



# Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness

By Maoshing Ni

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**Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness** By Maoshing Ni

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**A guide to natural healing that combines the wisdom of Eastern tradition with Western medicine and nutritional science.**

*Secrets of Self-Healing* ranges from treating common ailments with healing foods and herbs to the all-round balancing of mind and body that is essential for vitality, wellness, and longevity.

In Part One, Dr. Mao explains that diet, exercise, self-awareness, a positive emotional life, living in harmony with the environment, and spiritual growth are crucial for vibrant, lasting health. He shows, for example, how simple self-assessments can help prevent disease, how negative emotions can make us ill, how clutter in our homes can create imbalances in our bodies, and how Eastern and Western medicine can work together to fight cancer.

Then, in Part Two, he reveals his favorite natural remedies for more than sixty-five common ailments, such as sore throat, dandruff, headaches, high blood pressure, sunburn, insect bites, indigestion, and jet lag.

Inspirational and practical, *Secrets of Self-Healing* will put readers on the path to a balanced and healthy life.

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#### **Review**

If you take just a few suggestions from "Big Green Purse," you will be on your way to being part of the solution instead of part of the problem.

Laurie David, founder of [StopGlobalWarming.org](http://StopGlobalWarming.org) and a producer of "An Inconvenient Truth"

#### **About the Author**

Dr. Maoshing Ni is a doctor of Chinese medicine and an authority in anti-aging medicine. He runs a Chinese medicine practice in Santa Monica, California, called Tao of Wellness, where his patients have included physicians, Fortune 500 CEOs and celebrities. He is co-founder and Chancellor of Yo San University in Los Angeles, where he teaches the art and science of Wellness Medicine. Dr. Mao has lectured internationally and has been featured on radio and television as well as on the pages of *The New York Times*, *Los Angeles Times*, and many other publications. He is currently featured as an expert on Yahoo Health, where he writes a blog about longevity. He lives in Los Angeles.

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