

<<中医科普系列>>

图书基本信息

书名：<<中医科普系列>>

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内容概要

《中医科普系列:关节炎》内容简介：This clear and thorough book, designed especially for those with arthritis, introduces the basics of Chinese medicine, describes treatment methods used, gives helpful advice on diet and exercise, and takes you step-by-step through what being under the care of Chinese medicine will involve. This is not merely a text to help you understand an ancient healing art, but a manual which will prove useful to you on each step of your journey back to health.

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