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# Online Library Face Reading In Chinese Medicine Lillian Bridges

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## **KEY=LILLIAN - FINLEY CARLA**

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### **FACE READING IN CHINESE MEDICINE - E-BOOK**

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Elsevier Health Sciences An exciting new, full-colour edition of Face Reading in Chinese Medicine featuring over 200 colour photographs and practical instructions on how to conduct a face reading! Face reading has been part of Traditional Chinese Medicine for many centuries, and Professor Lillian Bridges is a popular academic and international lecturer on the subject who gained her fascinating knowledge through her family line of Master Face Readers in China. Based on an understanding of the shapes, markings and features of a face, practitioners can learn about the health and life of a patient relating to the principles of Chinese medicine. In addition to understanding how the body's internal functions - physical, psychological and emotional - can be seen on a face, practitioners can also learn how to evaluate Shen to understand non-verbal expressions. Technical and detailed information is presented in an upbeat, insightful and highly readable manner. This was the first book to focus on the deeper aspects of face reading and diagnosis, this edition includes ancient Taoist knowledge regarding the Original Face and Facial Jing and Qi markers which have previously only been taught through the oral tradition. Clear discussions demonstrate how this technique can be used as a supplement to other diagnostic tools in Traditional Chinese Medicine. Engaging, insightful, highly readable text is written by a well-known and experienced lecturer in the field. Extensive illustrations give you a clear understanding of theories and techniques. A focus on the deeper aspects of face reading and diagnosis helps readers become more conscious of their actions, reactions, and the health consequences of behavior.

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## **THE WISDOM OF YOUR FACE**

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## **CHANGE YOUR LIFE WITH CHINESE FACE READING!**

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ReadHowYouWant.com What if you could tell, just by looking at others, how they tend to think, feel, and behave? What if your partner's face revealed the best way to resolve any conflicts between you? And what if you could discover in your own face the wisdom that you need in order to be your true self? Based on the same ancient foundation as acupuncture and Chinese medicine, face reading has been in the "research and development" phase for over 3,000 years. When translated to make it meaningful for our Western lives, it's a powerful source of wisdom that we can all access. Chinese face reading shows you how to live your life in alignment with your own natural flow, find the life path that gives you joy, attract relationships that nurture you, and most of all, enable you to feel compassion for yourself and others. This book will forever change how you see yourself . . . and all the people in your life!

### **THE FACE READER**

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#### **DISCOVER ANYONE'S PERSONALITY, COMPATIBILITY, TALENTS, AND CHALLENGES THROUGH FACE READING**

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Penguin What if you could learn powerful insights into a person just by seeing his or her face? For 2,500 years, the science of Mien Shiang (pronounced myen-shung), or Chinese face reading, has given anyone who studies its form this incredible ability. Whether working with executives from Fortune 500 firms or readying the nation's top attorneys to choose the ideal juries for their clients, Patrician McCarthy has built a reputation for her ability to help others determine a person's personality, potential, and inherent talents by analyzing his or her facial structure and features. Now McCarthy shares her understanding of this ancient knowledge with readers everywhere. Literally meaning face (mien) reading (shiang), mien shiang is a powerful means of both self-discovery and a way to understand others. Taoist ancients said, "the face is a mirror that records your past, reflects your present, and forecasts your future." McCarthy introduces five essential influences in our lives revealed by the face and enables you to interpret and understand these influences. With the practice of Mien Shiang, you will live in a harmony of mind, body, and spirit.

### **FACE READING**

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#### **THE CHINESE ART OF PHYSIOGNOMY**

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Discusses the theoretical basis of Chinese physiognomy and the symbolic meaning of various facial features to guide the layman in face reading.

### **YOUR BEST FACE NOW**

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#### **LOOK YOUNGER IN 20 DAYS WITH THE DO-IT-YOURSELF ACUPRESSURE FACELIFT**

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Penguin Expert acupuncturist and top skincare specialist Shellie Goldstein presents a 20-minute-a-day acupressure system that promises to rejuvenate facial muscle and reduce wrinkles. Cosmetic acupuncture is today's hottest antiaging treatment, and

no one knows it better than Shellie Goldstein. Her signature AcuFacial(r) has made this licensed acupuncturist one of the top skincare specialists in Manhattan and the Hamptons, with a devoted clientele- including Rosanne Cash and Martha Stewart- many of whom pay \$500 per treatment to experience its dramatic benefits. Now, everyone can reap the benefits of Goldstein's AcuFacial(r) on their own at home with acupressure, a unique therapy that uses massage instead of needles to lift sagging facial muscles, reduce wrinkles, and return youthful vitality to skin tone. Illustrated with amazing before- and-after photos and providing simple step-bystep, easy-to-follow instructions, diet recommendations, recipes, and skincare tips, Your Best Face Now teaches everyone how to erase the lines of time- on any budget- in just twenty minutes a day.

