



Introduction To Traditional Chinese Medicine

Benita Babeckis, Jim Babeckis

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A brief introduction to some of the techniques and philosophies behind the practice of Traditional Chinese Medicine. Covers acupuncture, Qi-Gong, Yoga and the idea of balance to be found in all of the practices. If you are tired of pills and injections and looking for something else then this little guide might just be "what the doctor ordered."

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