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Physical health, this book explains, is irrelevant if it is accompanied by unhappiness and failure. Herbal expert Ron Teeguarden explains how to apply natural Chinese herbal medicine in order to lead a full and ...

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About the Book - Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs Radiant Health: The Ancient Wisdom of the Chinese Tonic Herbs by Ron Teeguarden, Xu Guo-Jun, Zhou Zhen-He Hardcover Book, 416 pages Description Sure to appeal to the millions who embraced the tenets of Asian medicine in Deepak Chopra's "Ageless Body, Timeless Mind", this book offers road map to

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THE ATTITUDE OF RADIANT HEALTH One of the great secrets of a long, satisfying, and happy life, according to Eastern wisdom, is to focus on health instead of disease. This is the psychological basis of the art of radiant health. Develop the attitude of radiant health, and radiant health can be attained surprisingly easily.

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Radiant Health : The Ancient Wisdom of the Chinese Tonic Herbs (Hardcover)--by Ron Teeguarden [1998 Edition] Hardcover – January 1, 1979. Book recommendations, author interviews, editors' picks, and more. Read it now.

Radiant Health : The Ancient Wisdom of the Chinese Tonic ...

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Radiant Health The Ancient Wisdom of the Chinese Tonic Herbs Ron Teegarden. 4.6 out of 5 stars 20. Paperback. \$24.26. Only 9 left in stock - order soon. Encyclopedia of Herbal Medicine: 550 Herbs and Remedies for Common Ailments Andrew Chevallier. 4.8 out of 5 stars 2,561.

The Ancient Wisdom of the Chinese Tonic Herbs: Teegarden ...
Radiant Health : The Ancient Wisdom of the Chinese Tonic Herbs, Hardcover by Teegarden, Ron, ISBN 0446518980, ISBN-13 9780446518987, Brand New, Free shipping Explains how tonic herbs work, as well as how to take them and in what combination to produce results, which include increased wisdom, physical vitality, sexual vigor, and mental acuity

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Radiant Health The Ancient Wisdom Of The Chinese Tonic ...

The healing arts are a wisdom school and my clients have been my teachers. ' Julie Meyer, M.Ac., L.Ac., Diplomat, NCCAOM Julie Meyer has a Master ' s degree from the New England School of Acupuncture (NESA) (now part of Massachusetts College of Pharmacy and Health Sciences) (1998) and a Bachelor ' s Degree from the University of Massachusetts in Women ' s Studies (now Women, Gender and ...

About – Radiant Health

Now, In this breakthrough book Rammohan Rao, PhD, research scientist, Ayurveda practitioner, and Yoga teacher reveals the big reasons why so many of us fail at dieting, are stressed out, struggle to get out of bed in the morning, and develop all too common disease states like Type II Diabetes, Alzheimer ' s, and heart disease. In Good Living Practices Rammohan shows you exactly how to create radiant health as he details the very best practices from Ayurveda, Yoga, and modern science.

Introducing Rammohan Rao ' s New Book | Kaivalya Wellness ...

Radiant health : the ancient wisdom of the Chinese tonic herbs. [Ron Teeguarden] -- Radiant health lists and describes over seventy important Chinese tonic herbs to promote qualities such as longevity, beauty, mental energy, fertility and sex drive, immune efficiency.

Physical health, this book explains, is irrelevant if it is accompanied by unhappiness and failure. Herbal expert Ron Teeguarden explains how to apply natural Chinese herbal medicine in order to lead a full and energetic life.

Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong

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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.

A detailed guide to restoring the eight foundational areas of health • Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings • Offers practices, techniques and guidelines for each of the Eight Immortal Healer teachings, including the important roles of oxygen and water in the body, nutrition, detoxification, exercise, energy work, emotional pollution, and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. These eight disciplines can bestow vibrant health and well-being and provide the antidote to the stresses, ailments, degenerative diseases, and toxins of modern life. In this guide to the healing practices of the Eight Immortals, Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition, exercises, supplements, detoxification methods, spiritual practices, and energy work. They explain how the first Immortal, born during the 8th century AD, is associated with oxygen, considered in the Taoist healing perspective as the body 's primary nutrient. They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system. The second Immortal Healer centers on water, and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating. The other teachings of the Immortal Healers include Nutrition, with guidance on supplements, superfoods, toxic foods, and daily meals; Detoxification, with detailed guidelines for cleansing the body 's organs and glands; Avoiding environmental poisons, with advice on vaccines, dental amalgam fillings, sunscreen, chemotherapy, fluoride, and pesticides; Exercise, with step-by-step instructions for

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Inner Alchemy practices, yoga, and breathing techniques; Maintenance of the energy body, through acupuncture, chi kung healing, magnet therapy, and photon sound beams; and Emotional pollution and spiritual hygiene, with a wealth of practices for balancing the emotional body and staying connected to Source, including forgiveness, meditation, and karmic yoga. By following these Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments that inhibit well-being and longevity, and choose to live life to the fullest in happiness and radiant health.

