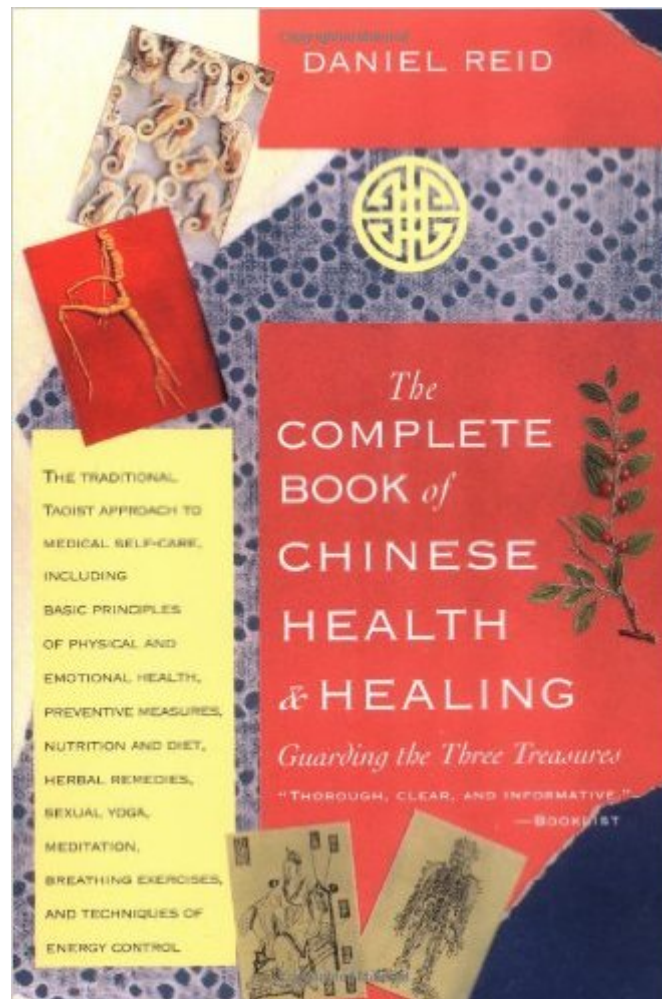


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# The Complete Book Of Chinese Health & Healing: Guarding The Three Treasures



THE TRADITIONAL  
TAOIST APPROACH TO  
MEDICAL SELF-CARE,  
INCLUDING  
BASIC PRINCIPLES  
OF PHYSICAL AND  
EMOTIONAL HEALTH,  
PREVENTIVE MEASURES,  
NUTRITION AND DIET,  
HERBAL REMEDIES,  
SEXUAL YOGA,  
MEDITATION,  
BREATHING EXERCISES,  
AND TECHNIQUES OF  
ENERGY CONTROL

*The*  
**COMPLETE  
BOOK of  
CHINESE  
HEALTH  
& HEALING**

*Guarding the Three Treasures*

"THOROUGH, CLEAR, AND INFORMATIVE."  
—BOOKLIST



## Synopsis

Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are:

- Key concepts of Chinese medical theory
- Dozens of illustrated T'ai Chi and Chee-gung exercises
- The Chinese approach to healing common ailments
- Authentic secrets of Taoist sexual yoga
- Therapeutic food recipes and herbal tonics
- Alternative treatments for diseases such as AIDS and cancer
- Resource listings: teachers, schools, centers, stores, and mail-order suppliers

## Book Information

Paperback: 484 pages

Publisher: Shambhala (December 5, 1994)

Language: English

ISBN-10: 1570620717

ISBN-13: 978-1570620713

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (49 customer reviews)

Best Sellers Rank: #325,622 in Books (See Top 100 in Books) #116 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #23363 in [Books > Medical Books](#)

## Customer Reviews

This book is nothing short of spectacular, and this is because it motivates to start doing some of what Daniel Reid explains. Reid, a Westerner living in Asia since the 70's, comes with Western scientific explanations (where possible; modern science isn't yet developed enough to understand and acknowledge nature of some things) of why Taoists do things the way they do. Books subtitle is "Guarding the three treasure" - and by that he means the body, energy and spirit, he touches all of them. After reading it I understand a lot more things about the world in general. A lot more...I first started reading his other book - "The Tao of Health, Sex and Longevity", and I would recommend starting with that one, because it is more basic and easier to chew by the Western mind. This books is also very clear, and you don't need other explanations, but reading the other one first would make some things easier. Personally, after I finished this one book, I understood some of his teachings in

"The Tao..." that I had skipped at that point and started doing them now. One good example of this is to do skin brushing every day. Why? Stimulate lymph movement, especially helpful for people living sedentary lives every day. I intend to reread both of them many times, and hopefully pick new good habits with each pass. I'll probably look into his other works. So, what's in the book? It starts with explaining the Taoist cosmogony, starting with the One source, Tao. You probably already know its mark, it's that circle with black and white "tears", each having a small spot of the other inside it. They are the two poles, Yang (male/active/warming/ascending, white with with black spot) and Yin (female/passive/cooling/descending).

I do not know who to thank for curing me of a chronic digestive disorder whose underlying cause had eluded allopathic physicians and Western nutritionists for the past 30 years: Daniel P. Reid or the ancient Taoist masters? Mr. Reid's books are truly gifts to the modern Western world and to those who sense that there is something more to life than a mass-produced culture and lifestyle. Ancient wisdom does have a wealth of knowledge to impart today in order to live a better tomorrow. If you are a newcomer to Taoism, spirituality, and traditional health practices, this is an ideal book to help you begin your journey towards enlightenment. Those with a little more experience will also benefit from reading this book and adding its little gems of wisdom to their library of ever-expanding Taoist knowledge. Somehow, years of higher education and exponentially expanding university tuition never taught me the beautiful, life-affirming, and liberating simplicities expounded by Taoism. Begin your journey with these books. I also highly recommend Mr. Reid's "The Tao of Health, Sex and Longevity" as an excellent companion to "The Complete Book..." However, I caution you to exercise maturity, responsibility and personal accountability as you read and practice the ancient Taoist arts. You should be fully aware that there is no way for the author to be familiar with your particular ailments or life-situation. In this regard, I recommend that you pursue your studies under the guidance of a qualified instructor and to seek health advice from a Traditional Chinese Medical practitioner. If you heed the caution and advice you will gain tremendously. There is genuine gold in this ancient wisdom.

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