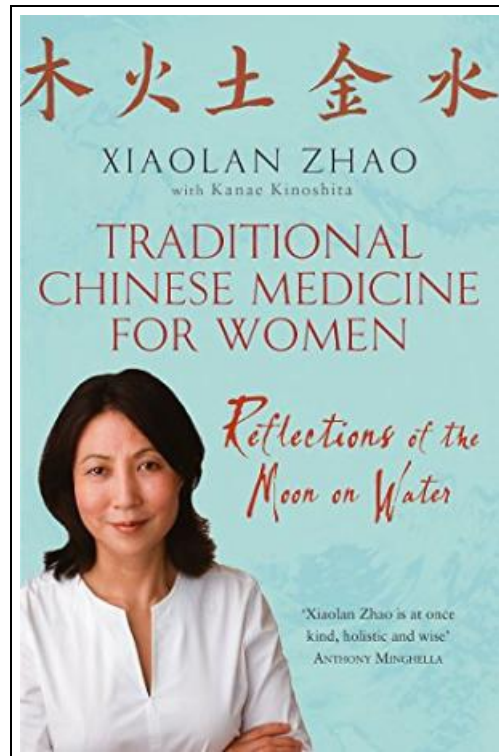


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Little, Brown Book Group, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book. In this inspirational book Xiaolan Zhao, internationally-renowned practitioner of Traditional Chinese Medicine (TCM), shows us how making simple changes to our diet and lifestyle we can profoundly improve our health now and into the future. Since establishing her practice in Canada in 1993, Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, menopausal symptoms and various gynaecological disorders - health problems that are all too common in the West but less so in China, where TCM has been an integral part of women s lives for thousands of years. As a physician originally trained in Western medicine who later earned a degree in TCM, Xiaolan has seen how effective the Chinese approach is for her patients and here shares its wisdom and practices. Sharing remarkable stories from her own life and the lives of her patients, she shows how we can develop new relationships with our bodies and our emotions and how through preventative self-care we can improve our health, increase vitality and prevent illness.



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