



# Chinese Herbal Secrets: The Key to Total Health

*Stefan Chmelik*

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# Chinese Herbal Secrets: The Key to Total Health

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## **Chinese Herbal Secrets: The Key to Total Health** Stefan Chmelik

This practical handbook provides a complete breakdown of the principles of Chinese herbal medicine for the nonspecialist. It explains clearly how to establish your constitutional type; how to choose the right herbs; and what conditions those herbs can help. Included are recipes for foods, medicinal wines, creams, and ointments.

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