

Chinese Herbal Remedies: Chinese Remedies to Treat the Most Common Ailments



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Reviews

This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.
(Maude Ritchie)

CHINESE HERBAL REMEDIES: CHINESE REMEDIES TO TREAT THE MOST COMMON AILMENTS

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is intended to educate and motivate. With twenty five easy herbal recipes to cure common ailments that weaken the body, this book is to-the-point and complete. You don't have to read pages and pages of unwanted information; just skip through the table of contents for the ailment you are searching the cure for and the book will jot down the steps you need to follow in few easy steps. In order to facilitate readers, the book is written in easy, understandable English that facilitates its use further. Mostly, the recipes you will find in this book are soups and teas, so you don't have to spend hours in the preparation of one recipe; what you will need to do is find the ingredient (the ingredients are also simple. In this book we have tried to incorporate as many easily and readily available ingredients as possible) and boil them in water in the prescribed manner. Ingredients like ginger and rice and turnips have been used that will not only cure the illness but it will also add taste. Special attention has been given to include recipes that are not only curing but also good to taste; therefore, you will find that brown sugar and honey has been widely used in the recipes to add sweetness and taste. Chinese herbal remedies have been used for centuries to cure and revitalize the human body, so why should you not give it a try and enjoy the health benefits that it has to bring. Because the ingredients are all herbal, you do not even have to worry about the side effects of the medicine. Knowledge acquired by the Chinese...

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