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TCM: A Natural Guide to Weight Loss That Lasts (Traditional Chinese Medicine)

Nan Lu, Ellen Schaplowsky

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The Dragon's Way

To Natural, Healthy, Lasting Weight Loss

Here at last is the secret to taking off pounds and inches and keeping them off for life. Unlike popular "miracle" diet programs and products, *The Dragon's Way* addresses the root cause of your weight problems and offers a remarkable six-week program that shows you how to reach your optimum weight and stay there. *The Dragon's Way* is based on Traditional Chinese Medicine (TCM) theories that have been practiced for thousands of years. Today billions of people worldwide benefit from this medical system. *The Dragon's Way* is not about food restrictions, apetite suppression, or vigorous exercising. It's about treating the whole person instead of focusing on weight; about how to use ancient energy movements to awaken your healing ability; about showing you how to use food as a healing tool; and about helping you achieve the harmony and balance in your own body that can result in *natural,* healthy, permanent weight loss.

Discover:

1. How the Traditional Chinese Medicine approach differs from diet programs
2. How this TCM program makes you feel better physically and emotionally
3. How stress causes weight problems
4. How food cravings signal body needs
5. Why depriving your body of food leads to further weight gain
6. Healing foods and recipes that help you eliminate excess water and body fat
7. Herbal supplements and energy movements that encourage body harmony and help you avoid excess wieght
8. Additional health benefits *beyond* wieght loss
9. And Much More!

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