



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

By Maoshing Ni

Download now

Read Online 

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

Read Maoshing Ni's posts on the Penguin Blog.

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.

 [Download Secrets of Self-Healing: Harness Nature's Pow ...pdf](#)

 [Read Online Secrets of Self-Healing: Harness Nature's P ...pdf](#)

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

By Maoshing Ni

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

Read Maoshing Ni's posts on the Penguin Blog.

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.

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

- Sales Rank: #187534 in Books
- Brand: Brand: Avery
- Published on: 2008-12-26
- Released on: 2008-12-26
- Original language: English
- Number of items: 1
- Dimensions: 9.26" h x 1.44" w x 6.10" l, 1.44 pounds
- Binding: Paperback
- 576 pages



[Download Secrets of Self-Healing: Harness Nature's Pow ...pdf](#)

 [Read Online Secrets of Self-Healing: Harness Nature's P ...pdf](#)

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

Editorial Review

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 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.

Users Review

From reader reviews:

Shawn Hodgin:

Hey guys, do you would like to finds a new book you just read? May be the book with the concept Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness suitable to you? The actual book was written by popular writer in this era. The actual book untitled Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness is the main of several books which everyone read now. That book was inspired many men and women in the world. When you read this book you will enter the new shape that you ever know before. The author explained their strategy in the simple way, consequently all of people can easily to be aware of the core of this reserve. This book will give you a lot of information about this world now. In order to see the represented of the world in this particular book.

Ray Shippee:

Reading a book being new life style in this season; every people loves to read a book. When you examine a book you can get a wide range of benefit. When you read publications, you can improve your knowledge, since book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your analysis, you can read education books, but if you act like you want to entertain yourself read a fiction books, these kinds of us novel, comics, as well as soon. The Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness offer you a new experience in looking at a book.

Clara Palmer:

It is possible to spend your free time to learn this book this publication. This Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness is simple to deliver you can read it in the recreation area, in the beach, train in addition to soon. If you did not have got much space to bring the particular printed book, you can buy often the e-book. It is make you better to read it. You can save the particular book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

Donna Johnson:

What is your hobby? Have you heard in which question when you got scholars? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person just like reading or as reading through become their hobby. You must know that reading is very important along with book as to be the issue. Book is important thing to add you knowledge, except your personal teacher or lecturer. You discover good news or update in relation to something by book. A substantial number of sorts of books that can you choose to adopt be your object. One of them is Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness.

Download and Read Online Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness By Maoshing Ni #L5ZK2EQCY6J

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

Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness By Maoshing Ni Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness By Maoshing Ni books to read online.

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

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

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

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

L5ZK2EQCY6J: Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness By Maoshing Ni