

<<常见病自己治>>

图书基本信息

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内容概要

Self-Therapies for Common Diseases is an Introduction to the Methods of Natural Therapy. Based on his Teaching Experience, his Medical Practice, and his Application of Chinese Traditional Medical Therapy, the Author Summarizes more than a Hundred Self-therapies for Various Common Diseases, such as those of the Respiratory System, the Central and Peripheral Nervous Systems, the Cardio-vascular System, the Gastroenteric System, the Gynecologic System, and the Five Sense Organs. The Therapies Suggested in this book are Simple and Easy to Learn and their Curative Effects, Without the Help of Medical Treatment and Drugs, Are Distinct.

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作者简介

The author , Li Hesheng , was born in Beijing in 1926. He developed an interest in Wushu (martial arts) when he was a child , and has since been engaged in Wushu research and teaching for many years. He is an expert in Taijiquan and Taichi- Tuishou (push-hands , an advanced Gong-Fu method of Taijiquan). He is , in fact , one of the most famous contemporary Wushu masters in China. He has been engaged in medical work and research into self-therapies ever since 1953. His books include Self-Therapies for One Hundred Diseases by Simple Exercises , Self Therapies for Common Diseases , .Health Care by Simple Exercises and The Three Levels of Gong- Fu of Taijiquan. (continued on the back flap)

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