



Medicina tradicional china para la mujer (Spanish Edition)

Xiaolan Zhao

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Uno de los mas fiables y profesionales de la salud en Canada introduce a las mujeres occidentales la sabiduria de la medicina tradicional china y las practicas probadas por el tiempo que han ayudado a optimizar la salud fisica y emocional durante siglos. La Dra. Xiaolan Zhao ha tratado a miles de mujeres que sufren de fatiga, sindrome premenstrual, infertilidad, depresion, sintomas de la menopausia y otros problemas de salud ginecologica; trastornos que son muy comunes en Occidente, pero en menor medida en China, donde la medicina tradicional china (MTC) ha sido una parte integral en la vida de las mujeres durante miles de anos. Al hacer cambios sencillos en la dieta, rutina de ejercicios, vida sexual y la manera de lidiar con el estres y nuestras emociones, podremos mejorar profundamente nuestra salud ahora y hacia el futuro. / One of Canada's most trusted and beloved health practitioners introduces Western women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Dr. Xiaolan Zhao has treated thousands of women.

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