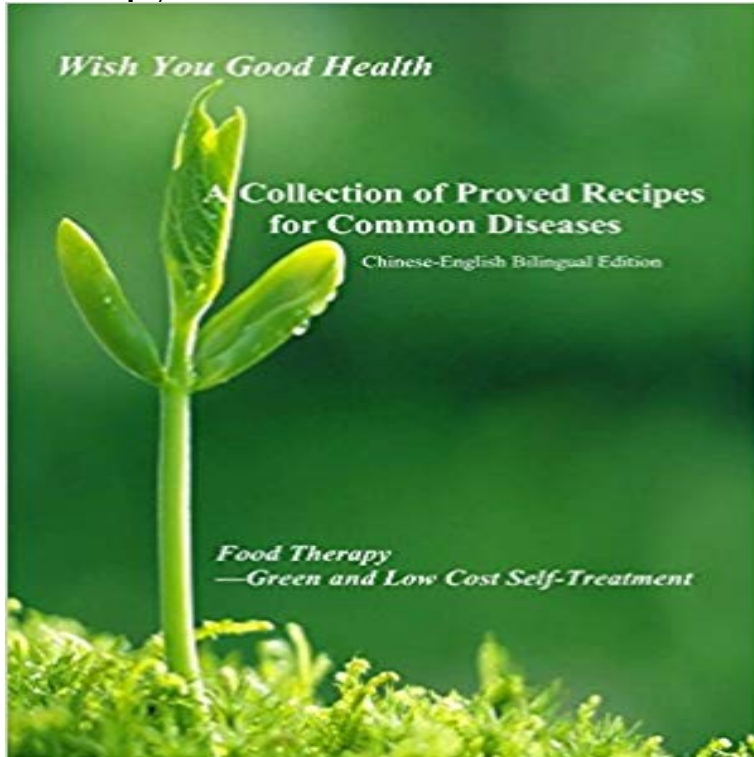


A Collection of TCM Proved Recipes for Common Diseases: Food Therapy --- Green and Low Cost Self-Treatment



The Book collects the proved recipes of Traditional Chinese Medicine (TCM) for 147 common diseases, these proved recipes are recorded in the ancient Chinese medical works. Most of the ingredients of these TCM recipes are common food ingredients, dried foods and coarse cereals, common plant leaves and stems and medical herbs, the preparation methods of them are easy and simple, the TCM recipes produce no side effect and are called biotherapy or naturopathy or green treatment. Each proved recipe specifies the needed ingredients, preparation method, dosage, tips and warnings. The text is written and edited in Chinese-English languages so that more readers can better learn and understand these recipes. The 147 recipes include the Premature Beat, Duodenal Ulcer, Prostatic Hyperplasia, Decreasing Blood Pressure, Ulcerative Colitis, Throat Inflammation, sore red swollen throat caused by Cold and Fever, Hypertension, Hypotension, Blood Lipid Thick, Diabetes, Esophagitis, Throat Dumb , Pneumonia, Rhinitis, Glaucoma, Periarthritis of Shoulder, Cholecystitis (including chronic cholecystitis), Tache Noire, Rheumatoid Arthritis , Gastroenteritis, Bronchitis, Kidney Stone, urethral calculi, Gallstone , Gastropathy , Bloating and Stomach Fullness, Cardia-Cerebrovascular Disease, Insomnia (Including hypertensive insomnia),Frequent Micturition, Dysentery, Oligophrenia Mutism, Tinnitus, Varicosity (Applicable to the combined superficial phlebitis) , Hypertensive Megrin, Asthma, Losing Weight, Fast Beauty, Removing Acne, Removing Black Nevus on the Face, Turing Premature Graying into Black Hair, Hair Loss (Specific), Discontinuing the Habit of Smoking and Drinking, Magic Therapy for Improving Intelligence Quotient, etc. These recipes are valuable and useful and are worthy of collection.

l'oeil de boeuf

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