



# Traditional Chinese Medicine

*D.O.M. Michelle O'Shaughnessy*

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## **Traditional Chinese Medicine** D.O.M. Michelle O'Shaughnessy

Traditional Chinese medicine principals and methods have been developed over several thousand years. It uses four distinct methods of treatment acupuncture, Chinese herbs, dietary recommendations and massage to bring the body back to harmony.

Traditional Chinese Medicine: Esthetician s Guide contains information that will help the esthetician incorporate Chinese medicine into their skin care regimes. Chinese herbal medicine and herbs, facial acupuncture and soup recipes are only a few of the healthful topics mentioned in this knowledge-packed book. Topics include:

Qi

Meridians

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