



Traditional Chinese Medicine

Sheila McNamara, Prof Song Xuan KE

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Traditional Chinese medicine has been around for **centuries** and it has endured time **because it works!**

When you take into account the success of Traditional Chinese Medicine (TCM) and the fact that most patients in the West only turn to TCM in desperation, you know there is far more to it than the drug companies will admit. However, if TCM has sometimes been presented as a '**miracle cure**', it is simply because it often succeeds where Western medicine has not yet found the answer.

This book was **written to demystify** TCM and to tell you in an **easy-to-read** and **easy-to-understand** way how you can benefit from TCM.

You'll uncover a **wealth of information** brought to life in this fascinating book. The book has a huge range of complaints listed in the **A-Z** making easy reference whenever you need it. The **numerous case studies** show how Chinese Medicine has **benefitted people just like you and me**.

General guidance about likely causes and lists of specific herbs that are likely to be used in the treatment. You have to remember that TCM is a **holistic system** and no two cases are the same to a practitioner. As is generally stated, you should always consult a practitioner before taking any medication.

Dr Ke's clinical success as a **leading consultant** of Chinese Medicine has been featured on **BBC, CNN, ITV, Channel 4** and many other broadcasting media throughout the world as well as in the **Observer, Daily Mail** and **FT**. He is twice listed in **London Evening Standards' Top 50 Health Practitioners** and **London's 100 Best Alternative Experts**, respectively.

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