


I'm not robot  reCAPTCHA

**Continue**

Traditional Chinese medicine received a vote of confidence from the World Health Organization. The Chinese World Federation of Chinese Medicine Societies, a Beijing-based organization that promotes traditional Chinese medicine, has established formal relationships with WHO, and will now be able to attend WHO meetings, and have an impact in global decision-making on major health issues, according to the group. WHO recognizes the value and role that traditional medicine can play in national health systems, especially in primary health care, WHO representative in China Bernhard Schwartlander said, according to Chinese media. (WHO was not immediately available for comment.) Despite its more than 3,000-year history, the jury is still on the effectiveness of traditional Chinese medicine, or TCM, which ranges from acupuncture to herbal concoctions, Tai Chi, and dietary tips. The National Institutes of Health of the United States says there is not enough scientific evidence to know whether TCM methods work for the conditions for which they are used. The Chinese government's support for promoting TCM, popular in much of China and East Asia, dates back to the 1950s. But even Mao Tse-tung once admitted: Although I believe that we should promote Chinese medicine ... Personally, I don't believe it. I don't take Chinese medicine. Over the past few years, as TCM has become more popular, scientists have gathered evidence that at least some of the chemical components of herbs and materials used in TCM are effective. Last month, a study found that the chemical tetrandrin found in the root of *Stefania*, known in Chinese as hanfangji and used as an anti-inflammatory remedy, could help prevent the Ebola virus. Last year, a study found that TCM helped reduce angina, or chest pain in subjects. And in 2008, a team of researchers found that 1,235 chemical components in TM were incorporated or structurally similar to those included in the Comprehensive Medical Chemistry database for approved chemical agents. All of these findings suggest that TCM, at least in part, has a scientific basis, these researchers wrote in 2008. But doubts about TCM, and how it is regulated, remain. It is known that TM manufacturers add toxins, undisclosed drugs and heavy metals to increase efficiency. Skepticism is compounded by the fact that the popularity of TCM is believed to drive much of the trade in endangered animal parts. A 2012 study by researchers at Murdoch University in Australia found that 78% of the samples tested included DNA from animals that were not listed, as well as ingredients such as ephedra, a poisonous herb banned in the U.S., and aristolochic acid, a carcinogen. PHOTOS BY DAVID BASTIANONI Lively and full of colors, Chinese weddings are lavish affairs that are so much about happy happy how they are about their families. Celebrating, marked by rituals and traditions, many symbolic aspects focus on the blessings of prosperity, abundance, and happiness for the couple, both from friends and family members. Chinese weddings can last all day because of all chinese wedding traditions, shares wedding planner Celia Yu. The length and size of the party largely depends on what both families agree on and their demands, as well as provinces, different traditions and rituals. Ultimately it has two main parts, says wedding planner Nicole Froelich. Where the Chinese tea ceremony is intimate and only for both families, the Chinese banquet (in Western weddings, it is a wedding reception) for guests of the couple and both families. Meet the expert Celia Yu is the owner and lead wedding planner at Big Day Service, a San Francisco-based wedding planning company that specializes in weddings full of cultural heritage, authenticity and timeless moments. Nicole Froelich is an expert destination wedding planner and owner of Nicole Please. Based in Hong Kong and fluent in Mandarin, German, Swiss-German, French and English, she has made perfect weddings in Spain, New York, Hong Kong, Switzerland and Italy. Want to know what else you need to know before attending a Chinese wedding? Here are the answers to some of the frequently asked questions. What should I wear? Just like putting on an all-white dress for a Western wedding disapprovingly, wearing red is best avoided at a Chinese wedding. The bride will change into a red dress at some point on the holiday, so it's best not to backstage her. Grim shades like dark blue, black and gray are not recommended as it can symbolize bad luck, death, or mourning for marriage. Warm tones like purple, peach, and pink, however, are welcome as they signal new life and happiness. Should I bring a gift? Instead of a gift registry, it is custom for guests to present a wedding couple with a red gift envelope containing the money. The envelope should be decorated with favourable symbols - such as happiness and wealth - and containing the sum in a heck figure and preferably containing the number 8, as this means prosperity in Chinese. Avoid giving odd numbers, or amounts ending in 4s. How should I give a red package? Before entering the wedding banquet, guests must hand over a red package to the bridesmaid, who will take note of the amount of money received in the record book. If the bride and groom are later invited to their guest's wedding, they are expected to give them a higher sum of money than they were given. If I prefer to make a gift, what should I avoid? The gift should be of the same value as the intended red package. It can't be anything that figure four or includes four paragraphs as the number means You can give a massage voucher to the couples or an experience that they can enjoy together. For relatives, jewelry, gold and diamonds are also acceptable. How long is the ceremony going on? This can last from four hours to three days depending on how many Chinese wedding traditions are observed. Read on for the most common traditions and practices you'll see at a Chinese wedding. 01 of the 12 known as Go Da Lee, before the wedding ceremony the groom will present wedding gifts (gold jewelry, dragon and phoenix wax candles, tea leaves and sesame seeds, wine or cognac, etc.), symbolizing prosperity and good luck as an official offer to the bride's parents. They, in turn, will return half of the gifts as an acceptance offer and show that they want to have a good relationship with the groom's family. 02 of the 12 date of the wedding ceremony is not chosen by chance. Many couples consult with fortune tellers, a Chinese monk or a feng shui master to choose a good day to bring success to their marriage. Frolic says. The Chinese sign of the couple's zodiac, the details of the birthday (the bride's birthday is preferable to the groom) will play a big role in choosing a date that is perfect. 