



# Healing Your Eyes with Chinese Medicine: Acupuncture, Acupressure, & Chinese Herbs

*Andy Rosenfarb*

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## **Healing Your Eyes with Chinese Medicine: Acupuncture, Acupressure, & Chinese Herbs** Andy Rosenfarb

For the past ten years, Andy Rosenfarb has successfully used acupuncture and Chinese medicine to treat a wide range of eye conditions. His treatments include moxibustion techniques, tuina (massage), microcurrent stimulation, Chinese herbs, and qigong exercises, along with “essential acupuncture” where essential oils are placed on acupuncture points. The culmination of his work—which includes a recent pioneering study involving metabolic testing—is this handbook for healing the kinds of conditions too often considered almost impossibly challenging or irreversible. The first half of *Healing Your Eyes with Chinese Medicine* explains Traditional Chinese Medicine and its perspective on the eyes, which is based on the idea that the eyes and the brain work in tandem, not isolation. The second half focuses on proven methods derived from Rosenfarb’s practice, including nutritional, supplemental, and lifestyle adjustments. Individual chapters cover eye disorders such as glaucoma, macular degeneration, retinitis pigmentosa, and many more. This book is intended as a practical manual to help readers understand their eyes and vision more comprehensively, and to learn new, affordable ways for retaining the precious gift of sight.

*From the Trade Paperback edition.*

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