



The Warrior As Healer: A Martial Arts Herbal for Power, Fitness, and Focus

Thomas Richard Joiner

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TRADITIONAL CHINESE MARTIAL ARTS TRAINING placed as much emphasis on nurturing the spirit as it did on honing fighting ability. This extended to the study of the healing arts and the use of herbs not only for injury management but also to increase sensitivity, improve energy levels, and, most significantly, raise consciousness. Many of the greatest figures in martial arts history were as renowned as healers as they were as warriors. This history has left behind an extensive healing tradition that includes an immense repository of herbal formulas.

The Warrior As Healer provides more than one hundred of these recipes and formulas that have been used for centuries to stop bleeding, speed the healing of fractured bones, and increase vitality, as well as to improve focus and calm the mind. In addition to custom formulas, it includes a guide to using many patent medicines available in Chinese apothecaries. Anyone ready to take his or her martial arts practice to a more profound level will find *The Warrior As Healer* an essential companion.

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