
- Seeking the Right Medical Care
- Food Healing in Chinese Medicine
- Food Balance
- Healthy Balanced Diet and Weight Reduction
- Weight Control Program? Food and Exercise Log
- Exercises for Healing, Disease Prevention, and Good Health
- Cancer Prevention and Healing
- Exercise Routines for Healing Cancer
- Chinese Medicine's Secrets of Good Health and Longevity
- Trends in Longevity

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