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Nota di contenuto	Contents; Contributors; Preface to Series; Preface to Volume 4; Chapter 1 Healthy Aging: Western and Oriental Means of Accomplishment Ping-Chung Leung; Chapter 2 Study on Thoughts of "Treating Disease Before Its Onset" from Famous CM Doctors Chun-Bo Xu and Xiang-Yong Zhang; Chapter 3 Theoretical Study of "Preventive Treatment of Disease" in Traditional Chinese Medicine Lei Hong; Chapter 4 Botanical Supplements for Aging Harry H.S. Fong and Gail Mahady; Chapter 5 Chinese Functional Foods for Aging - Individual Choices Zhi-Xiu Lin; Chapter 6 Herbal Formulation for Anti-Aging Song-Ming Liang Chapter 7 Chinese Herbal Medicine: Perspectives on Age-Related Neurodegenerative Diseases Khaled Radad, Rudolf Moldzio, Lin-Lin Liu and Wolf-Dieter Rausch Chapter 8 Insomnia and Aging Yun-Kwok Wing and Siu-Ping Lam; Chapter 9 Study on the Mechanisms of Treating Stable Chronic Obstructive Pulmonary Disease with Bufeiyishen Granule Jian-Sheng Li, Su-Yun Li, Min-Hang Wang and Xue-Qing Yu; Chapter 10 Dental Disease in the Elderly - From an Integrated Medical Perspective Sim-Kim Cheng; Chapter 11 Natural Healing in Chinese Medicine: Qi Gong and Tai Chi Ping-Chung Leung Chapter 12 The Status of Yoga Research in India Shirley Telles and

Sommario/riassunto

Recent advances in modern medicine have contributed to a longer lifespan for human beings. However, this does not directly translate to healthy living. Modern medicine's major success lies in specifically targeting orientated pathologies. It, however, does not promise healthy longevity. Healthy longevity requires an absence of life-threatening diseases and maintenance of good quality of life. Oriental medicine emphasizes on the promotion of physiological balance and internal harmony, which are integral for longevity in life. This book defines aging, approaching from the perspective of the front
