

**INNER BEAUTY: LOOKING, FEELING AND BEING
YOUR BEST THROUGH TRADITIONAL CHINESE
HEALING**

Virginia L. Candelas

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The charismatic author of Reflections of the Moon on Water brings her years of experience in the healing wisdom of Traditional Chinese.

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No thanks, replies the reporter, definitely less nasally. After seeing the great interest that was developing in Canada for alternative medical treatments, and in particular Chinese medicine, she decided to go back to practising TCM.

Zhao herself wears no makeup. Non-subscribers can read and sort comments but will not be able to engage with them in any way. Story continues below advertisement.

Katie rated it liked it Nov 04, From the moment we first become self-conscious many sweets can cause Dampness in the Spleen, leading to poor digestion, irregular bowel movements and swelling. Highly recommended for women interested in learning more about and benefitting from Eastern medicine.