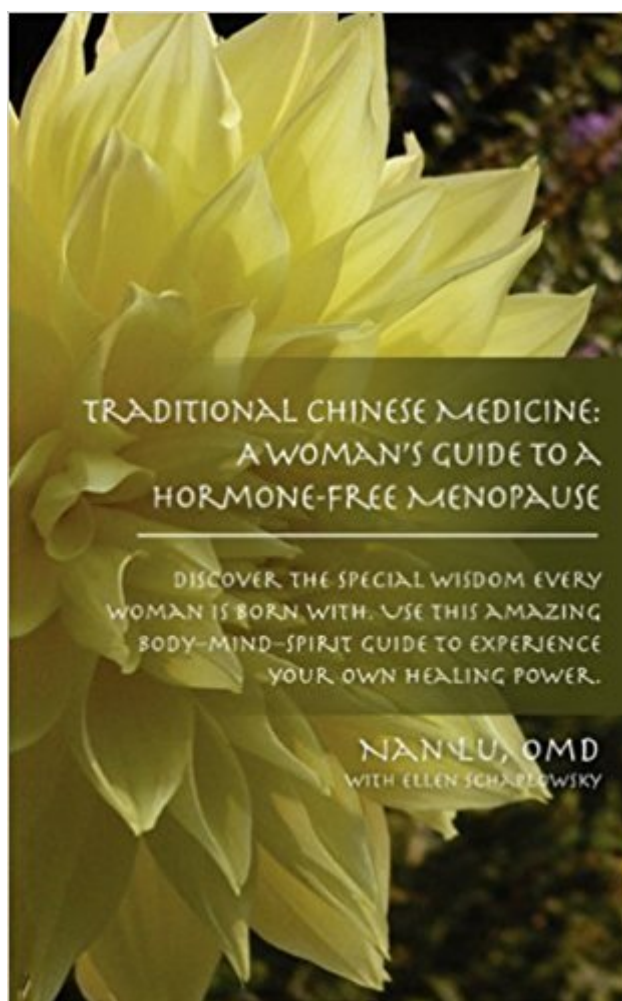


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# Traditional Chinese Medicine: A Woman's Guide To A Hormone-Free Menopause



## Synopsis

Format Paperback Subject Health Fitness Women s Health Publisher TCM WORLD FOUND

## Book Information

Paperback: 390 pages

Publisher: TCM World Foundation (September 1, 2010)

Language: English

ISBN-10: 0984550801

ISBN-13: 978-0984550807

Product Dimensions: 8 x 0.8 x 5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,185,760 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #297 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #2798 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

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Wow..this book is amazing. Amazing! I've read only the introduction (twice!) and skimmed through the rest and it is so jam packed with information that is common sense and easy to read...I can't wait to take my hi-liter and sit and read each chapter thoroughly. I am 49 and have just started learning Tai Chi and Chi Gong and have a whole new appreciation for these activities. Whereas before I was dreading the big M years, now I am not scared of it at all. In fact, I'm almost excited about it. Much more relaxed about it, anyway. Menopause doesn't have to be hell on earth. I don't have to be afraid of it? Wow, this book has revolutionized my outlook on aging. If you want another perspective on going through menopause I highly recommend this book.

Fantastic book...already helping my symptoms in the first 10 pages. If only more MD's would read it....

I think this book has great ideas on developing health management and regaining optimum health. It is clear and concise and helps you work through minor symptoms of menopause. I will also

recommend it to younger women to help them prior to transformation. I think it is a must read for all women at every stage of their life.

Dr. Nan Lu and his programs are incredible If you are looking to heal your internal self and enjoy doing it this is for you.

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