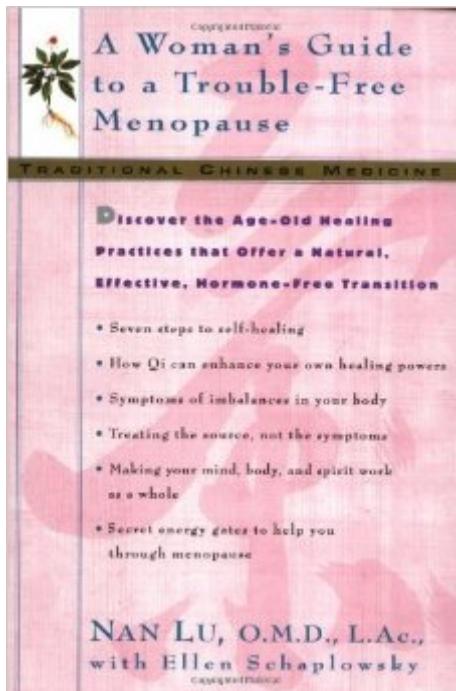


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# TCM: A Woman's Guide To A Trouble-Free Menopause



## **Synopsis**

Traditional Chinese Medicine (TCM) has successfully treated menopausal systems for thousands of years and continues to do so today, providing a powerful natural transition that allows women to take advantage of one of life's greatest healing opportunities. It offers any women a rich chance to heal and strengthen herself and to balance and harmonize her body, mind, and spirit without the use of hormone therapy. Dr. Lu, trained in the principles, theories, and technical practices of this ancient medicine, now makes this unique knowledge available to women everywhere. Discover for Yourself Why TCM seeks to heal the source, not the systems, of health problems How TCM will help you avoid the hormone dilemma What can you do to keep your body in healthy balance Symptoms of organ imbalances you should take seriously Exercise for stress reduction and physical well-being Healing foods and herbs Relieving hot flashes, digestive problems, vaginal dryness, depression, and more Preventing post-menopausal problems

## **Book Information**

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## **Customer Reviews**

This little treasure explains how our bodies create and use energy every day of our lives. Our energy--or CHI--remains high, even in menopause, when our organs and body's energy flow are healthy. Nan Lu's book has a simple yet profound message: Embrace the unique and magnificent transition of menopause and take time to learn how to care for yourself....through a renewed spirit, Chinese herbs, diet and a series of tai chi exercises. By doing so, you'll reawaken the self-healing gift you were born with. Start today, you deserve it.

I loved the easy format of this book. I have a number of books on Chinese Medicine and mostly I found them boring and very hard to read. This book is very easy and includes a number of very practical suggestions that you can start using right away. I've been practicing the qigong exercises mentioned in the book. I am also trying to change my diet and I went to see an acupuncturist. Overall I would suggest this book to any woman going thru the peri-menopause and menopause.

I found the book to be a good read, as well as address issues that I wasn't aware of or haven't been addressed by my own doctor.

The Seaweed I could not eat. I did mix vegetables I am accustomed to though and it works.

A great book to learn more & prevent problem due to menopause. I think this must have for all women.

A very informative book. The only problem is that it may be difficult to follow the suggestions unless you are well acquainted with TCM in general. I don't see most westerners following the recommendations with ease. You need to attend one of Dr. Nan's workshops for more details. This book will be a good handbook to go along with the workshops if he still offers them.

I see Dr. Lu occasionally for checkups. Although this book doesn't really do him justice, it is a helpful and informative guide for living. About 7 years ago, I had tendonitis and could not play the piano for 2 years. A friend recommended him to me and after one visit (where he performed acupressure on my hand) and some self home therapy, I was able to play Rachmaninoff. I don't even remember having suffered from tendonitis now. I'm so glad that I went to see him instead of getting cortisone injections (or surgery) from an allopathic doctor. I highly recommend him for any sort of ailment.

I found this book very interesting and useful. Has black and white photos of how to perform the qigong exercises and was well written.

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