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## Customized Healing: Blending the Best of Eastern and Western Medicine

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By Mark Mincolla Ph. D.

Basic Health Publications. Paperback. Condition: New. 240 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Only by blending the best of Western mechanistic and chemical knowledge with the best of the ancient Eastern vitalistic approach can we become whole beings and claim our maximum healing potential, writes Mark Mincolla, Ph. D. , in Customized Healing. Trained in both Classical Chinese Medicine (CCM) and Western nutrition, Mincolla has been integrating these seemingly opposing modalities to cure disease and promote health over the last thirty years. Mincolla relies on an understanding of the synergy of mindbodyspirit to address his patients needs. That's why the foods you eat, the supplements you take, your daily exercise, what you think, how you act, and what you believe and aspire to are all part of his integrated, holistic approach. Enhancing the flow of life-force energy, or chi as its called in CCM, and avoiding blockage of chi are essential in Mincollas practice. He views symptoms as messages about what the mindbodyspirit needs. Grief in your heart or from clogged arteries both lead to blocked energy. To help him diagnose a persons bio-individuality, he uses CCMs five constitutional types, based on the five energies-wood, fire, earth, metal, and water-to...



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