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## **CHINESE MEDICAL PALMISTRY**

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### **YOUR HEALTH IN YOUR HAND**

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Blue Poppy Enterprises, Inc. An introductory guide to the application of this therapeutic technique.

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## **NOURISHING LIFE THE YANG SHENG WAY**

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### **NUTRITION AND LIFESTYLE ADVICE FROM CHINESE MEDICINE**

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Singing Dragon Combining the wisdom of classical Chinese medicine with modern nutritional science, this book explores the concept of Yang Sheng, which means to nourish life by nurturing body, mind and spirit in harmony with the natural rhythms and universal laws, revealing the importance of nutrition within it and outlining how our modern lifestyle and environment challenges our ability to do that. A perfect guide for practitioners and students of Chinese medicine, the book explains modern diets and Chinese nutritional theory with a focus on prevention of illness and the impact of lifestyle and environment on our health during each stage of life. Lifestyle and nutritional advice for prevention and treatment of a range of illnesses and conditions is given for both adults and children.

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## **THE ART AND SCIENCE OF FACE READING**

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### **FACE MORPHOLOGY IN THE WESTERN SPIRITUAL TRADITION**

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Inner Traditions A complete, illustrated guide to the ancient tradition of reading the face to gain insight into health, personality, relationships, and career • Details how to read the profile, front face, features, and musculature of the face to reveal temperament, personality traits, health predispositions, and mental state • Explores the history and development of face morphology from its origins in Israel and Egypt more than 4,500 years ago to its modern use in French medical schools • Examines the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings The face is a unique reflection of our genetic, inherited inclinations as well as the effects that life, nature, and relationships have had upon us. By looking at a person's face, you can gain valuable insight into their personality, health, and how they navigate in the world. In this illustrated guide, Jennifer

Lamonica reveals the sacred tradition of face morphology, an esoteric system that has been passed quietly from rabbi to student as an unbroken oral tradition for more than 4,500 years. She explores the history and development of this ancient art from its origins in Israel and Egypt to its use as the major diagnostic system in Europe until the Enlightenment and its current applications in French medical schools. Sharing the techniques of master face readers, the author details how to read the angles of the profile, as well as palm color and nose shape, to determine a person's temperament, providing health and career insight into each of the four temperaments, including nutritional needs, digestive issues, sleep patterns, health predispositions, and ideal occupational paths. Exploring the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings, she explains how to read the front face in combination with planetary shapes, which reveal a person's character; the major facial features, such as eyebrows, which reveal personal inclinations; and the musculature of the face, including expressions, which reveals a person's current mental state. Providing case studies, she examines how to apply face morphology in relationships and in parenting. Exploring the meaning of each facial variation, while also honoring the intuitive impression received at first glance, Lamonica reveals how the ancient science of face reading allows you to compassionately help your loved ones, students, or clients, as well as overcome personal obstacles and better know yourself.

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## **RECLAIMING OUR HEALTH**

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### **A GUIDE TO AFRICAN AMERICAN WELLNESS**

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Yale University Press “An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our

own health problems and save our own lives.”

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## **THE POWER OF FACE READING**

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### **A SIMPLE ILLUSTRATED GUIDE TO UNDERSTANDING OUR UNIVERSAL LANGUAGE**

