

Preface

Why do we need a book on traditional Chinese medicine?

In studying the resources that are available in this discipline, I have found that what little material is available is broken down into various segments and does not give a complete picture of the benefits this great branch of medicine offers. There are few resources that explain how we can benefit from understanding the meridians that run up, down and across the face, or how Chinese herbal remedies and single herbs can help solve many skin concerns without using prescription drugs, harsh peels or plastic surgery. Chinese herbs help solve the imbalances internally so that the skin glows on the outside because it is healthy on the inside.

I wrote this book because I felt that there was something missing when I was doing facials. I was helping my clients with their particular skin issues; however, I didn't feel that I was solving the root cause of their problems. I felt like I was putting a Band-aid on a symptom but I hadn't addressed where the problem originated inside the body. Chinese medicine helps bring your skin back to its healthy state and helps you remain looking young because your bodies are working at optimal level from the inside out.

I hope this book will spark your interest in this amazing healing art that has been used so effectively for more than 5,000 years.