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Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vitality, and Achieve Optimum Wellness. East meets West in this extraordinary guide to natural healing by a prominent doctor of Chinese medicine and the author of Secrets of Longevity.

**Secrets Of Self Healing Harness**

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.

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

**Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Your Vital**

Part One of Secrets of Self-Healing explores how the integration of both Eastern and Western medicine can be used in everyday life to create balance between the mind and body for optimum wellness. In Part One you will discover powerful mind-body exercises, such as tai chi and qi gong.

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**Read Secrets of Self Healing by Dr. Maoshing Ni**

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