



# Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Vitality, and Achieve Optimum Wellness

*Maoshing Ni*

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## **Secrets of Self-Healing: Harness Nature's Power to Heal Common Ailments, Boost Vitality, and Achieve Optimum Wellness** Maoshing Ni

Eastern medicine has long understood the extraordinary innate ability of the human body to fight disease and stay healthy. All it needs is an assist from natural measures-including time-tested disciplines like herbal therapy massage, and acupuncture-to restore balance and stimulate healing from the inside out. In Secrets of Self-Healing, you'll discover self-care strategies at once steeped in Eastern wisdom and tradition and supported by modern science. Here's just a sampling: ?Allergies? Drink chamomile tea ?Flu? Press a point near your thumb to stimulate defenses ?Headache? Visualize relief with meditation technique ?Insomnia? Soak feet before bedtime ?Overweight? Increase metabolism with apple cider vinegar ?and much more!

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