



Your Body Never Lies: The Complete Book Of Oriental Diagnosis

Michio Kushi

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Too often, conventional medicine fails to detect illness—especially when it first begins and is easiest to cure. But Oriental diagnosis, an ancient holistic system of knowledge, can often discover physical problems even before they arise. Now *Your Body Never Lies* helps you both understand and use this natural, noninvasive approach to restoring good health.

Your Body Never Lies starts by explaining the principles of Oriental medicine. It then shows you how to detect and understand health problems simply by looking at the mouth, lips, and teeth; eyes; nose, cheeks, and ears; forehead; hair; hands; feet; and skin. Clear diagrams and easy-to-use charts assist you in quickly recognizing signs of illness so that you can begin working toward a state of balanced well-being. Here is a complete guide to Oriental diagnosis, a revolutionary yet centuries-old way to preserve health and harmony.



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