How can Chinese medicine help with your cold? This simple, easy-to-read guide shows how acupuncture, Chinese herbs, diet, and exercise can help shorten or prevent common colds, treat their symptoms.

Publication Year: 2011
Edition: 1
Author/Editor: Liu En-Zhao; Stimson, Carl; Mondot, Mark
Publisher: People's Medical Publishing House
ISBN: 978-7-117-11620-6
Platform: Ovid
Product Type: Book
Speciality: Gastroenterology & Hepatology
TCM-Internal Medicine
Language: English
Pages: 170
Illustrations: 0