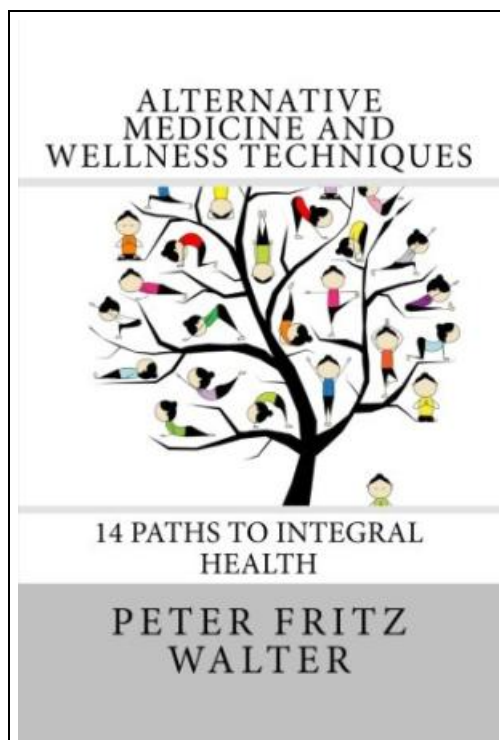


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Reviews

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(Miss Peggie Sanford I)*

ALTERNATIVE MEDICINE AND WELLNESS TECHNIQUES: 14 PATHS TO INTEGRAL HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Alternative Medicine and Wellness Techniques: 14 Paths to Integral Health (Scholarly Articles, Vol. 3) is a scholarly article that outlines 14 alternative pathways or practices for achieving holistic health. When the author speaks about holistic health, he conveys that these practices and techniques do not only cure the symptoms of a disease but also gradually but definitely remove the underlying cause of the illness. The 14 pathways outlined in the book are Ayurveda, Chinese Medicine, Homeopathy, Kirlian Photography, Kyodo, Naturopathy, Osteopathy, Qigong, Radionics, Reiki, Sophrology, Tai Chi Chuan, Tibetan Medicine and Yoga. Before he discusses the various pathways to holistic health, the author relates to the reader why he wrote this book, namely as a result of large-scale medical abuse and malpractice suffered by himself, his mother, and his wife, over several years. He then also outlines how he found a way out of business medicine into real medicine by relocating to South-East Asia in 1996, where he lives ever since. As Chinese medicine, next to Ayurveda, is not only the oldest of these medical, sportive or meditative practices, the author has put a particular focus upon it, explaining the basic tenets and principles, such as the duality of Yin and Yang, the two complementary energies of every organism, and the theory of the Five Elements. The book comes with illustrations and a complete Bibliography. It is the third volume in a series of Scholarly Articles the author intends to publish in the near future.



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