

Chinese Herbal Secrets to Feeling Good and Looking Great



Helen Lee

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The Tao of Beauty: Chinese Herbal Secrets to Feeling Good and Looking Great



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The Tao of Beauty proves that the latest beauty secrets are 5,000 years old. The Tao of Beauty right now makes these therapies open to everyone. In The Tao of Beauty, Lee demystifies for you the use of food and natural herbs for inner health insurance and outer beauty with: A concise summary of Chinese medicine and Chinese herbology's simple components The "Beauty-Wellness Test," Using ingredients offered by local supermarkets and health-food shops, Lee provides solutions for a head-to-toe range of complications, including insomnia, allergies, fatigue, wrinkles, dry pores and skin, and weight problems, with chapters on skin, hair, nails, eye, and make-up. --> Allow it unlock the beauty in you. Ford style model Helen Lee originates from a long line of Chinese natural practitioners, so when she found that Western beauty solutions weren't helping her cure the stress of a full-time modeling career, she turned back again to the Chinese natural therapies her mom had taught her. Predicated on the philosophy that beauty and health are inextricably connected, The Tao of Beauty presents a complete program for restoring the body's organic yin-yang balance. which identifies your energy type--yang (hot), yin/yang (balanced), and yin (cold) Prescriptive information for acne, dry pores and skin, wrinkles, insomnia, fatigue, allergy symptoms, plus much more Five chapters devoted specifically to remedies and suggestions for skin, hair, nails, eyes, and make-up Natural and dietary suggestions and quality recipes for optimal excess weight and health, with elements easily available in regional supermarkets and health food stores Specific advice for women at different phases of life, including pregnancy and menopause Workout, toning, and relaxation techniques predicated on Chi Kung A lot more Western ladies are coming to see that beauty and wellness are inextricably connected, but there are few resources that explain the partnership and offer practical tips.prescriptions" Helen Lee's day time spa has become a mecca for hundreds who've discovered the soothing, personalized "The Tao of Beauty also features workout, toning, and relaxation methods. of Eastern herbal wisdom. With The Tao of Beauty, Lee's doorways are available to all. The Tao of Beauty may be the guidebook you've been seeking.



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Love this book This book is excellent, I started reading it from the library and I just had to get it for myself so I could reference it anytime I needed. The vendor explained the health of the book perfectly - slightly used but excellent condition. The book keeps it basic and explains in basic easily understood terms and walks you through looking after yourself. Good luck. Every woman should examine it. Ms. Ultimately you need to pay attention to own body to determine what will do the job, but this publication is a wonderful guide. Traditional Chinese Medicine For those thinking about Traditional Chinese Medicine, this appears to be an excellent resource for the yin and yang nature of foods, information on various illnesses, and recipes to help ease those illnesses. Beautiful! For example, her papaya peanut soup consists of pork, papaya, raw peanuts and salt. Well, try that. A beautiful book A pleasant and helpful publication. You will feel responsible for your beauty. I Great reserve. I couldnot stop reading itBebin charge of your beauty. I question whether she has ever handled scorching pots in her existence, or also stood near a sizzling stove. You deserve a lot more than make up.. But later in the text she refers to poultry as a warming or yang meals. At the start of the reserve she lists items according to their yin/yang nature. So, for example, poultry is usually neutral or yin/yang. She's certainly paid a little attention occasionally, and collected many dishes, but she contradicts herself quite often. In the various sections on skin care, she lists beneficial foods, and foods to be avoided. a professioanl at what she does. So, I tested this book at the library -- and was so impressed with the contents and info that I got to buy the publication, knowing I'd actually utilize the information again and again for everything from dried out skin to PMS. Many quality recipes are simple, make use of foods widely available, and are easy to prepare. The author brings a number of topical recipes (scrubs, toners, lotions), most created from food items. Just don't have dandruff, because her vodka-treatment won't come cheap. Some of the edible dishes are guite good and incredibly basic. Others are questionable. Publication. (Sounds delicious? Definitely worth buying Because of the quantity of health and beauty books on the market (and that I have bought and never looked at again following the first read), I was extremely skeptical -- either it would be too clinical, difficult to implement or a whole lot worse, dumbed down to the point of "why bother? Loved it. I am very happy to possess been able to afford to purchase this reserve. She also suggests to use surgical gloves when cooking to protect the hands. Dont let make up do a cheap job you. Overall, the publication is interesting to learn as the author uses food as medicine (rather than pharmaceutical preparations), but it contains many inconsistencies.) The substances are cooked for 20 moments without the addition of drinking water.". For example: she says that for a particular skin condition, you should avoid cool-energy foods, but her list of beneficial foods contains several cool-energy items.. Helen. It's great! Five Stars yes yes yes All-organic recipes, but sometimes questionable Although I like a few of the recipes the author shares with us, I doubt her knowledge of herbal medicine. In several places, nevertheless, she contradicts herself. It really is an excellent resource of details on the Chinese perspective for developing and keeping beauty from the inside out. Helen wrote this reserve to talk about her beauty secrets with men and women all over the country. Being effective in the modeling business, Helen continued to become business ladies in the world of beauty and is definitely a professioanl at what she will. Beneficial insight into Chinese perspectives on beauty Helen Lee's Tao of Beauty is not just another beauty book. Helen Lee not merely knows the beauty business for its beauty, but knows what must be done to appear and feel your best. The reserve works from the premise that health insurance and beauty are inter-related and does not offer magic pill remedies. Excellent dishes (try the tasty chicken with walnuts and wolfberries). Lee has certainly spent a great deal of time and care in compiling her understanding on Eastern procedures for health insurance and beauty

and presents her information in a fashion that is easy for Western visitors to follow. She suggests reading the reserve with an open mind - advice I found to be really worth the effort.



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