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Global Insight Communications, LLC Make stronger connections with anyone in the world by learning how to read facesThe Power of Face Reading is the most comprehensive, easy-to-use book on face reading available today. Author Mac Fulfer makes face reading fun and easy for you to understand more about the people you encounter-no matter who you meet or where you are in the world.Face reading is our foundational international language, and none of our seeming "differences" matter-whether nationality, gender, race, or culture-because every person's face can be read in the exact same way. For instance, the lines on our faces don't reflect aging. They're actually a roadmap showing where we have been and what we've done. So this book is not about interpreting facial "expressions"-it's about learning to read the stories that a person's face can tell. Using a unique approach that combines both "genetics" (the face you are born with) and "epigenetics" (the way life events alter facial features over time), this book helps you understand others better. Discover how learning to interpret simple and easily recognized features, such as ear size and eyebrow shape, can allow you to make a better connection with anyone, anywhere.Superbly illustrated and organized like an encyclopedia, The Power of Face Reading guides you through all you need to know about reading faces, from top-to-bottom, detail-to-gestalt, gesture-to-metaphoric meaning. The approach shared in this book is so easy to learn that you can put this how-to guide to use and begin reading faces within minutes of opening it up.Everyday applications for face reading include: ; Improving both work and personal relationships; Interviewing and hiring the right people; Team-building; Negotiating better ; Coaching, counseling; Finding the right job; Increasing sales by identifying "buy" signals; Identifying better business partners ; Reading your audience when presenting The Power of Face Reading includes:; 275 illustrations ; Clear explanations of what each facial feature means; Personality profiles to provide insight into every person you meet ; Sample readings to learn Mac's step-by-step face-reading approach; A useful checklist to help you read faces immediately; A fun face reading quiz to test yourself

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## **CHINESE VILLAGE, SOCIALIST STATE**

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Yale University Press This portrait of social change in the North China plain depicts how the world of the Chinese peasant evolved during an era of war and how it in turn shaped the revolutionary process. The book is based on evidence gathered from archives and interviews with villagers and rural officials.

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## **THE BRIDGE AT THE EDGE OF THE WORLD**

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### **CAPITALISM, THE ENVIRONMENT, AND CROSSING FROM CRISIS TO**

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## **SUSTAINABILITY**

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Yale University Press How serious are the threats to our environment? Here is one measure of the problem: if we continue to do exactly what we are doing, with no growth in the human population or the world economy, the world in the latter part of this century will be unfit to live in. Of course human activities are not holding at current levels—they are accelerating, dramatically—and so, too, is the pace of climate disruption, biotic impoverishment, and toxification. In this book Gus Speth, author of Red Sky at Morning and a widely respected environmentalist, begins with the observation that the environmental community has grown in strength and sophistication, but the environment has continued to decline, to the point that we are now at the edge of catastrophe. Speth contends that this situation is a severe indictment of the economic and political system we call modern capitalism. Our vital task is now to change the operating instructions for today's destructive world economy before it is too late. The book is about how to do that.

## **CONSTITUTIONAL FACIAL ACUPUNCTURE - E-BOOK**

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Elsevier Health Sciences We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment - Jing, Ying and Wei. A new and detailed Constitutional Facial Acupuncture protocol highlights acupoints, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. A comprehensive constitutional treatment approach A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of "healthy aging"

## **DRAWN TO ENCHANT**

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## **ORIGINAL CHILDREN'S BOOK ART IN THE BETSY BEINECKE SHIRLEY**

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## COLLECTION

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Yale University Press This volume presents over 200 selected original artworks from the collection of Betsy Beinecke Shirley, one of the great collectors of American children's literature. Shirley gathered an authoritative collection of books, original illustrations, manuscripts, as well as drawings and paintings from such children's classics as "Treasure Island" and "Eloise." The artwork in Shirley's collection guides the reader on a tour through the stages of childhood reading, this volume begins with ABC's and nursery books. It continues through adventure stories, magazines, and more, then concludes with a miscellany section of odds and ends. The images demonstrate how children's books evolved, from the nation's first days of independence to modern times. Artists whose works are represented include many of the favorites, among them Ludwig Bemelmans, Maurice Sendak, A.B. Frost, Wanda Gag, Peter Newell, N.C. Wyeth, Tony Sarg, Robert Lawson, and Johnny Gruelle.

