

Download Herbal Cures Traditional Approach Pdf

Traditional Chinese medicine (TCM; simplified Chinese: 中医; traditional Chinese: 中藥; pinyin: Zhōngyī) is a style of traditional medicine based on more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy, but recently also ...Herbalism (also herbal medicine) is the study of botany and use of plants intended for medicinal purposes. Plants have been the basis for medical treatments through much of human history, and such traditional medicine is still widely practiced today. Modern medicine makes use of many plant-derived compounds as the basis for evidence-based ...ACUPUNCTURE. Acupuncture is the insertion of needles into the skin at specific points in order to affect the flow of energy. Although acupuncture is the practice most often associated with Traditional Chinese Medicine, it is not limited to the Chinese culture. In the USA up to 4 in ten adults use 'some form' of alternative therapy 1. In Britain there are about 150 000 alternative therapists, and the public spend about £4.5 billion on them (as of year 2009) 2.