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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
