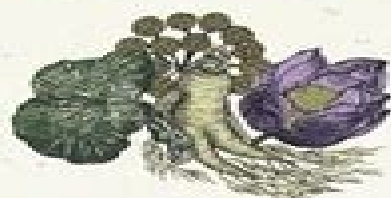


FOREWORD BY H. H. THE DALAI LAMA

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# ASIAN HEALTH SECRETS



## *The Complete Guide* TO ASIAN HERBAL MEDICINE

*How to Balance Your Energy, Boost Your Immune System,  
Prevent and Treat Diseases and Common Maladies by Using the  
Powerful Diagnostic Techniques and Herbal Remedies  
of Asian Medicine*

LETHA HADADY, D.A.C.

# Asian Health Secrets The Complete Guide To Asian Herbal Medicine

**JS Bruner**



## **Asian Health Secrets The Complete Guide To Asian Herbal Medicine:**

**Asian Health Secrets** Letha Hadady, D.Ac.,1998-01-27 Asian Way of Wellness is the first interactive guide to herbal medicine presenting breakthrough guidelines for self diagnoses that help readers understand how to evaluate their personal health needs and use readily available herbs to treat common maladies boost the immune system prevent illness maintain wellness and ensure longevity The author is a herbalist and accupuncturist [Herbal Secrets for Total Health](#) Letha Hadady,1997 This interactive guide shows readers how to evaluate their own personal health needs and use readily available herbs to treat common maladies boost immune strength prevent illness maintain wellness and ensure longevity

**Alternative Medicine** Thomas J. Billitteri,2001-01-01 Uses composite case histories to discuss the major areas of alternative medicine including herbal remedies homeopathy chiropractic acupuncture and hypnosis and explains how they differ from western medicine [Homo Luminous](#) P.W. Brown,2011-09-26 Everywhere there is concern about the present and future as governments religions and economics no longer live up to their claims People want to be able to solve pressing issues and current challenges People want to be able to survive the present and somehow prepare for the future but how Everyone wants to be safe but where to go What to do Where to look Every issue surrounding the human experience is based in consciousness The language of consciousness expressed through human culture exposes intimate relationships with environment Through the expansion of individual awareness the collective of humanity will benefit via new resolutions to current challenges as well as those encountered in the future *Womancode* Alisa Vitti,2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome PCOS and was able to heal herself through food and lifestyle changes Relieved and reborn she made it her mission to empower other women to be able to do the same As she says Hormones affect everything Have you ever struggled with acne oily hair dandruff dry skin cramps headaches irritability exhaustion constipation irregular cycles heavy bleeding clotting shedding hair weight gain anxiety insomnia infertility lowered sex drive or bizarre food cravings and felt like your body was just irrational With this breadth of symptoms improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti depressants aren't the only solutions The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up Groundbreaking and informative WomanCode educates women about hormone health in a way that's relevant and easy to understand Bestselling author and women's health expert Christiane Northrup who has called WomanCode the Our Bodies Ourselves of this generation provides an insightful foreword

**Radical Healing** Rudolph Ballentine,1999 This extraordinary book offers nothing less than a new vision of medical care Rudolph Ballentine M D has created a unique integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone Like Deepak Chopra and Andrew Weil Rudolph Ballentine is a medical doctor who became intrigued by the workings of mind body medicine and looked beyond the West in his search for understanding Drawing on

thirty years of medical study and practice Dr Ballentine has accomplished a singular feat integrating the wisdom of the great traditional healing systems especially Ayurveda homeopathy Traditional Chinese Medicine European and Native American herbology nutrition psychotherapy and bodywork Melded together the profound principles buried in these systems become clearer and stronger and a new level of effectiveness becomes possible Healing and reorganization are accelerated and deepened physically emotionally and spiritually The result is transformation The result is radical healing Radical Healing harnesses nature s medicinals plants and other natural substances with commonsense essentials such as diet exercise and cleansing as well as the most profound principles of spiritual and psychological transformation In Dr Ballentine s synthesis illness is an opportunity for growth that can go far beyond recovery Through radical healing old habits and attitudes that supported the development of disease fall away to be replaced by the clarity that comes with a whole new way of being in the world

The Food-Mood-Body Connection Gary Null,2001-12-04 h and Physical Well Being Health expert and best selling author Gary Null here reveals how nutritional and environmental approaches can effectively treat many health problems Exploring the effects of food allergies vitamin deficiencies and environmental toxins on mental and emotional health he also covers disorders in children and lists current articles linking nutritional factors with health concerns **Qigong for Staying Young** Shoshanna Katzman,2003-10-27 Gentle movements from the ancient Chinese art of self healing and fitness to maintain youthful health and vitality Shoshanna Katzman introduces readers to the practice of qigong through her graceful twenty minute program that incorporates postures breath sound visualization and self massage This revitalizing workout will help women of all ages maintain youthful skin eyes and hair improve fitness and renew energy Readers can then customize their routine as the author explains how to apply the healing powers of qigong along with herbal and dietary remedies to specific age related concerns such as arthritis osteoporosis menopause weight gain and decreased sexual vitality

**Naturally Pain Free** Letha Hadady D.Ac.,2012-07-01 TACKLE YOUR PAIN THE NATURAL WAY Whether you ve dealt with a lifetime of chronic aches and pains or suffer from a specific ailment when you re in constant pain relief is the only thing on your mind Are you using the same over the counter painkiller to treat everything from toothaches to knee pain If so you may only be providing a temporary mask to your suffering not healing it and it s only a matter of time before the pain returns Every pain is unique from headaches to back strains to arthritis and there s no one solution fits all to alleviate your suffering Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause Organizing her advice by both symptom and type of pain Hadady guides you on how to use a variety of all natural herbs extracts and pills to ease and control the source of your suffering Find Natural Pain Remedies For Arthritis Sciatica Backaches Chest Pains Nerve Pain Migraines Burns Knee Discomfort Carpal Tunnel Syndrome And More Praise for Letha Hadady There is no one else of Letha s stature experience and knowledge in the field of alternative medicine ALICE RHEE NBC NEWS The Martha Stewart of herbs CONDE NAST TRAVELER Her encyclopedic knowledge of health and beauty is evident DAILY NEWS Letha unearths the

wisdom of the ancients NEW YORK POST      **Kitchen Witchery** Marilyn F Daniel, 2002-05-01 Psychic Soap 4 parts  
Lemongrass 3 parts Bay 1 part Cinnamon Come and See Me Oil 5 drops Patchouli oil 2 drops Cinnamon oil Olive oil base  
Over the years Wiccan High Priestess Marilyn Daniel has collected hundreds of recipes for her craft Responding to repeated requests for her secrets she has compiled them here for the first time in this comprehensive reference of more than 400 magical tips and recipes covering everything from beauty treatments to healing salves to tasty treats In addition to advice for buying storing and blending essential oils always stir clockwise Marilyn reveals her secrets for making incense bath salts soaps ointments potpourri ink and more Readers will learn how to make a Tuberose Bouquet for attracting love and Air Oil for clear thinking and overcoming addiction as well as how to incorporate their pets into spellcraft Kitchen Witchery includes a wide variety of cookies breads wines and other magical foods and Marilyn serves up her famous recipes for goodies like Sabbat Cakes and Wiccan Handfasting Cake and drinks such as Nettle Ale and the Milk of Isis And should a witch find herself in the middle of a recipe with a missing ingredient she can find a worthy substitute in the extensive list provided Kitchen Witchery also includes a helpful reference list of magical correspondences and a glossary of herbs and their folk names

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