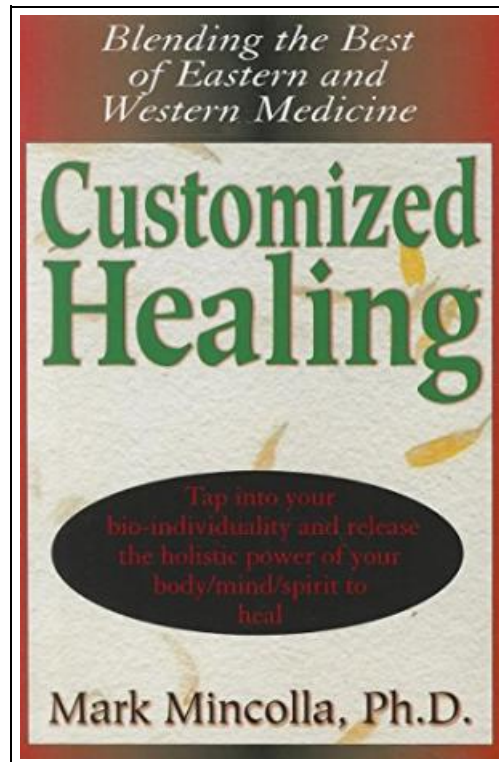


Customized Healing: Blending the Best of Eastern and Western Medicine



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Reviews

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(Roel Bogisich Sr.)*

CUSTOMIZED HEALING: BLENDING THE BEST OF EASTERN AND WESTERN MEDICINE

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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. Thats 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 discover the nutritional therapy, mind-body medicine (such as yoga, meditation, and tai chi), and natural medicine (specific foods and vitamin, mineral, and herbal supplements) needed to help the person achieve vibrant health. Customized Healing includes a detailed questionnaire so readers can identify their primary type and recommends specific supplements and recipes designed to address their bio-individuality. Because Mincolla believes that Eastern medicines most important contribution to Western thinking is its focus on prevention, he also offers basic dietary principles and the top twenty-five phytonutrients for boosting life-force energy and putting one on the path to lifelong maximum health. This item...

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