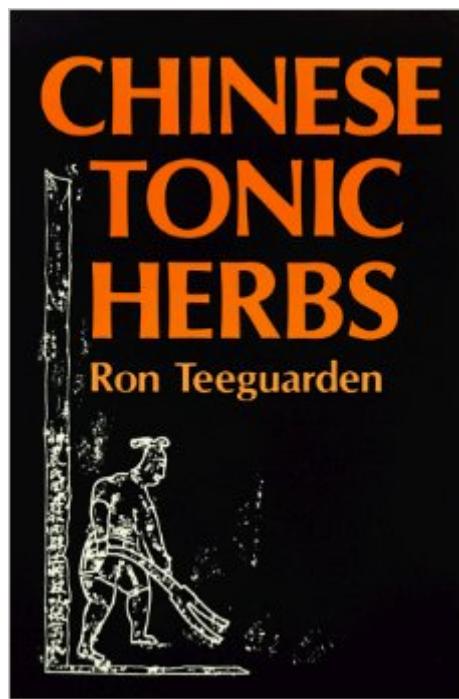


The book was found

Chinese Tonic Herbs



Synopsis

Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature. It gives the fundamental principles of the oriental health philosophy and discusses the major tonic herbs, such as ginseng, licorice, cinnamon and red dates. In discussing each of the incredible herbs used in the Chinese tonic system, the author describes the properties of the herb both in traditional and modern terms. There are traditional tonic recipes, modern tonics, and advice on mixing.

Book Information

Paperback: 200 pages

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Average Customer Review: 4.8 out of 5 starsÂ [See all reviewsÂ \(17 customer reviews\)](#)

Best Sellers Rank: #553,809 in Books (See Top 100 in Books) #186 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #191 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #1010 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

What sets this book apart from other books on Chinese herbal medicine is its philosophy of using "superior tonic herbs" to improve the quality of one's life and health. This book is not about treating disease, but rather about achieving radiant health from a Taoist perspective. This is Ron Teeguarden's first of several books on the subject of Chinese Medicine and in my opinion is a classic. (Note, I have not read his latest book *The Ancient Wisdom of the Chinese Tonic Herbs*.) Having formally studied Traditional Chinese Medicine for two years and Ayurvedic medicine for two years I can unequivocally state this is the book to start learning practical do it yourself Chinese herbalism for increased energy, creativity, spiritual growth and happiness. It contains many useful and effective herbal formulas that would not be otherwise accessible to the non-professional.

If you want to learn Chinese medicine for the treatment of disease this is not the book to get, rather the focus is on tonic herbs and their correct application. (While tonic herbs are widely used for deficiency diseases in Chinese Medicine, not enough herbs, formulas and theory are given in this book for treating complex deficiency conditions/diseases.) This book shows one how to gradually work towards radiant health through the application of Superior Tonic Herbalism from a Daoist perspective. All the practical and theoretical knowledge needed is covered. The cost of the herbs involved ranges from \$.50 / ounce to \$200 / ounce (retail). To seriously put to use the knowledge contained in this book would require having a selection of about 20-35 herbs. Though one could start out with as few as one to three herbs.

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