



Chinese Tonic Herbs

Ron Teegarden

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Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature.

It gives the fundamental principles of the oriental health philosophy and discusses the major tonic herbs, such as ginseng, licorice, cinnamon and red dates. In discussing each of the incredible herbs used in the Chinese tonic system, the author describes the properties of the herb both in traditional and modern terms.

There are traditional tonic recipes, modern tonics, and advice on mixing.

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