



CHINESE HERBS: Your 101 Guide To Top 10 Chinese Herbs That Clear Up Your Skin And Restore Natural Glow (Herbs for Health and Healing, Chinese Herbal Medicine, Traditional Chinese Medicine)

Tracy Huang

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Learn how skin and body are interconnected, how to identify your body type, and which Chinese herbs are good for your skin and body type.

This book shares the ten Chinese herbs that can heal, clear up and brighten up the skin. But you will walk away with more than that. By the end, you will also learn that it is not just about Chinese herbs, nor is it only about beautifying your skin. Most importantly, you will be able to more effectively understand more about your own body and how to improve your overall health by the time you finish this book.

Traditional Chinese Medicine has been emphasizing holistic healing

for more than 5,000 years. It believes that your skin is closely connected with your innate organs. So, whatever is going on inside the body will be eventually reflected on your skin. Therefore, Traditional Chinese Medicine believes that, to treat skin problems, one should start from healing the body.

Then, here comes the question: how do you heal the body? And my question for you is: do you know your body enough?

In fact, you are unique just as your body is unique. Before seeking what herbs or other remedies to take to heal the skin and body, you should instead find answers for what kinds of body type you are having, or how your body is unique. This is crucial because it leads to what kinds of Chinese herbs or other foods can benefit you. The truth is, the fact that one specific herb can heal the other person does not necessarily mean it can also heal your skin, since everyone's body constitution is different and should be treated differently. This book includes a self-assessment sheet, recognized by China Association of Traditional Chinese Medicine (CACM), with 67 simple questions to guide you throughout the evaluation process. With that, in less than three minutes, you will be able to effectively and efficiently know in what way your body is special and what constitution your body belongs to.

Besides, this book helps you position Chinese herbs correctly in the

big picture called Traditional Chinese Medicine. It helps you understand that, no matter how effective Chinese herbs are to your skin and body, you should always remember to also incorporate fundamental practices recommended by TCM, such as a balanced dietary routine and improving your lifestyle. As always, you should build yourself a system with a holistic approach instead of just relying on consuming Chinese herbs for a quick fix. That's why this book also shares with you basic dietary fundamentals you should start introducing in the daily life before or as you try Chinese herbs.

In the end, when you understand your own body, set up a good dietary foundation to begin your journey and choose the right kinds of Chinese herbs, you will naturally enjoy better skin and health.

What You'll Learn Specially

Much, much more!

Welcome To Join This Journey With Me

Download and learn how to start from knowing your body to truly heal your skin. Just scroll up and click *Buy*. I'll "see" you again soon!

Tags: herbs for health and healing, Chinese herbal medicine, Traditional Chinese Medicine, Chinese herbs, herbal medicine, healing, alternative medicine, holistic

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