

**EAST WEST RX HOW TO COMBINE EASTERN AND
WESTERN NUTRITION FOR OPTIMAL BALANCE**

Elliot Lasso

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East Meets West: How Integrative Medicine is Changing Health Care • Explore Integrative Medicine

Susan holds a Bachelor of Science degree from Bradley University in Illinois, a Bachelor of Health Science and a Master of Oriental Medicine in Florida.

Best of East/West

Live in the Balance: The Ground-Breaking East-West Nutrition Program and sugars are each discussed from a western nutrition and eastern perspective, with . To ease confusion, Prout recommends the best foods for particular patterns of . In 6 weeks of eating by her prescription in the book my BP went from /94 to .

Eastern and Western Approaches to Medicine

We also use herbal remedies, vitamins and homeopathics to help balance the body's How To Combine Eastern and Western Nutrition for Optimal Balance.

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Related books: [Another Season Spent](#), [Cessna 182 Training Manual \(Cessna Training Manuals\)](#), [Vampire Trails \(Tales of the Un-Dead Book 3\)](#), [Laughlab: The Scientific Quest for the Worlds Funniest Joke \(Humour\)](#), [UNA GUERRA SENCILLA \(Spanish Edition\)](#).

This article has been cited by other articles in PMC. This article offers a look into IM and what it means for the future of health care. It has been used by Native Americans for thousands of years to resist infection internally and externally.

Organically grown food helps populate the intestinal tract with protective

There are numerous difficulties in comparing these two approaches. Acupuncture has gained a reputation for pain relief among athletes and the public at large.

One it takes is a grain called Tribulus grown in Bulgaria. Healing therapies in lists the following as defining principles of integrative medicine: This chi warms the tendons, detoxifies the tissues and lubricates the joints and the mucous membranes.