



Total Health the Chinese Way: An Essential Guide to Easing Pain, Reducing Stress, Treating Illness, and Restoring the Body through Traditional Chinese Medicine

Dr. Esther Ting Dr., Marianne Jas

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A fourth-generation Chinese doctor, Esther Ting has treated more than 140,000 patients on two continents. *Total Health the Chinese Way* is based on Ting's core belief that we can achieve lasting health without surgery or drugs the moment we start listening to our bodies. She and Marianne Jas, a former patient, describe the concept of the body's five primary power centers and their roles in strengthening our physical and emotional defenses.

Total Health the Chinese Way presents the timeless fundamentals of Chinese medicine, including acupuncture and herbs, their uses, and their extraordinary benefits. It identifies cost-effective remedies—from simple recipes to physical and mental exercises—to ease pain, maximize energy, and strengthen the body. Ting and Jas make the wisdom of this 4,000-year-old tradition accessible and useful as never before.

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