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## BETWEEN HEAVEN AND EARTH

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### A GUIDE TO CHINESE MEDICINE

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Ballantine Books "Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work."—Annemarie Colbin, author of *Food and Healing* The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the "Bamboo Curtain" was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfeld and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. "Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine."—San Francisco Chronicle

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## WTF? WHY THE FACE

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### A PRACTICAL GUIDE TO UNDERSTANDING HEALTH AND PERSONALITY THROUGH FACIAL DIAGNOSIS

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WTF? Why the Face: A Practical Guide to Understanding Health and Personality through Facial Diagnosis is based on decades of research and clinical experience, as well as hundreds of years of traditional Chinese medicine and Western healing

philosophies. Coauthors Dr. Todd Frisch and Abbie Frisch Belliston share their passion for facial diagnosis in an easy-to-read, easy-to-use book that's equal parts medical textbook, clinical case studies and practical advice. Learn how to decipher facial shapes and facial markings so you can more effectively understand, diagnose, treat and communicate with patients. Not a medical professional? That's okay! This book is for you, too. Use facial reading techniques to build stronger connections with coworkers, friends, family members, customers, students, athletes and others with whom you interact daily. You might even learn a few things about yourself.

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## **FACE READING**

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### **HOW TO KNOW ANYONE AT A GLANCE**

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## **FACE READING**

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### **KEYS TO INSTANT CHARACTER ANALYSIS**

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Rowman & Littlefield How often have you taken one look at someone and 'known' that they were not to be trusted? Or conversely, instantly been sure that some new acquaintance was someone who was going to be your friend? You 'know' because you can instinctively see their character in their faces. The art of reading faces has been practiced in China for thousands of years. Now, with the help of this step-by-step guide, anyone can learn how to interpret different facial characteristics and acquire an instant knowledge of a person's character, feelings, hidden desires, state of health, and mood. Everything is written in the face. High cheekbones, a pointed chin, flaring eyebrows or a turned-up nose all have specific meanings. Once you have learned how to interpret them you will gain greater self-knowledge and a deeper understanding of your friends, colleagues and partners. Your new insights will enable you to form more successful relationships and will give you the advantage in business dealings and interviews. You will know at once whether a person is trustworthy or has bad intentions, and your first impressions will be supported by the clear evidence in the face confronting you. Clear and practical, Face Reading includes 180 illustrations showing you all the facial features with detailed explanations of their meaning. Reading faces is entertaining and fun, but it is no mere party game; it will change your whole perception of the people around you as well as yourself.

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## **THE BODY CLOCK IN TRADITIONAL CHINESE MEDICINE**

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### **UNDERSTANDING OUR ENERGY CYCLES FOR HEALTH AND HEALING**

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Simon and Schuster A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way • Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day • Describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices • Explores the mental and emotional states each organ is related to and their

connections to the teeth, the other organs, and the Five Elements of TCM. All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock. In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help. The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices. By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.

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## **DIVINE CHINESE CUISINE**

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### **100 RECIPES . 70 VEGAN OPTIONS - NO GLUTEN, DAIRY, SEAFOOD, NUTS, DYE OR MSG**

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100 Authentic Chinese Recipes with 70 Vegan Options. Free of Gluten, Dairy, Seafood, Nuts, Dye or MSG

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## **BREATHING SPACE**

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### **HOW ALLERGIES SHAPE OUR LIVES AND LANDSCAPES**

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Yale University Press Allergy is the sixth leading cause of chronic illness in the United States. More than fifty million Americans suffer from allergies, and they spend an estimated \$18 billion coping with them. Yet despite advances in biomedicine and enormous investment in research over the past fifty years, the burden of allergic disease continues to grow. Why have we failed to reverse this trend? Breathing Space offers an intimate portrait of how allergic disease has shaped American culture, landscape, and life. Drawing on environmental, medical, and cultural history and the life stories of people, plants, and insects, Mitman traces how America's changing environment from the late 1800s to the present day has led to the epidemic growth of allergic disease. We have seen a never-ending stream of solutions to combat allergies, from hay fever resorts, herbicides, and air-conditioned homes to numerous potions and pills. But, as Mitman shows, despite the quest for a magic bullet, none of the attempted solutions has succeeded. Until we address how our changing environment—physical, biological, social, and economic—has helped to create America's allergic landscape, that hoped-for success will continue to elude us.

