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Chinese Herbal Secrets: The Key to Total Health, Stefan Chmelik, 1999, Health & Fitness, 192 pages. Discusses body type, nutrition, exercise, feng shui, and self-diagnosis; lists herbs and their uses; and shares recipes for herbal creams, tinctures, and infusions.


The Warrior As Healer: A Martial Arts Herbal for Power, Fitness, and Focus, Thomas Richard Joiner, Jun 1, 1999, Health & Fitness, 144 pages. A comprehensive and easy-to-use guide to the herbal formulas traditionally used in martial arts for healing injuries, increasing vitality, and focusing meditation. .

Herbs Demystified: A Scientist Explains how the Most Common Herbal Remedies Really Work, Holly Phaneuf, 2005, Health & Fitness, 455 pages. A guide designed to help readers make informed choices about herbal remedies profiles one hundred of the most commonly used herbs while drawing on chemical principles to reveal.

Ten Lectures on the Use of Medicinals from the Personal Experience of Jiao Shu De, Shude Jiao, 2003, Medical, 711 pages. This new addition to the series, gives practitioners and students of Chinese medicine an unprecedented opportunity to learn from the vast clinical experience of one of China's.
Chinese Herbal Medicine, Guang Xu, 1996, 158 pages.