



# **Losing Weight Without Dieting: Using Traditional Chinese Medicine (TCM) to Optimize Organ Function and Lose Weight Easily**

*Michael Hetherington*

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### **Your Guide to Losing Weight Using Traditional Chinese Medicine**

If you struggle with losing weight using modern and conventional methods than Chinese and Oriental medicine may be what you are looking for!

## **Work with the forces of nature and not against them to achieve your goals.**

Traditional Chinese and Oriental medicine brings a unique perspective to the understanding and processes involved in losing weight. For thousands of years these methods have been refined and this book provides us with a clear picture of how to treat obesity in a healthy and natural way using these methods. Not only limited to the treatment of obesity, traditional Chinese and oriental medicine provides us a way to reach our potential on all levels physical, mental/emotional and spiritual.

In this book you will know:

- **How to increase the overall health and vitality of your energy field**
- **If your organs are in a healthy state or not and how to go about correcting it**
- **How to adjust your posture and breath to re-establish energetic balance**
- **How to harness the 5 elements to increase overall health**
- **How to identify signs and symptoms and what they mean according to TCM**
- **What supplements and herbs will increase weight loss potential**
- **How to harness yoga and acupuncture to gain quicker results**
- **How to plan your day in a way that supports healthy weight loss**
- **Techniques to curb cravings easily and effectively**
- **How to use meditation to assist in weight loss**

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