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## MANAGEMENT OF CANCER WITH CHINESE MEDICINE

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Donica Pub Limited Integration of Chinese medicine in a cancer treatment strategy offers major advantages in dealing with commonly seen complications of the disease and in combating the side-effects of treatment by conventional medicine methods such as surgery, radiotherapy and chemotherapy. This new reference is the first comprehensive book in English on the Chinese medicine approach to cancer management, written by a highly respected TCM oncology specialist. Drawing on the author's wide experience in one of Beijing's leading hospitals, Management of Cancer with Chinese Medicine provides a unique insight into the Chinese approach to treating cancer, emphasizing the roles played by acupuncture, herbal medicine, Qigong therapy and diet therapy in strengthening the body and acting synergistically with conventional medicine to radically improve the quality of life of cancer patients. Presents the author's wide-ranging experience in the integration of Chinese and conventional medicine to achieve the most effective cancer treatment strategy. Designed for TCM practitioners to consult in their daily practice working either in an alternative or conventional medicine environment. Provides a comprehensive discussion of the role of Chinese medicine in post-operative management and in reducing the main side-effects of radiotherapy and chemotherapy. Explains the application of Chinese medicine in the management of the main complications of cancer such as pain, fever and bleeding. Gives the etiology, pathology, and full pattern identification for each condition, with herbal medicine and acupuncture treatment indicated for each pattern. Features carefully selected clinical experiences and case studies of 16 other eminent Chinese doctors to place Professor Li's approach in perspective and broaden the information available to practitioners. Includes chapters on diet therapy and Qigong, both of which can be practiced by patients at home.

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## READ THE FACE

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### FACE READING FOR SUCCESS IN YOUR CAREER, RELATIONSHIPS, AND HEALTH

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St. Martin's Essentials Relearn the intuitive language of face reading From birth, face is our first language. We are born face readers—knowing to seek out human features and faces from the moment our eyes open. We all have the intuitive ability to read and interpret the feelings and expressions of those around us. In Read the Face, master face reader Eric Standop unlocks the power of this innate human ability, sharing his own journey to become a face reading master, along with stories that illustrate the power of this unique language. Using a combination of three different schools of face reading, along with a scientific accuracy to detect the most fleeting microexpressions, Standop is able to read personality, character, emotions, and even the state of a person's health—all from simply glancing at their face. The book is divided into sections focusing on specific ways that face reading can offer insight, such as Health, Love, Communication, Work and Success. The stories are accompanied by detailed black and white illustrations of faces, allowing readers to observe the same features that Standop interpreted. The final section of the book

outlines the meanings of dozens of facial features and face shapes, so that readers can recognize their own innate intuitive powers and develop them. Read the Face is a guide to using the ancient art and science of face reading to go beyond the surface and create the boldest life possible.

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## **SARAH**

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### **THE LIFE OF SARAH BERNHARDT**

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Yale University Press Everything about Sarah Bernhardt is fascinating, from her obscure birth to her glorious career--redefining the very nature of her art--to her amazing (and highly public) romantic life, to her indomitable spirit. Well into her seventies, after the amputation of her leg, she was performing under bombardment for soldiers during World War I and toured America for the ninth time. Though the Bernhardt literature is vast, this is the first English-language biography to appear in decades, tracking the trajectory through which an illegitimate--and scandalous--daughter of a Jewish courtesan transformed herself into the most famous actress who ever lived, and into a national icon, a symbol of France.--From publisher description.

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## **TREATING EMOTIONAL TRAUMA WITH CHINESE MEDICINE**

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### **INTEGRATED DIAGNOSTIC AND TREATMENT STRATEGIES**

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Singing Dragon Emotional trauma can upset the harmony of the body and reduce the body's ability to heal and regulate itself. Once the traumas are identified and treated, the body will function at an optimum level and will respond to treatments for other conditions present. This book integrates the multi-diagnostic and treatment methods existing in Chinese medicine, and contains diagnostics such as facial, pulse, tongue, and channel palpation diagnosis. Treatments include acupuncture, Chinese herbal formulas, qigong, shamanic drumming, and lifestyle and nutritional recommendations. Many types of emotional traumas and their manifestations are presented, including fear, anxiety, panic attacks, PTSD, depression, mood swings, insomnia and sensory organ impairment. How to prevent future emotional trauma will be discussed, and case studies are included to show the application of theory in practice.

