
Designed not as a manual but as a helpful key to bringing diabetes patients back to a healthier life

This clear and thorough book, especially designed for diabetes patients, introduces the basics of Chinese medicine treatment by describing helpful dietary advice and exercise, and provides step-by-step Chinese treatment methods. Topics range from prevention through diet, exercise, acupuncture, herbs, tui na massage, and more.

- Publication Year: 2007
- Edition: 1st
- Author/Editor: Li, Xiao-li; Stimson, Carl
- Publisher: People's Medical Publishing House
- ISBN: 978-7-117-09119-0
- Platform: OvidMD, Ovid
- Product Type: Book
- Speciality: Endocrinology & Metabolism, Patient Education, TCM-Internal Medicine
- Language: English
- Pages: 180
- Illustrations: 0
- Included In: PMPH China All Books Collection 2013