



# **An Intro to Acupuncture And Tcm (Traditional Chinese Medicine): How To Lose Weight, Feel Great, And Fix Your Sore Back With Acupuncture And Other Techniques From Integrative Health Care In China**

*Martin Avery*

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An Intro To Acupuncture And Tcm is the story of a man who was told he was going to die, by a specialist in Canada, but was brought back to life by integrative health care in China. An emergency neurology specialist told Martin Avery he was going to die but he got a second opinion. A doctor of Traditional Chinese Medicine used acupuncture, fire cupping, moxibustion, herbs, finger needling, and nutrition so he could develop good "jing-chi-shen" and she predicted he would live a long time.

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