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## **TREATING CHILDREN WITH CHINESE DIETARY THERAPY**

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Singing Dragon Chinese Dietary Therapy is one of the pillars of Chinese medicine and has a large role to play in health. This comprehensive book allows practitioners to add this important element to their paediatric practice and to advise parents on positive food choices for their children. With childhood allergies, asthma, ADHD, obesity and childhood diabetes on the rise, this indispensable resource provides advice on using food as medicine for particular common ailments - such as chronic coughs, colds, stomach aches and constipation. It describes how to use food to prevent illness in children and for long-term health benefits, with a focus on strengthening digestion for a resilient immune system. It also demonstrates how diet can bring the body closer to a state of balance by living in accordance with seasons

and the world around us, and listening to the body's intuitions. Focusing on the pivotal role of digestion in a resilient and better immune system for optimal health, Treating Children with Chinese Dietary Therapy gives practitioners of Chinese medicine a resource to bring this ancient awareness to today's parents.

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## **HUMMING WITH ELEPHANTS**

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### **A TRANSLATION AND DISCUSSION OF THE "GREAT TREATISE ON THE RESONANT MANIFESTATIONS OF YIN AND YÁNG"**

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A literal translation of the Yellow Emperor's Inner Classic (Huang Di Nei Jing), Plain Questions (Su Wen), chapter Five, this book also includes historical and contemporary clinical and philosophical commentary, as well as a discussion by Dr. Wilms.

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## **YOUR BODY NEVER LIES**

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### **THE COMPLETE BOOK OF ORIENTAL DIAGNOSIS**

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Square One Pub Too often, conventional medicine fails to detect illness—especially when it first begins and is easiest to cure. But Oriental diagnosis, an ancient holistic system of knowledge, can often discover physical problems even before they arise. Now Your Body Never Lies helps you both understand and use this natural, noninvasive approach to restoring good health. Your Body Never Lies starts by explaining the principles of Oriental medicine. It then shows you how to detect and understand health problems simply by looking at the mouth, lips, and teeth; eyes; nose, cheeks, and ears; forehead; hair; hands; feet; and skin. Clear diagrams and easy-to-use charts assist you in quickly recognizing signs of illness so that you can begin working toward a state of balanced well-being. Here is a complete guide to Oriental diagnosis, a revolutionary yet centuries-old way to preserve health and harmony.

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## **CHANNELING THE MOON**

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### **A TRANSLATION AND DISCUSSION OF QI ZHONGFU'S HUNDRED QUESTIONS ON GYNECOLOGY**

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A literal translation and discussion of a thirteenth-century Chinese textbook on gynecology: Qi Zhongfu's Hundred Questions on Gynecology from 1220 CE. Includes the Chinese original side-by-side with the English, extensive commentary on the essays and formulas, and clinical notes by Sharon Weizenbaum.

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## **THE CHINESE ART OF FACE READING : BOOK OF MOLES**

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Joey Yap Research Group Revealing the inner secrets of moles. The book delves into the inner meanings of moles and what they reveal about the personality and destiny of an individual. Complemented by fascinating illustrations and Joey Yaps easy-to-understand commentaries and guides, this book takes a deeper focus into a Face Reading subject, which can be used for everyday decisions -- from personal

relationships to professional dealings and many others.

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## **EMOTIONS REVEALED**

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### **RECOGNIZING FACES AND FEELINGS TO IMPROVE COMMUNICATION AND EMOTIONAL LIFE**

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Macmillan An expert on nonverbal communication traces the evolutionary roots of most basic human emotions--anger, sadness, fear, disgust, and happiness--revealing how they evolved and became embedded in the human brain while showing how they are triggered in the body. Original. 15,000 first printing.

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## **PHYSIOGNOMY**

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### **THE ART OF READING PEOPLE**

