



The Body Clock Guide: Using Traditional Chinese Medicine for Prevention and Healthcare

Zhang Jiaofei, Wang Jing

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In China, the rhythms of time and nature are understood to affect the body and general health and wellbeing. Traditional Chinese medicine incorporates the ebbs and flows of time into achieving and maintaining good health. The cycle of four seasons is a complete circulation and the same is true of the 24-hour day. Understanding this kind of "body clock" is what *The Body Clock Guide* is all about, regardless of whether or not you are a practitioner of TCM.

In ancient China, a day was divided into 12 two-hour periods. In each two-hour period there is a different channel or collateral with vital energy "on duty." This book uses descriptive illustrations and texts to clearly explain how to utilize the theories of collaterals and channels, including:

- How to read signals from your body
- Prompts for the schedule of daily life
- Tips for choosing appropriate beverages and food
- Simple ways of massaging acupuncture points

By establishing habits that conform to the rhythm of life, you will see notable and long-lasting effects. So start listening to Mother Nature and your own body and get on track towards achieving good health.

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David Bostick:

A lot of people always spent their free time to vacation or perhaps go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book The Body Clock Guide: Using Traditional Chinese Medicine for Prevention and Healthcare it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore simply to read this book from a smart phone. The price is not too expensive but this book provides high quality.

Awilda Kell:

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