

Kaki Bienfaits Sant Mdecine Chinoise

Christine Li

La médecine chinoise Christophe Labigne, 2018-03-15 Inscrite depuis 2010 au patrimoine de l'humanité par l'UNESCO, la médecine chinoise compte de plus en plus d'adeptes. Introduite en France au début du XXe siècle, son histoire plurimillénaire vient alors côtoyer la médecine conventionnelle. Depuis, cette médecine orientale suscite toujours actuellement questionnements et débats. Christophe Labigne revient aux sources de la sagesse chinoise pour souligner son apport fondamental en matière de prévention et de guérison. Il explique ainsi le concept de l'équilibre Yin-Yang, de l'énergie vitale Qi et le rôle des méridiens. Croisant les regards orientaux et occidentaux sur la compréhension du vivant et convaincu de leur nécessaire complémentarité, il plaide pour une collaboration bienveillante qui cesse enfin d'opposer tradition et modernité. Exposant en particulier les bienfaits de l'acupuncture, il dresse également un état des lieux des conditions d'exercice de cette véritable profession en France en militant pour sa reconnaissance et livre ses conseils aux futurs praticiens.

La médecine chinoise Christine Li, 2007 Comment soigner très simplement vos petits maux de tous les jours et conserver votre équilibre ? C'est ce que vous propose de découvrir cet ouvrage, grâce à des recettes simples et naturelles puisées aux sources mêmes de la médecine chinoise et rapportées par l'auteur directement de Chine. Les principes de la médecine chinoise reposent sur deux théories fondamentales : la théorie des cinq éléments (le bois, le feu, la terre, l'eau et le métal) et le concept bipolaire du yin et du yang. Apprenez à reconnaître quelles sont vos dominantes en fonction de vos problèmes et de votre humeur, et constatez à quel point la médecine chinoise peut y apporter des réponses efficaces et adaptées. Choisissez parmi plus de 70 remèdes éprouvés s'appliquant à toutes les situations de la vie quotidienne celui qui vous convient le mieux : avez-vous besoin d'une rafraîchissante Tisane de bambou pour calmer des enfants turbulents ? d'un Bain impérial pour vous relaxer ? d'un Potage de vermicelles au poivre pour vous réchauffer ? ou encore de Confiture de mûres pour lutter contre les cheveux blancs ? Découvrez les ressources inépuisables de la médecine chinoise, et retrouvez équilibre intérieur, forme et santé.

Médecine chinoise, médecine de prévention Denis Colin, 1996

La médecine chinoise Jean-Marc Eyssale, Évelyne Malnic, 2009

La médecine du tao Gérard Edde, 2008 Ouvrage de santé au quotidien, ce guide pratique vous enseigne les bienfaits de

la médecine héritée des sages taoïstes de la Chine ancienne. C'est un manuel de phytothérapie et de diététique qui donne des recettes, des indications sur les plantes et sur les principaux aliments, sources de bien-être et de longévité. Il traite très largement des solutions que la médecine traditionnelle chinoise apporte à des problèmes généraux de notre quotidien : asthme, arthrite, maux de tête, sciaticque, régime... La vie est un équilibre permanent et maintenir sa santé suppose un comportement préventif, un sens de la mesure, un mode de vie sain. A l'image des sages et des combattants de la Chine traditionnelle, en suivant les indications de ce livre, vous vous maintiendrez dans une condition physique optimale et comprendrez l'intérêt des perspectives orientales en matière d'énergie, de spiritualité, de santé au quotidien. Certaines des recettes taoïstes proposées dans cet ouvrage sont inédites et dépassent le cadre, souvent restrictif, de la médecine traditionnelle chinoise. Le lecteur trouvera aussi dans cet ouvrage nombre de méthodes permettant d'évaluer son niveau d'énergie selon les observations pertinentes des anciens sages taoïstes.

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