



Inner Beauty: Looking, Feeling and Being Your Best Through Traditional Chinese Healing

Xiaolan Zhao

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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 Medicine to show how Western women can achieve lifelong health, beauty and wellness.

From the moment we first become self-conscious about our looks, most of us want to appear young and beautiful. For some, the pursuit of beauty extends to lotions, potions and the surgeon's scalpel. But Xiaolan Zhao believes the ultimate source of beauty is health and well-being.

In this wise and important book, Dr. Zhao talks about inner and outer beauty, using personal stories, anecdotes and case studies from her TCM practice. She also covers the fundamentals of beauty, preventing and treating skin damage, caring for sensitive skin, the benefits of acupuncture, helpful non-surgical procedures, and nutrition. With a special emphasis on women's health and beauty issues, the book covers a plethora of relevant topics, such as baby skin problems, acne in adolescence and beyond, rosacea, eczema, allergies and rashes, skin cancer, wrinkles.

Providing a foreword, as well as thoughtful commentary and information on Western medical views, is dermatologist Dr. Sandy Skotnicki. Dr. Skotnicki first met Xiaolan as a patient, and the two doctors discovered they had many common interests and concerns regarding lifelong health and beauty.

What's more, there is an invaluable reference section featuring TCM and traditional treatments for a wide variety of conditions, including recipes for salves and infusions that you can make at home using ingredients purchased at a Chinese apothecary or from a TCM practitioner.

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