



Round solar terms and health(Chinese Edition)

By WANG YUE

paperback. Book Condition: New. Language:Chinese.Pages Number: 290 Publisher: Jilin Science and Technology Press Pub. Date :2007-6-1. Man and nature is a dynamic and holistic unified. functional activity of the body's organs. blood runs with the 24 solar terms of the changes are closely related. Therefore. when the daily diet and the diet must be smooth and suitable for summer and winter seasons. take advantage of changes in the seasons of the 24 solar terms favorable factors. resistance to adverse factors in the natural ch.

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