# The health (whh)(Chinese Edition)



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## THE HEALTH (WHH)(CHINESE EDITION)



paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2002-07-01 Publisher: Guangxi basic information title: health tonic (whh) Price: 6.5 Author: Qinyi Zhou (Ah) compiled Press: Guangxi Science and Technology Publication Date: 2002-7-1ISBN: 9787806197950 Words: Page: Revision: Binding: Folio: Weight: Editor's book is a series of family health recipes health tonic: daily tonic without using a relatively large tonic. tonic shall diet to quit the bad eating habits. suffering from fever and menstrual sources should not tonic. physical age tonic in different ways. winter tonic easily absorbed by the body and Storage, the winter complement kidney Fitness enhance physical fitness, physical weakness suffering chronic diseases should be in the spring tonic. the autumn dry easily hurt lungs lead Yin, perishable food can not cure contrary, harmful to the body. Summary This book is a series of family health recipes health tonic: daily tonic without using a relatively large tonic, tonic of the daily diet, to quit the bad eating habits, suffering from fever and menstrual sources should not be tonic different physical age is different tonic way, winter tonic easily absorbed by the body and stored winter complement kidney Fitness enhance physical fitness, physical weakness suffering from chronic diseases should spring tonic, dry autumn easily hurt the lungs lead Yin, perishable food can not cure contrary, harmful to the body. The directory daily tonic without using relatively large tonic tonic is the physical age appropriate diet, bad eating habits to quit suffering from fever and menstrual cramps tonic tonic party workers also different winter tonic easily absorbed by the body and storage winter tonic main physical weakness suffering from chronic kidney Fitness enhance physical fitness should fall dry spring tonic easy to hurt the lungs lead...



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