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. This volume focuses on urinary tract infections.

Like all volumes in the series, 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.