



Chinese Herbal Remedies: Chinese Remedies to Treat the Most Common Ailments

By Megan Croley

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is intended to educate and motivate. With twenty five easy herbal recipes to cure common ailments that weaken the body, this book is to-the-point and complete. You don t have to read pages and pages of unwanted information; just skip through the table of contents for the ailment you are searching the cure for and the book will jot down the steps you need to follow in few easy steps. In order to facilitate readers, the book is written in easy, understandable English that facilitates its use further. Mostly, the recipes you will find in this book are soups and teas, so you done have to spend hours in the preparation of one recipe; what you will need to do is find the ingredient (the ingredients are also simple. In this book we have tried to incorporate as many easily and readily available ingredients as possible) and boil them in water in the prescribed manner. Ingredients like ginger and rice and turnips have been used that will not only cure the illness but it will also...



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