



# THE EIGHT PRINCIPLES OF GOOD HEALTH

Modern Health Advice from  
an Ancient Healing System

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## **The Eight Principles of Good Health: Modern Health Advice from an Ancient Healing System**



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The Eight Principles of Good Health explains just why that is, as it brings the wisdom of a normal medical system into the modern world, by using a transformational holistic wellness book. this has yet to be uncovered in Western biomedicine. The Eight Concepts revealed in this publication are the following: Part Size Water Intake Avoiding Fake Meals Balancing Nutrition Avoiding Food Bans Reducing Toxic Load Preserving a Non-Sedentary Life-style Choosing a Positive Perspective These Eight Principles are primarily centered around dietary and lifestyle practices, rather than Tibetan Medicine herbal products, as healthy diet and lifestyle will be the most significant and effective aspects of therapeutic curing."-The Eight Principles of Good HealthA concise distillation of practical health principles based on the ancient healing system of Tibetan Medical Science, The Eight Principles of A HEALTHY BODY offers a truly holistic perspective on healthcare."The wind humor may be the link between body and mind, the mental and the physiological;



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A gem - ancient wellness wisdom come alive in this practical handbook If you have ever wondered about ancient eastern medicine and how to apply it to your daily life, this is a great place to begin. This book is more than a translation of historic Tibetan medicinal texts, this is a useful handbook for healthful living. Practical, but comprehensive simultaneously, I think this book will not only appeal to somebody who like me, wishes to make small but impactful changes within their life, but also eastern medicine scholars. I'm obtaining a lot of practical suggestions that I'm applying to my daily living such as: including plenty of colors in every meal, or boiling water before I drink it whenever possible.



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