An introductory and illustrated book, part of the Patient Education series, on how Chinese Medicine can help sufferers of Herpes Zoster (also known as Shingles) through acupuncture, herbs, exercise, and diet.

The Patient Education series brings valuable instructions on having the most appropriate lifestyle, diet, exercise, and home therapies when diagnosed with an ailment. It clearly explains the basics of Chinese medical theory and gives a step by step guide to Chinese medicine treatment. It also introduces the various therapies used in Chinese medicine such as acupuncture, herbal medicine, tui na (massage) as well as others forms of practical therapies.

Publication Year 2008
Edition 1st
Author/Editor Ye, Xiao; Stimson, Carl
Publisher People’s Medical Publishing House
ISBN 978-7-117-09749-9
Platform OvidMD, Ovid
Product Type Book
Speciality Dermatology
TCM-Clinical Medicine
Language English
Pages 132
Illustrations 0
Included In PMPH China All Books Collection 2013