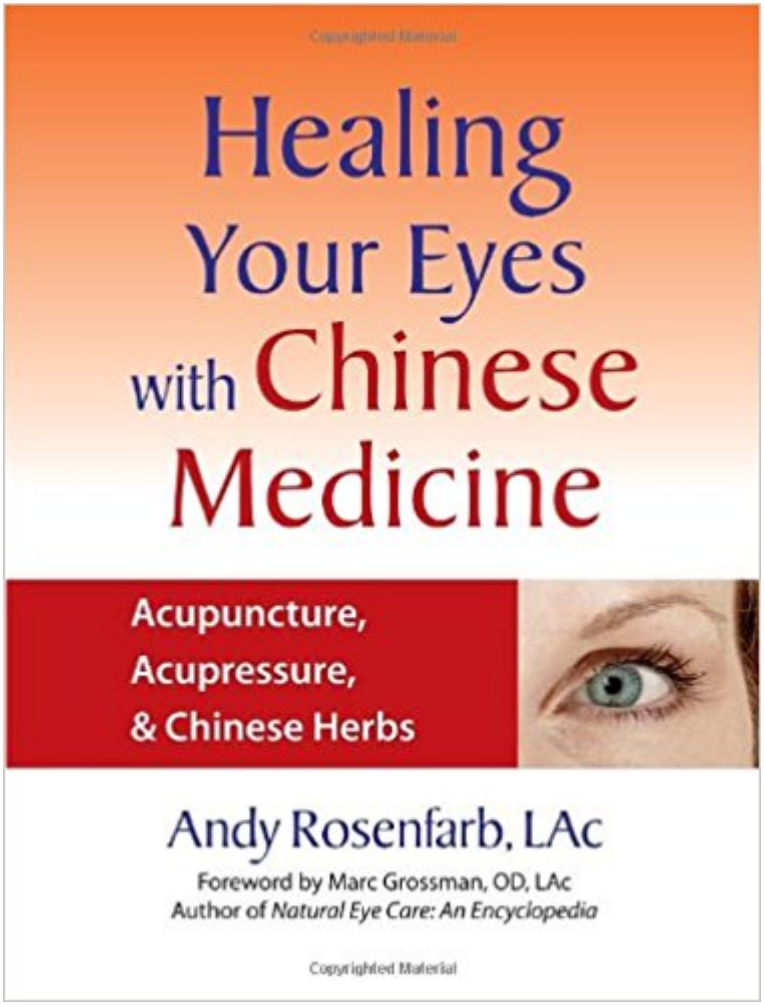
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# Healing Your Eyes With Chinese Medicine: Acupuncture, Acupressure, & Chinese Herbs




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## Synopsis

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 Ã¢â ¬Å“essential acupunctureÃ¢â ¬Â• where essential oils are placed on acupuncture points. The culmination of his workÃ¢â ¬â •which includes a recent pioneering study involving metabolic testingÃ¢â ¬â œis 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 RosenfarbÃ¢â ¬â„¢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.

## Book Information

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## Customer Reviews

Ã¢â ¬Å“As an optometrist for more than twenty-five years, I see Andy Rosenfarb as one of the emerging leaders in complementary and innovative approaches to vision care. His zest for integrating the ancient traditions of eye care with modern scientific knowledge of the body is a great

contribution to the paradigm of twenty-first-century vision care.Ã¢â ¬Â•Ã¢â ¬â •Marc Grossman, OD, LAc, from the forewordÃ¢â ¬Å“Andy RosenfarbÃ¢â ¬â„¢s inquiring mind and tenacity in refining his techniques come together in this incredible book to provide a service both to patients and the medical profession. A summary of current research and new clinical techniques, Healing Your Eyes with Chinese Medicine emphasizes the practical and usefulÃ¢â ¬â •what helps people of all ages see better. This is an important book.Ã¢â ¬Â•Ã¢â ¬â •Greg Bantick, Senior lecturer, Australian College of Natural Medicine, Brisbane, Australia

Andy Rosenfarb is the clinical director of Acupuncture Health Associates in Westfield, NJ, where he lives. A Master of Traditional Oriental Medicine, he has over 12 years of experience as an acupuncturist, having successfully treated thousands of patients from around the world.

This book, in its wonderful format, is easy to read, follow and appreciate. So many times we fear what we don’t know about or understand because oftentimes today we’re "told" what to believe, especially as far as medicine and what is and is not acceptable, and that often leads to stagnation in the want for wisdom and understanding of alternative methods to healing the body. Andy Rosenfarb delivers a positive message of hope in alternative medicine, and he explains it in a way that is easy for lay people and doctors to equally understand and appreciate. Because of this book, our family took a plunge to treat our daughters with the alternative means provided in this literature and we’re seeing some amazing results.Thank you for your research, your time, your talents. And thank you for humbly sharing with all of us looking for new methods of treatments for vision loss.

This is an excellent book for anybody who has chronic vision problems and would like to find alternative treatments that actually work! Written clearly and very informative for lay people as well as for other professional Chinese Medicine practitioners like myself. The information in this book will help many people with diseases such as macular degeneration from losing their eyesight. Thanks for your hard work in this field, Dr. Rosenfarb!

Very informative.

This is an easy to follow, useful guide to eye care for all eye problems. Lots of specific exercises and herbal formulas. Very inspiring, helpful and rewarding. Highly recommended to anyone wanting to maintain or to improve on the health of their eyes.

This excellent book gives a lot of practical information Highly recommended for all over 40 to read and apply wisdom given in this book

An extremely beneficial book written by a leading expert in the field.Highly recommended!

Very interesting book. I'm going to contact an acupuncturist for his advice.

I would recommend this to any practitioner of oriental medicine wanting to know more about how to effectively treat eye conditions! Thank you for the amazing information!

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