



# **A Barefoot Doctor's Manual: The American Translation of the Official Chinese Paramedical Manual**

*Revolutionary Health Committee of Hunan Province*

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'A Barefoot Doctor's Manual' is an excellent general health manual, divided into sections such as 'Understanding the Human Body, 'Hygiene' Therapeutic Techniques, 'Birth Control and Diagnosis' and 'Treatment of Common Diseases.'

It is holistic in approach, stressing the relationship of environment and emotions to the disease while offering a variety of treatment modalities. The practitioner is given a choice of treating each disease with acupuncture, Chinese herbs, or Western medicine.

For those unfamiliar with Chinese herbs, this manual contains over 400 pages on their preparation and uses with illustrations.

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