

<<常见病自己治>>

图书基本信息

书名：<<常见病自己治>>

13位ISBN编号：9787119020617

10位ISBN编号：7119020617

出版时间：2001-1

出版时间：外文

作者：李和生 编

页数：135

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<常见病自己治>>

内容概要

Self-Therapies for Common Diseases is an Introduction to the Methods of Natural Therapy. Based on his Teaching Experience, his Medical Practice, and his Application of Chinese Traditional Medical Therapy, the Author Summarizes more than a Hundred Self-therapies for Various Common Diseases, such as those of the Respiratory System, the Central and Peripheral Nervous Systems, the Cardio-vascular System, the Gastroenteric System, the Gynecologic System, and the Five Sense Organs. The Therapies Suggested in this book are Simple and Easy to Learn and their Curative Effects, Without the Help of Medical Treatment and Drugs, Are Distinct.

<<常见病自己治>>

作者简介

The author , Li Hesheng , was born in Beijing in 1926. He developed an interest in Wushu (martial arts) when he was a child , and has since been engaged in Wushu research and teaching for many years. He is an expert in Taijiquan and Taichi- Tuishou (push-hands , an advanced Gong-Fu method of Taijiquan). He is , in fact , one of the most famous contemporary Wushu masters in China. He has been engaged in medical work and research into self-therapies ever since 1953. His books include Self-Therapies for One Hundred Diseases by Simple Exercises , Self Therapies for Common Diseases , .Health Care by Simple Exercises and The Three Levels of Gong- Fu of Taijiquan. (continued on the back flap)

## 书籍目录

Preparatory Forms  
Measurement of the Location of Acupoints  
Chapter I The Cerebral and Cardio Vascular System  
1. The Exercise for Invigorating the Function of the Brain and Developing Intelligence  
2. The Exercise of Pressing the Head Repeatedly  
3. The Exercise for Visualising the Acupoints of the Temples  
4. The Exercise for Visualising the Acupoints of Yuzhen  
5. The Exercise of Pressing and Moxibustion of the Toes  
6. The Exercise for Nourishing Blood and Tranquilizing the Heart  
7. The Exercise of Standing to Discharge Rheumatism  
8. The Exercise for Visualising the Acupoint of Danzhong  
9. The Exercise for Visualising the Acupoints of Laogong  
10. The Exercise for visualising the Acupoint of Dazhui  
11. The Exercise for Visualising the Acupoints of Quchi  
Chapter II Hypertension and Hypotension  
1. The Exercise for Lowering Hypertension  
2. The Exercise for Visualising and Acupoints of Yongquan  
3. The Exercise for Curing Hypotension  
Chapter III The Nervous System  
1. The Exercise for Relaxing and Entering into Quiescence  
2. The Exercise for Channelling Qi Through the Chest  
3. The Exercise for Visualising the Acupoint of Baihui  
4. The Exercise of Pressing the Acupoint of Tianxin  
5. The Exercise for Channelling Qi to Cure Isomnia  
6. The Exercise of Sitting Cross-Legged to Channel the Qi  
7. The Exercise of Clenching Fists to Channel the Qi  
Chapter IV The Kidney and the Internal Secretion System  
1. The Exercise for Curing Diabetes  
2. The Exercise for Channelling Qi by Horizontally Circling the Arms  
3. The Exercise of Rubbing the Kidneys and Drawing Water  
4. The Exercise for Visualising the Acupoint of Mingmen  
5. The Exercise for Strengthening the Kidneys  
Chapter V The Liver and Gallbladder System  
1. The Exercise of Therapy in the Field of the Qi  
2. The Exercise for Irradiating the Liver and the Gallbladder with the Qi  
3. The Exercise for Visualising the Acupoint of Dantian  
4. The Exercise of Massaging the Acupoints of Zhangmen  
5. The Exercise for Producing Sound to Channel the Qi  
Chapter VI The Gastroenteric System  
1. The Exercise of the Six-Circle Movement  
2. The Exercise for Invigorating the Function of the Spleen and the Stomach  
3. The Exercise for Irradiating the Acupoint of Danzhong with the Qi  
4. The Exercise of Moxibustion at the Acupoint of Shishang  
5. The Exercise of Massaging the Abdomen and the Feet  
6. The Exercise of Irradiating the Stomach and Moving the Toes.....  
Chapter VII The Respiratory System  
Chapter VIII The Central and Peripheral Nervous System  
Chapter IX The Five Sense Organs (Eyes, Teeth, Ears, Nose, and Throat)  
Chapter X The Urogenital System  
Chapter XI Gynecological System  
Chapter XII Surgical System  
Chapter XIII Preservation of Health

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>