

Prof. TCM (Univ. Yunnan) Li Wu

The Book Of Chinese Healing **Proven healing knowledge from the Middle Kingdom**

- * Traditional Chinese Medicine
- * Acupuncture and moxibustion
 - * Qi Gong and Tai Chi
- * Diet according to the five elements

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About the book.

Use the ancient, valuable healing knowledge from the Middle Kingdom. The centre of Traditional Chinese Medicine (TCM)—an exact and systematic science and a holistic healing method—is the stimulation of Qi. The Far Eastern medicine has proven to be an effective alternative or complement to Western medicine regarding the treatment of everyday problems and symptoms that are difficult to treat such as pain, metabolic diseases and various organic and psychological disorders.

Strengthen your life energy Qi according to the basic rules of the practitioners of ancient China, who have helped their emperors to a long and healthy life, and learn all about the basic principles of Chinese medicine, the work of Yin and Yang and the five elements. Treat yourself in a simple and effective way using the appropriate methods: acupuncture, acupressure and moxibustion, herbal remedies, exercise and meditation exercises, massages in order to stimulate the flow of Qi and a tasty, healthy diet help to maintain health and cure ailments.

About the author.

Li Wu, born in 1966, is a doctor of Traditional Chinese Medicine (TCM). In Germany he is approved as an alternative practitioner and is head of a successful natural healing practice in Munich. His exceptional talent was recognized already at an early age and gave him the possibility to study at the famous Shaolin monastery in the Chinese province of Henan, later he studied medicine at the Beijing University. In Germany, Li Wu studied psychology and German literature and language at the University of Passau.

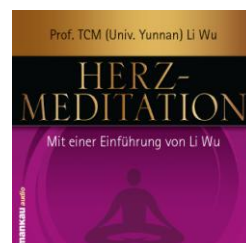
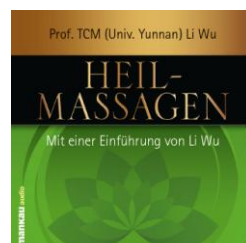
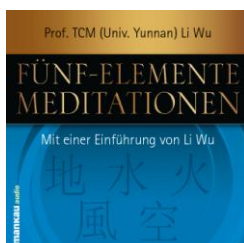
Dr. Li Wu is also a master of Qi Gong and an honorary professor of East-West Medicine at the University of San Francisco, he is also head of the Naturopathic Research Institute in Munich and is a board member of the Science Research Association of China and the Chinese Huang Han Medical Association.

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Audio-CDs by Dr. Li Wu.

In addition to the book the following audio-CDs by Dr. Li Wu have been released:

- Five-elements-meditations: ISBN 978-3-938396-69-8, 12,95 € (D) / 13,40 € (A)
- Healing massages: ISBN 978-3-938396-70-4, 12,95 € (D) / 13,40 € (A)
- Heart meditation: ISBN 978-3-938396-71-1, 12,95 € (D) / 13,40 € (A)



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