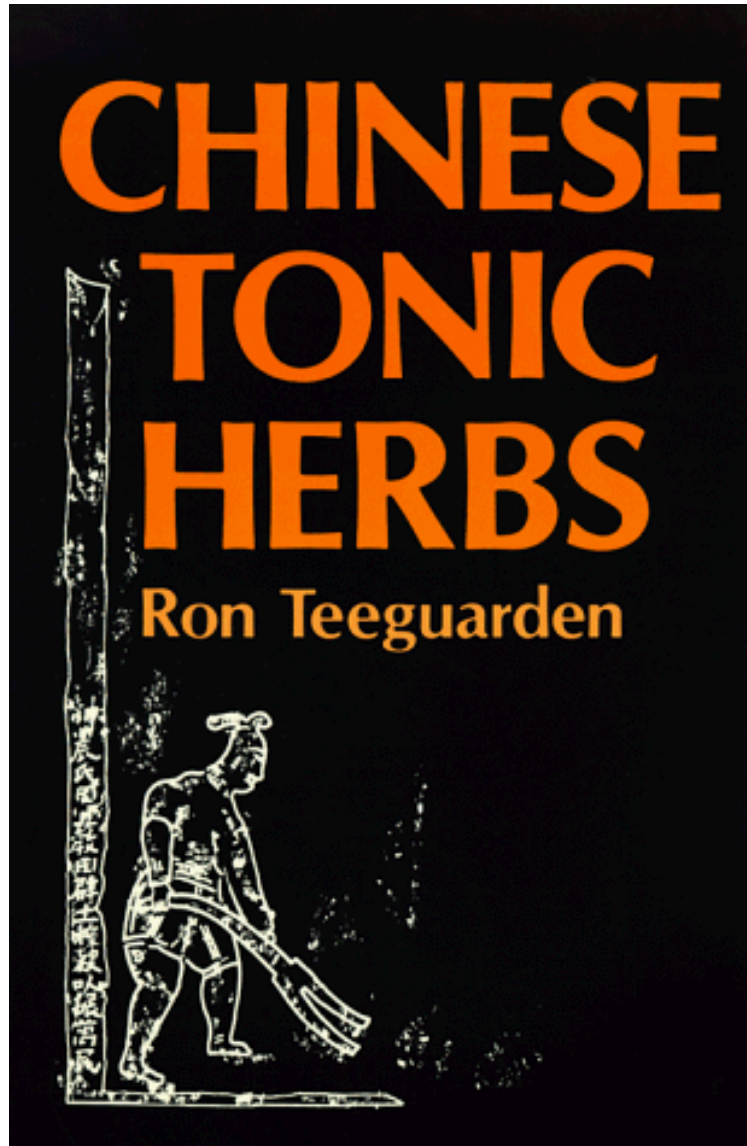


Chinese Tonic Herbs

Ron Teegarden

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Ron Teegarden : Chinese Tonic Herbs before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Tonic Herbs:

1 of 1 people found the following review helpful. A book to reduce sufferingBy Omer khanThis is an amazing book only if one applies it's principle, which is thousands of years old. Most Westerners cannot grasp its core idea which is based on the Eastern concept of CHI or PRANA which the West is now coming to understand as Biological energy or Subtle Energy, on which many scientific books and papers are now increasingly appearing in the western literature.

This book should be a great help in a world in a sick world in the iron grip of the Pharma.0 of 0 people found the following review helpful. Five StarsBy A. ChanGood medicine0 of 0 people found the following review helpful. Five StarsBy CustomerVery good read!!

Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature. It gives the fundamental principles of the oriental health philosophy and discusses the major tonic herbs, such as ginseng, licorice, cinnamon and red dates. In discussing each of the incredible herbs used in the Chinese tonic system, the author describes the properties of the herb both in traditional and modern terms. There are traditional tonic recipes, modern tonics, and advice on mixing.