

10 Self Healing Body Practices of TCM

Learn Your Herbs

Herbal medicine is a rich and rewarding practice that offers a kind of autonomy and depth we don't often experience.

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Mind-Breath Practices

Deliberate and mindful breathing paves the way to clarity of mind and improved energy levels.

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Acupressure Your Pains Away

How different would the world look if instead of drugs we went to therapeutic touch first for pain management?

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Get Close to Nature

We come from nature, and that inner wildness still lingers within each of us.

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Mindful Movement Matters

Move your body! Resist the couch potato syndrome.



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