This patient education series brings valuable instructions on having the most appropriate lifestyle, diet, exercise, and home therapies when diagnosed with an ailment.

Introduces the benefits of Chinese medicine for allergic rhinitis, including acupuncture, Chinese herbs, diet, and exercise.

It clearly explains the basics of Chinese medical theory and gives a step-by-step guide to Chinese medical treatment, such as acupuncture, herbal medicine and tui na massage.

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