



# **A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment**

*HaiJun Wei*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment

*HaiJun Wei*

## **A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment** HaiJun Wei

The Book collects the proved recipes of Traditional Chinese Medicine (TCM) for 147 common diseases, these proved recipes are recorded in the ancient Chinese medical works. Most of the ingredients of these TCM recipes are common food ingredients, dried foods and coarse cereals, common plant leaves and stems and medical herbs, the preparation methods of them are easy and simple, the TCM recipes produce no side effect and are called biotherapy or naturopathy or green treatment. Each proved recipe specifies the needed ingredients, preparation method, dosage, tips and warnings. The text is written and edited in Chinese-English languages so that more readers can better learn and understand these recipes. The 147 recipes include the Premature Beat, Duodenal Ulcer, Prostatic Hyperplasia, Decreasing Blood Pressure, Ulcerative Colitis, Throat Inflammation, sore red swollen throat caused by Cold and Fever, Hypertension, Hypotension, Blood Lipid Thick, Diabetes, Esophagitis, Throat Dumb , Pneumonia, Rhinitis, Glaucoma, Periarthritis of Shoulder, Cholecystitis (including chronic cholecystitis), Tache Noire, Rheumatoid Arthritis , Gastroenteritis, Bronchitis, Kidney Stone, urethral calculi, Gallstone , Gastropathy , Bloating and Stomach Fullness, Cardia-Cerebrovascular Disease, Insomnia (Including hypertensive insomnia),Frequent Micturition, Dysentery, Oligophrenia Mutism, Tinnitus, Varicosity (Applicable to the combined superficial phlebitis ) , Hypertensive Megrim, Asthma, Losing Weight, Fast Beauty, Removing Acne, Removing Black Nevus on the Face, Turing Premature Graying into Black Hair, Hair Loss (Specific), Discontinuing the Habit of Smoking and Drinking, Magic Therapy for Improving Intelligence Quotient, etc. These recipes are valuable and useful and are worthy of collection.

 [Download A Collection of Proved Recipes for Common Diseases ...pdf](#)

 [Read Online A Collection of Proved Recipes for Common Diseas ...pdf](#)

## **Download and Read Free Online A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment HaiJun Wei**

---

### **From reader reviews:**

#### **Timothy Reed:**

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open as well as read a book called A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment? Maybe it is to get best activity for you. You know beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have various other opinion?

#### **James Anderson:**

Here thing why that A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment are different and trustworthy to be yours. First of all studying a book is good nevertheless it depends in the content from it which is the content is as delicious as food or not. A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment giving you information deeper including different ways, you can find any publication out there but there is no book that similar with A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment. It gives you thrill studying journey, its open up your own eyes about the thing in which happened in the world which is possibly can be happened around you. You can bring everywhere like in recreation area, café, or even in your approach home by train. Should you be having difficulties in bringing the paper book maybe the form of A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment in e-book can be your alternative.

#### **Jack Rolfes:**

Do you have something that you like such as book? The guide lovers usually prefer to pick book like comic, small story and the biggest an example may be novel. Now, why not striving A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment that give your entertainment preference will be satisfied by means of reading this book. Reading practice all over the world can be said as the opportunity for people to know world better then how they react towards the world. It can't be said constantly that reading habit only for the geeky man but for all of you who wants to become success person. So , for every you who want to start studying as your good habit, you are able to pick A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment become your starter.

#### **Ryan Walker:**

Within this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple method to have that. What you must do is just spending your time little but quite enough to experience a look at some books. One of several books in the top record in your reading list will be A Collection of Proved Recipes for Common Diseases: Green and Low

Cost Self-Treatment. This book which is qualified as The Hungry Slopes can get you closer in turning into precious person. By looking upward and review this book you can get many advantages.

**Download and Read Online A Collection of Proved Recipes for  
Common Diseases: Green and Low Cost Self-Treatment HaiJun  
Wei #AMEQWGD4XVC**

## **Read A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei for online ebook**

A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei books to read online.

### **Online A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei ebook PDF download**

**A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei Doc**

**A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei Mobipocket**

**A Collection of Proved Recipes for Common Diseases: Green and Low Cost Self-Treatment by HaiJun Wei EPub**