A step-by-step guide to Ayurvedic dietary resets to gently cleanse your digestive system and reboot your body and mind • Presents easy-to-follow instructions for a full 6- or 8-week Ayurvedic reset diet, as well as a simplified 1-week plan, detailing what to eat and drink day by day

- Includes recipes, mindful eating tips, and meal prepping techniques
- Explains the healing science of Ayurveda, the rejuvenating benefits of fasting and mono-diets, and how to maximize nutrient absorption with food combining

Food sensitivities, chronic inflammation, obesity, and chronic disease are on the rise. Could our modern diets and mindless eating habits be to blame? How do you reboot your system--body, mind, and spirit--and start the path to radiant health? In this easy-to-follow guide to Ayurvedic dietary resets, Vatsala Sperling, Ph.D., details how to rest and gently cleanse your digestive system, lose extra pounds, and reboot your body and mind with the Ayurvedic techniques of fasting, mono-diets, and food combining. She begins by sharing a simplified introduction to the healing science of Ayurveda from India and explains the spiritual, mindful relationship to food at its heart. Offering step-by-step instructions for a full 6- or 8-week Ayurvedic reset diet, as well as a simplified 1-week program, she details, day by day, what to eat and drink and provides recipes and meal prepping tips and techniques. The author explains how to

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prepare for fasting and the benefits of giving your digestive system a break from food, even if only for one day. She prepares you for mono-dieting--when you eat one type of food such as fruits or vegetables for a set period--and reveals the rejuvenating effects that come from isolating your daily diet to one food type. The author then explores the Ayurvedic techniques of food combining in detail, explaining exactly what to eat when to maximize nutrient absorption. Based on the ancient wisdom of Ayurveda, this guide provides everything you need to know to heal your digestive system, prevent chronic ailments, find your healthy weight, and rebuild your sacred relationship with food.

Are you looking for a modern guide on traditional Native American herbal medicine to reconnect with your ancestral roots? Would you like to stock your medicine cabinet full of all-natural, low-cost herbal preparations? More exhaustive than any other guide on the market, thoroughly researched, and written with ease of use in mind, this book will accompany you from harvesting to administering low-cost, DIY remedies, from planting tips to the creation of your very own natural medicine cabinet, for beginners and expert herbalists alike. Herbalist Marie Cheyenne Allen has delved deep into aboriginal herbalism practices for over five years and has transcribed her extensive research into one comprehensive bundle. Native American Herbalism - 4 books in 1- is beautifully illustrated and presented with ease of use in mind. BOOK 1: NATIVE AMERICAN HERBALISM ENCYCLOPAEDIA - Discover the spiritual history of Native American herbalism, and deepen your relationship with mother nature. - 100+ Native American plant profiles BOOK 2: NATIVE AMERICAN HERBAL APOTHECARY - Accelerate positive healing and promote the full experience of wellbeing with a Native American holistic approach to health. - Heal and prevent 100 ailments BOOK 3: NATIVE AMERICAN DISPENSARY - Learn to make your preparations for a fraction of the cost of shop-bought herbal preparations. - Step-by-step medicine-making guide BOOK 4: NATIVE AMERICAN HERBALIST GARDEN - Support vibrant

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health and radiant beauty, daily, with high-quality and pure domestic herbs. - Medicinal herb garden 101 It is your opportunity to rediscover ancestral practices and return your body to a state of natural balance so that it can heal itself. Stock your shelf today, take control of your health and avoid risks associated with Big Pharma products!

365 Days of Ayurveda for Lifelong Radiant Health: Daily Wisdom & Simple Tips for Physical, Emotional, & Spiritual Well-Being is your daily guide to take control of your health and happiness naturally. The vast holistic science of Ayurveda can be overwhelming, but this book delivers the wisdom in one digestible bite each day. In this book, you will discover: *Your "Ayurvedic type," and how to balance, strengthen, and heal it. *How to look and feel your best by making simple changes to your daily routine. *Natural home remedies to aid a variety of common health issues and annoyances. *Which foods to favor (and which to avoid) for the best digestion, sleep, and physical energy. *Tips on how to use herb, food, and drink recipes to accomplish your unique goals. *How to age gracefully and maintain vibrant health through your golden years. *How to live within powerful rhythms of Nature for deep healing, rejuvenation, restoration and more!

Ayurveda has become the most prevalent and respected holistic discipline in America today. Popularized by bestsellers such as Deepak Chopra's Ageless Body, Timeless Mind, its principles of working in harmony with nature and treating the mind, body and spirit as a whole have been wholeheartedly embraced by millions. Absolute Beauty applies Ayurveda's principles to create a truly unique approach to skin care. Unlike other beauty books, which concentrate solely on creating superficial beauty through makeup or drugs like Retin-A, it helps readers achieve the kind of radiance that comes from within a beauty that is so luminous, so vital, that it transcends age, fashion and physical flaws. The book includes: a self-test to help readers determine their exact skin type, customized skin-care regimens; a consumer's guide to the dizzying array of so-called natural products available; remedies for

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common skin problems; important nutrition information; instructions for detoxifying the body; and a discussion of the spiritual side of Ayurveda to show how it can help readers achieve tranquility and the resulting inner glow.

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

A Ayurvedic yoga teacher helps women live a more healthful, radiant life through a series of mental and physical exercises and meditations as well as natural remedies for a wide range of health and beauty needs. Original. 25,000 first printing.

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