

Books

Below is a list of books that Rosalba has reviewed
check back.

for you. This is only a short list so far but is sure to grow, so

Managing Menopause Naturally with Chinese

Medicine

by Honora Lee Wolfe, Bob S. Flaws

"Menopause is a naturally occurring transition.

It is not a disease and need not be accompanied by any discomfort." This basically sums up the theme of this great self-help book. It explains both Western and Eastern viewpoint on this change in our life cycle. It explains osteoporosis and what can be done especially if HRT is not a road you wish to travel or are not coping with. Easy to understand and great for the layperson who wants to know what they can do to help themselves.

Controlling Diabetes Naturally With Chinese Medicine (Healing With

Chinese Medicine)

by Lynn M. Kuchinski, Bob Flaws

This book begins with a no-nonsense case study of a

person with diabetes, which includes how they feel. There are no complicated medical terms and both western and eastern diagnoses are explained in easy to understand terminology. Hypoglycemia (low sugar levels) is also covered. There are plenty of self-help ideas, which cover diet, exercise, meditation and acupressure. It also explains how Acupuncture and Chinese herbs can help in controlling diabetes naturally.

Curing IBS Naturally with Chinese Medicine

by Jane Bean

"In Chinese medicine it is said that the superior doctor is one who prevents

disease. Such prevention is done by educating the patient." It is with these ideals that this book is written. IBS (Irritable Bowel Syndrome) has only become a common diagnosis in the last twenty years. Its causes, Western Medicine treatment, Eastern medicine diagnosis, what Chinese Medicine can do and what you can do to help yourself are all covered in this easy to read and understand book.