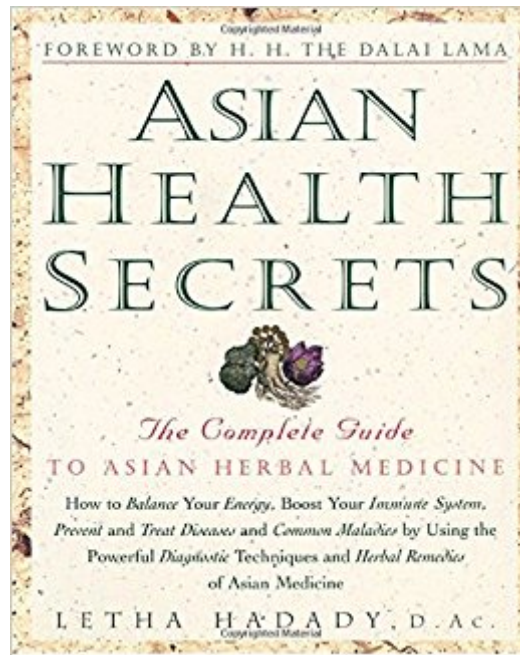


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Asian Health Secrets: The Complete Guide To Asian Herbal Medicine



Synopsis

Asian Way of Wellness is the first interactive guide to herbal medicine, presenting breakthrough guidelines for self-diagnoses that help readers understand how to evaluate their personal health needs and use readily available herbs to treat common maladies, boost the immune system, prevent illness, maintain wellness, and ensure longevity. The author is a herbalist and accupuncturist. From the Hardcover edition.

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Customer Reviews

This comprehensive work by an acupuncturist and herbalist brings the ancient knowledge of Chinese, Indian, and Tibetan herbal medicine to Westerners. Tools for self-diagnosis emphasize treating the person, rather than the illness, to ensure a healthy harmony of body, mind, and spirit. Herbs are recommended for a gamut of problems, ranging from eating disorders, arthritis, and PMS to sexual dysfunction and depression. Hadady tells how to prepare herbal remedies at home but also includes mail-order sources. A cross reference of herb names to their Chinese names and a general index and herb index are provided. This thorough volume is recommended as a definitive resource on Asian herbal medicine for popular alternative medicine collections. (Indexes not seen.)?Nancy Myers, Univ. of South Dakota Lib., Vermillion Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Asian Way of Wellness is the first interactive guide to herbal medicine, presenting breakthrough

guidelines for self-diagnoses that help readers understand how to evaluate their personal health needs and use readily available herbs to treat common maladies, boost the immune system, prevent illness, maintain wellness, and ensure longevity. The author is a herbalist and accupuncturist. "From the Hardcover edition.

The stresses of life in the 21st century can drain you from every direction, but this very comprehensive guidebook by Asian medicine expert Letha Hadady is sure to offer just the right antidote. After reading this book, we were amazed at just how many solutions are available for health and energy issues using wholesome, natural ingredients or involve a change in lifestyle or choices. We recommend this addition to your home's reference shelf. It's a book you will refer to again and again.

This is a wonderful book! It offers information and options, particularly when/where modern western medicine falls short (something that is happening too often these days, particularly with regard to transgenic GMOs). I read this book quite thoroughly when I first got it and have referred to it constantly through the years. Recently I gave my personal copy away to a friend in need and so purchased another copy for our household. I thought it was about time I came online and mentioned my feelings to other interested shoppers. This book has helped me enormously and I highly recommend it! 5-Stars, without reservation.

I am very happy to have this book...there is so much to learn from the ancient teachings of CHINESE way of body balancing and use of HERBS. NOT ALL HERBS ARE GOOD FOR everyone..it all depends on your body type...every thing is toxic....lol...too many of the western world practitioners over use and have overdosed on many herbs that are good for each person's needs.I think it is fortunate for this information by LETHA HADADY....lol..maybe a reincarnated chinese herb master from China...

Asian Health Secrets is a grand compendium of Chinese, Indian, Japanese, and Tibetan illness remedies and cures through utilization of common herbs, spices, vegetables, vitamins that can be integrated for best Chi, the vitality, energy, and strength to combat the challenges of life and to manage one's resources to the best of one's knowledge and ability by being in the best of health. Good health is the best prosperity one can achieve because with excellent health, one has the strength, courage, vitality and fortitude to overcome desperation. I have personally utilized Letha

Hadady's reference to release myself from pharmaceuticals I was previously unable to release myself from. The herbs, vitamins, vegetables, and timing to my individual needs were observed and put into action to release me from all my personal maladies. I am so grateful for this compendium of Asian herbal food and spice secrets!!!!!!!!!!!!!!

This book is one of the best purchases of any kind that I've made in years. It is what I think a good health book should be --- it offers discrete remedies to individual, immediate health concerns, but it also emphasizes a comprehensive approach to improving overall health. It focuses on improving one's overall health in a systemic way, rather than just suppressing symptoms. I found that it also demystifies Asian medicine (Chinese, Tibetan, Indian, etc.) somewhat. As rooted in Western tradition and science as I am, I've often been confused by discussions of Asian medicine that sounded intangible and mystical. This book discusses everything in the most calm, intelligent, and pragmatic way possible, even providing photographs of common herbal preparations, so that all the information feels concrete and practical. Ms. Hadady is an excellent teacher: like most good teachers, she gives you the information and the methodology to be able to begin analyzing problems on your own. She presents a huge amount of information in way that is warm and readable but not patronizing. She starts from the beginning, laying out all the foundations of Asian medicine, so that each chapter builds on the knowledge you've gained in the previous. Every piece of information is useful and necessary; there is no fluff. It's completely worthwhile to take the time to read the whole book. As big as it is, it's a quick and enjoyable read, and the information is invaluable. I found myself taking notes because I really wanted to absorb everything. I don't think I'm really communicating how good I think this book is. It's truly comprehensive in the best meaning of the word, without being overly complicated or esoteric. It presents alternative methods of diagnosing and treating problems (teas, herbal remedies, nutrition, homeopathic remedies, meditation, etc.), so if one approach doesn't seem to be working, you can try others. The appendix lists resources for obtaining supplies and further information. Most importantly, the suggestions are all things that the average person (like me) can actually do. I strongly recommend this book.

This book is truly helpful. I use it in tandem with what I've learned from tcm (chinese medicine). The section on tongues is great knowledge I use everyday to gauge my overall health. It helped provide me insight as to which chinese meds I should be taking at a given time. She also provides info on herbs that one can use. Very helpful.

Asian Health Secrets: The Complete Guide to Asian Herbal Medicine by Letha Hadady is being currently used in courses offered to nurses and doctors wishing to receive continuing education credits through The Renfield Center for Nursing Education, a branch of Beth Israel Hospital Complex and Albert Einstein Medical College and the annual complementary and alternative medicine conference offered by Columbia University's College of Physicians and Surgeons, The Rosenthal Center for Alternative Medicine, N.Y. Botanical Gardens, and the University of Arizona's Department of Integrative Medicine, which is headed by Dr. Andrew Weil. The author is quite knowledgeable about Chinese herbs, medicinal mushrooms, and other applied health practices including acupuncture. Her clear explanations and attractive illustrations in the book help to bridge the learning gap experienced by physicians and nurses in the West. I predict that this book and workshops associated with it will become a growing trend in modern clinical practice.

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