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Asthma: Help from Chinese Medicine

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This patient education series brings valuable instructions on having the most appropriate lifestyle, diet, exercise, and home therapies when diagnosed with an ailment.

The text clearly explains the basics of Chinese medical theory and gives a step by step guide to Chinese medicine treatment. It also introduces the various therapies used in Chinese medicine such as acupuncture, herbal medicine, tui na (massage) as well as others forms of practical therapies.

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