Written for the average patient, this book introduces various ways to trim down, including diet, exercise, acupuncture, and Chinese medicinal herbs. Part of the Patient Education series, which 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 other forms of practical therapies.