



TCM: A Natural Guide to Weight Loss That Lasts (Traditional Chinese Medicine)

Nan Lu, Ellen Schaplowsky

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The Dragon's Way

To Natural, Healthy, Lasting Weight Loss

Here at last is the secret to taking off pounds and inches and keeping them off for life. Unlike popular "miracle" diet programs and products, *The Dragon's Way* addresses the root cause of your weight problems and offers a remarkable six-week program that shows you how to reach your optimum weight and stay there. *The Dragon's Way* is based on Traditional Chinese Medicine (TCM) theories that have been practiced for thousands of years. Today billions of people worldwide benefit from this medical system. *The Dragon's Way* is not about food restrictions, appetite suppression, or vigorous exercising. It's about treating the whole person instead of focusing on weight; about how to use ancient energy movements to awaken your healing ability; about showing you how to use food as a healing tool; and about helping you achieve the harmony and balance in your own body that can result in *natural*, healthy, permanent weight loss.

Discover:

1. How the Traditional Chinese Medicine approach differs from diet programs
2. How this TCM program makes you feel better physically and emotionally
3. How stress causes weight problems
4. How food cravings signal body needs
5. Why depriving your body of food leads to further weight gain
6. Healing foods and recipes that help you eliminate excess water and body fat
7. Herbal supplements and energy movements that encourage body harmony and help you avoid excess weight
8. Additional health benefits *beyond* weight loss
9. And Much More!

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From reader reviews:

Naomi Taylor:

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled TCM: A Natural Guide to Weight Loss That Lasts (Traditional Chinese Medicine) can be good book to read. May be it can be best activity to you.

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Clarence Cavins:

This TCM: A Natural Guide to Weight Loss That Lasts (Traditional Chinese Medicine) is great reserve for you because the content that is full of information for you who else always deal with world and have to make decision every minute. This particular book reveal it data accurately using great manage word or we can declare no rambling sentences included. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but difficult core information with lovely delivering sentences. Having TCM: A Natural Guide to Weight Loss That Lasts (Traditional Chinese Medicine) in your hand like having the world in your arm, details in it is not ridiculous one particular. We can say that no book that offer you world throughout ten or fifteen moment right but this book already do that. So , it is good reading book. Hey Mr. and Mrs. active do you still doubt that?

Nicholas Ko:

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