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Createspace Independent Publishing Platform Are your first impressions of others often wrong? Do you wish you could be luckier in love? Physiognomy, or the art of reading a person's features, is commonly used in Asian cultures to help people plan for success and steer clear of heartache and frustration. It is also considered enormously helpful when choosing friends, business partners, and romantic interests. Physiognomy can be used not only to discern a person's character and personality, but also to glimpse his or her fate. For example, by reading a special feature on a person, skilled physiognomists can predict whether this person will have a long life, marital happiness, good health, or fame. With the help of physiognomist Quyên Quang Tran, you can learn to use physiognomy in all walks of life. You can also use it to divine what fate may have in store for you and others: success or failure, sickness or health, marital bliss or conflict, or good or bad fortune. Author Quyên Quang Tran has practiced physiognomy for over fifty years. Now, in Physiognomy: The Art of Reading People, he presents fundamental concepts and skills to help others learn this life-changing science. Tran explains the fundamentals of reading the forms on the face and on the body as well as interpreting the voice, color, and countenance of an individual. He includes hundreds of illustrations to help readers identify and read various features on the face and on the body of a person. A special chapter of the book is for the discussion of dozens of readings conducted by Tran's mentor, Mr. Ngo Hung Dien. These stories illustrate the practical applications of physiognomy on people in their own lives. Physiognomy: The Art of Reading People is a thorough guide to the fundamentals. Topics include: observing and interpreting a person's physical forms, his/her color, voice, and countenance, grouping the physiognomic features into sets, and applying physiognomy to daily life of any individual to contemplate. The book also includes forty detailed case studies to illustrate the practical uses of physiognomy. Whether you're seeking insights into your friends or your fate, Physiognomy will offer you a fresh perspective to live a life that you are looking for. "

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## **FACE READING ESSENTIALS**

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## FACE SHAPES

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Joey Yap Research Group The ancient practice of Mian Xiang is now condensed into easy-to-digest nuggets of information. If you've ever wanted to know more about people in general, and why we have such vastly different personalities, perceptions, and reactions, Face Reading is the first captivating step in a journey that will reveal plenty of interesting insights. Face Shapes Face Shapes are unique, and yet at the same time it tends to be one of the most overlooked aspects of Face Reading. Face Shapes can be classified into Elements, Ten Characters and unique formations. What You'll Learn: How to read your own face and those around you to better understand each other's personality and destiny Uncover the story behind each facial feature, and the face as a whole Decipher individual's personal story with an illustrated guide Chapter Highlights: Part One: The Five Basic Face Shapes Discover what your face shapes tell you. Part Two: Unique Face Shapes Uncommon face shapes, like Volcano Face and Bucket Face, and their hidden meanings. Part Three: 10 Characters Face Shapes An interesting study of how certain shapes resemble Chinese character. Part Four: Animal Face Shapes Whether it is a Camel Shape or a Turtle Shape, deciphering these shapes can reveal fascinating things about yourself.

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## THE YIN AND YANG OF CLIMATE CRISIS

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### HEALING PERSONAL, CULTURAL, AND ECOLOGICAL IMBALANCE WITH CHINESE MEDICINE

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North Atlantic Books The first book to marry western environmentalism with Chinese medicine, The Yin and Yang of Climate Crisis illustrates the many ways that our personal well-being and climate health are vitally connected. Brendan Kelly demonstrates that crises such as melting ice caps, dying forests, and devastating floods are symptoms of deeper issues, both within us as individuals and within our culture. Informed by Kelly's experience as a practitioner of traditional Chinese medicine, this passionate discussion reveals that the current life-threatening severity of climate change speaks to the level of imbalance that exists in the people and institutions responsible for the crisis. Considering issues such as loss of life from increasingly severe storms, stress on farmers from rapidly changing weather, and increasing rates of disease, this book goes on to present hopeful, deep-reaching personal and societal remedies to treat the underlying causes of climate change and to restore our own health. The Yin and Yang of Climate Crisis blends the external focus of environmentalism--western science, policy issues, regulations--with the internal focus of Chinese medicine--personal health, balancing Qi, diet--to present a holistic view of our interrelationship with the planet. Kelly provides a deeper look at how we've gotten to this place of climate destabilization and ways to treat both the symptoms and their root causes. Looking through the lens of Chinese medicine, we are better able to understand that the severity of climate destabilization speaks to deeper philosophical and spiritual issues and provides an opportunity to address our own personal and collective imbalances. With his unique perspective and far-reaching perceptions, Kelly encourages us to translate the reality of our warming planet into an opportunity to ask bigger and deeper questions, including who we are,

what we're here to do, and what promotes health and healing.

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## **TRADITIONAL CHINESE MEDICINE DIAGNOSIS STUDY GUIDE**

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This book is organized around the 'four pillars' of TCM diagnosis: inspection, inquiry, listening and smelling, and palpation. In this text, each aspect is explained in a clear and systematic manner, with generous use of tables and illustrations. This is followed by a series of review questions for deeper understanding. A comprehensive self-examination consisting of 200 multiple choice questions, with a separate key to the answers, tests the reader's understanding of the important points of each aspect of diagnosis. These questions, many of which are presented in case study format, will help students prepare for the board exams.

