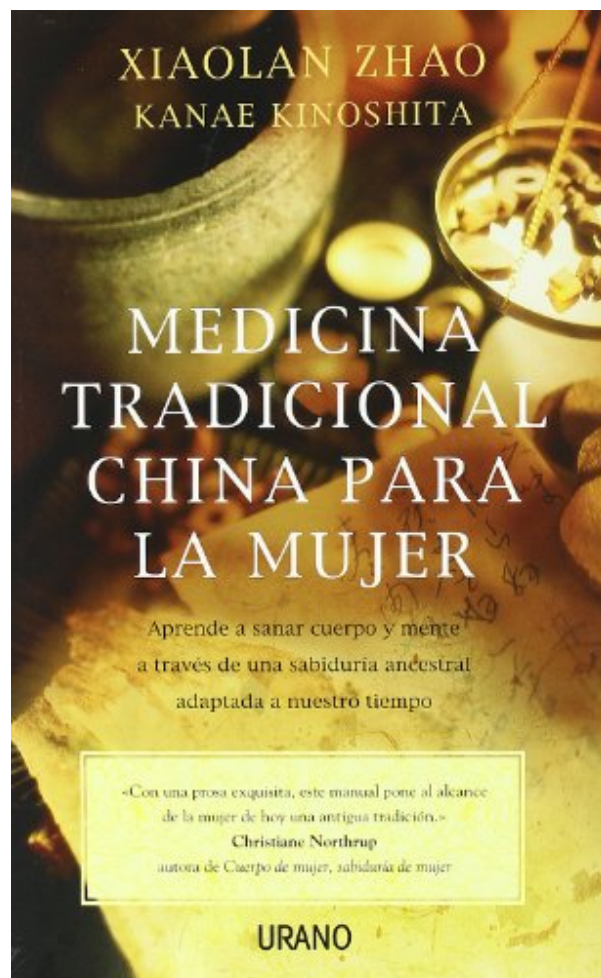


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Aprende a sanar cuerpo y mente
a través de una sabiduría ancestral
adaptada a nuestro tiempo

«Con una prosa exquisita, este manual pone al alcance
de la mujer de hoy una antigua tradición.»

Christiane Northrup

autora de *Cuerpo de mujer, sabiduría de mujer*

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About the Author

Xiaolan Zhao, C.M.D. graduated medical school in China in 1977 and practiced abdominal surgery before specializing in Traditional Chinese Medicine (TCM). After emigrating from China in 1988 she opened her TCM clinic in Toronto. This is her first book.

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Uno de los más fiables y profesionales de la salud en Canadá introduce a las mujeres occidentales la sabiduría de la medicina tradicional china y las prácticas probadas por el tiempo que han ayudado a optimizar la salud física y emocional durante siglos. La Dra. Xiaolan Zhao ha tratado a miles de mujeres que sufren de fatiga, síndrome premenstrual, infertilidad, depresión, síntomas de la menopausia y otros problemas de salud ginecológica; trastornos que son muy comunes en Occidente, pero en menor medida en China, donde la medicina tradicional china (MTC) ha sido una parte integral en la vida de las mujeres durante miles de años. Al hacer cambios sencillos en la dieta, rutina de ejercicios, vida sexual y la manera de lidiar con el estrés y nuestras emociones, podremos mejorar profundamente nuestra salud ahora y hacia el futuro. / One of Canada's most trusted and beloved health practitioners introduces Western women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Dr. Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, menopausal symptoms and other gynecological disorders health problems that are all too common in the West but less so in China, where traditional Chinese medicine (TCM) has been an integral part of women's lives for thousands of years. There is so much every woman can do in terms of ongoing and preventative self-care to improve her health and vitality and prevent illness. By making simple changes in diet, exercise routine, sex life and the way we deal with stress and our emotions, we can profoundly improve our health now and into the future.

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