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Ronald Ross Watson, Victor R. Preedy

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Chinese Traditional Herbal Medicine Volume 1 Lesley Tierra, Michael Tierra, 1998-06-01 This first volume focuses on the theory principles diagnostic methods and treatment modalities that are an essential part of the practicum of Traditional Chinese Medicine TCM It is intended to not only provide the background and theoretical framework for the reader to understand the viewpoint from which TCM starts in its understanding of human health but also gives the reader systematic insight and practical information to permit meaningful application of these principles **CD-ROMs in Print** .2003 The Chinese Herbalist's Handbook Dagmar Ehling, Steve Swart, 2002 The Chinese Herbalist's Handbook is a new tool for prescribing and modifying herbal formulas This book makes the practice of herbs easily accessible to Chinese medical practitioners and students For practitioners who rely upon patent hervbal formulas but would like to custom tailor formulas to each patient's unique needs this book demystifies the process with instructions and exhaustive cross referencing and The Multimedia and CD-ROM Directory ,1998 Healing Power of Black Cumin Sylvia Luetjohann, 1998 indexing Includes recipes using black cumin Nigella sativa Nigella damascena Nigella arvensis for health care The Software Yoga Journal, 1997-01 For more than 30 years Yoga Journal has been helping readers achieve the Encyclopedia .1997 balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty The Way of Avurvedic Herbs Karta Purkh Singh Khalsa, Michael Tierra, 2008-08-14 Ayurvedic herbs have reached the mainstream of health care now two experts teach you about the earth's oldest healing system

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and clinically relevant manner The goal of this book is to help physicians recognize the symptom patterns of sleep disorders in their female patients guide them in diagnosing and treating these patients in a timely fashion and help in the elimination of gender bias in sleep medicine research and care An invaluable addition to the literature Sleep Disorders in Women A Guide to Practical Management 2nd Edition again fills an important niche by being an accessible comprehensive multidisciplinary review on sleep disorders in women **Commerce Business Daily**, 1997-12-31 **New and Popular Titles**, 2001

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