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## **FACE READING**

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### **UNLOCK THE SECRETS OF CHINESE PHYSIOGNOMY AND DISCOVER HOW TO READ PEOPLE LIKE CLOCKWORK**

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If you want to discover what face reading can teach you about yourself and others, then keep reading... What if I told you that your entire life story is written on your face? Or if you learn to read faces, you can determine a person's past, present, and future, and you will be surprisingly accurate. Face reading is an ancient Chinese art that is still widely practiced, especially for modern health analysis. Subtle signs on a person's face, like moles, scars, discoloration, and even the shape, tell a lot about a person's life story and characteristics. This book is packed with information about the Chinese secrets of face reading. With this book, you can easily detect a person's thought process, characteristics, strengths, and weaknesses. You can also determine your future with this ancient art. With the guidance of this book, you will... Learn the various aspects of face reading. Discover a person's past, present, and future by simply looking at their face. Learn about the secret history of ancient Greek and Chinese face reading. Gain insight into Mien Siang and Wu Xing. Learn to measure your wealth and career prospects by using simple face reading techniques. Determine the type of partner you will marry and your probability of having children. Learn to read a person's face and decipher their feelings. Learn whether to trust a person or not and how to make better decisions based on facial readings. Know a person's personality type by the shape of their face. Predict your fate by deciphering individual age points and features on your face. Gain a deeper understanding of people and their lives. Learn about the five elements and how they relate to your personality. Learn about the Twelve Houses and Thirteen Divisions of facial reading. Decipher your destiny and life's purpose. If you are intrigued by face reading or trying to figure out your life story and want to learn more about your future, then this book is for you. Grab your copy of this book today to learn everything you need to know about face reading and how to unravel your destiny.

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## **YANG SHENG**

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## **THE ART OF CHINESE SELF-HEALING**

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Hardie Grant Publishing The concept of self-care is, in fact, thousands of years old. This buzzword is rooted in a 2,500-year old Chinese philosophy. 'Yang sheng' means to nourish life – fostering your own health and wellbeing by nurturing body, mind and spirit. In this book, Katie Brindle teaches readers how to harness this powerful natural healing system to improve every aspect of their life. Yang Sheng fits and works brilliantly in modern life. Some of the techniques may seem unusual, but they are all simple, quick and effective. Even more appealing, a key principle of Chinese medicine is balance; that means not being perfect or excluding foods or having too many rules or pushing yourself to exhaustion with overwork or over-exercise. And so, Yang Sheng encourages you to have the green juice and the glass of wine, a full-on day at work and a night out dancing. For people who are overtired and overtaxed, stressed, lacking a sex drive, or who feel anxious or hopeless, the practice of Yang sheng restores balance. Our bodies are designed to self-heal – Yang Sheng knows the mechanics of how to activate this.

## **LIP DIAGNOSTICS: NEW REFLECTION ZONES OF THE HUMAN ORGANS ON THE LIPS**

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Independently Published Lip Diagnostics expands on the knowledge of the already well-known microsystems of the human body: the reflection zones of the organs on the ears, irises, tongue, hands, and feet. This book is the result of many years of work with thousands patients to prove that the manifestation of pathologic processes in the internal organs are reflected in a number of ways within the organ zones on the lips. Various disease processes may appear as spots, discolorations, cracks, depressions, or swellings. The manifestations of disease processes are clearly explained and illustrated with over 220 photographs. Lip Diagnostics is a fast, easy, and effective way to discover which pathologic processes are occurring, or have occurred, in the human body. Applying laser therapy to the lip reflection zones results in a fast and powerful healing effect. The content of this book covers the skin, the pulmonary, cardiovascular, gastrointestinal, urogenital, endocrine, musculoskeletal, brain, and nervous systems. By doing so, it demonstrates additional evidence for the wise aphorism: "As above, so below" and "The microcosmos is a reflection of macrocosmos."

## **FASTING CAN SAVE YOUR LIFE**

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National Health Assoc

## **PRACTICAL ATLAS OF TUNG'S ACUPUNCTURE**

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Praktische atlas van Tung's acupunctuur, een methode waarbij slechts weinig naalden worden gebruikt.