An introductory book, part of the Patient Education series, on how Chinese Medicine can help insomnia sufferers through acupuncture, herbs, exercise, and diet.

This 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: 2009
Edition: 1st
Author/Editor: Wu, Yuan-yuan; Wang Dong; Stimson, Carl
Publisher: People’s Medical Publishing House
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Psychiatry
Language: English
Pages: 144
Illustrations: 0
Included In: PMPH China All Books Collection 2013