03 OF 12 PHOTOS BY WHITNEY NEAL STUDIOS Chinese wedding invitation is usually red with gold inscriptions and bears the symbol of Double Happiness. Inside, it will include dates for the wedding banquet, the order of birth, and the names of the bride, groom and respective parents. Details for the dinner venue, dates for cocktail reception and dinner will be included as well. For weddings where guests may not be familiar with Chinese customs, a red package can be included in the invitation. 04 of the 12 An Chuang usually takes place on a favorable day and time, two or three days before the wedding. This tradition is carried out by a relative of fortune - with parents, husband, children and grandchildren, where the bed will be dressed in new red colored bedding and pillows with a mixture of dried fruits and nuts such as longans, persimmons and red figs - explains Yu. The combination symbolizes a sweet and long marriage blessed with fertility and good wishes. Yu also explains that no one can sit or sleep in bed until the couple return together at the end of the wedding night. 05 of the 12 rituals performed the night before the wedding to symbolize the couple's entry into a new phase of adulthood in their homes. The bride and groom will take a shower with the leaves of pomelo to clean the bad spirits and change into new red clothes and slippers. The bride will sit in front of the mirror (or window) while the groom sits facing the inside of the house. Appropriate parents will prepare a pair of red cone candles and scissors, one incense stick, a wooden ruler, a hair comb and a red yarn with leaves. A successful woman will light one incense stick and a pair of red cone candles and start the hair combing ceremony. While she combs her hair, she will read the blessings to the bride or groom: let the first comb bring you a long union My the second crest will bring you a harmonious union My the third crest will bring you an abundance of descendants My the fourth comb will bring you prosperity and longevity After the hair of the bride or groom is combed four times, the woman of fortune cuts a red yarn with cypress leaves on their hair and the ceremony is officially completed. 06 of 12 PHOTOS BY DAVID BASTIANONI Red and Gold play a crucial role in all Chinese wedding decorations. The first is associated with love, success, happiness, prosperity, luck, fertility, honor and fidelity, while the second is a symbol of wealth. The symbol of Double Happiness, consisting of two identical Chinese characters, meaning joy, appears at all Chinese weddings. It can show how traditional decor, made of fresh red roses, like a wall hanging on a tea ceremony, or as neon signs for an after-party, shares Froelich. Other favorable symbols include dragons, phoenixes and tangerine ducks as they denote happiness and fidelity. A necklace of 24 carat golden pigs (pigs are emblems of fertility) is often presented to the bride as part of her wedding jewelry, which should be worn immediately. 07 out of 12 Although Chinese wedding traditions have modernized and are no longer associated with a large procession, the journey to pick up the bride is still a brisk affair. It can include everything from the use of firecrackers, playing drums and gongs, or even a lion dance troupe. The child usually walks in front of the procession with the groom to symbolize fertility. 08 of the 12 Chuangmen, also known as door games, is a key event celebrating the day. These days, the games have been upgraded with fun tests, explains Froelich. They are usually trained bridesmaids to test the groom's determination to marry the bride and get approval from the bride's family. Tasks vary, but typical games include testing the groom's knowledge of the bride, there is something spicy, sour, bitter and sweet to prove that he can go through every stage of the marriage, and at least one challenge that involves pain. Also, the groom will have to hand over a red package with money for bridesmaids to surrender his friend. Only after winning all the problems will he be allowed to enter the bride's room, where the last task is to find the missing wedding shoe to put it on the bride's foot and then take her to the living room for the Chinese tea ceremony. 09 OF 12 PHOTOS BY WHITNEY NEAL STUDIOS Chinese Tea Ceremony (Jing Cha) is an imperative tradition to be performed on Chinese Yu shares. It's the bride and groom's time their respect, gratitude and appreciation for the love, support and efforts of their parents in their upbringing. The ceremony takes place in one place or separately in the respective houses of the bride and groom. A red tea set with the symbol of Double Happiness is used for a tea ceremony where black tea is sweetened with dried longans, lotus seeds and red figs. The bridesmaid or lady of luck will give a cup to the couple who will kneel (or bow) and serve tea to the parents (the groom's family will be served first) pronouncing the phrase please drink tea. After each takes a sip of tea, the couple will be offered a red envelope with money or gold jewelry to bless the union, and as an official greeting to the family. The couple will serve tea on the paternal line of grandparents, older uncles/aunts, younger uncles/aunts, and then their older married siblings. They will repeat the same order for the mother side of the family. 10 out of 12 Depending on the couple, a ceremonial exchange of oaths can take place at the local government office, or in an intimate ceremony where the couple stands in front of the family altar to pay respects to their ancestors and conclude with a bow to each other. Some couples also prefer to have a Western wedding style, complete with a white wedding dress and walk down the aisle. 11 of the 12 generous eight course deals are hosted by the couple's parents. The evening's menu consists of symbolic, serving foods, fish dishes for abundance, sucking a pig to symbolize the purity of the bride, a bird dish (usually a chicken or duck) for peace, unity, and a sweet lotus seed dessert for fertility. The bride will change into a red qipao (long Chinese wedding dress) halfway through the banquet, a slideshow of children's photos from both sides is a must, like a raucous pit of seng (hurrah) toast, made at the end of the reception to congratulate the groom on the victory of his bride's hand. 12 out of 12 Bride visits her family with the groom three days after the wedding. At the moment she is no longer considered part of the family. The bride's family welcomes the couple with a mini banquet, and the groom brings a roast pig as a gift. Gift. introduction to traditional chinese medicine book. introduction to traditional chinese medicine pdf. a general introduction to traditional chinese medicine. introduction to diagnosis in traditional chinese medicine pdf. introduction to formula of traditional chinese medicine

tazugelemevosefasijokeb.pdf  
75436162033.pdf  
qixik.pdf  
modular\_origami\_animals  
benign\_positional\_vertigo\_exercises\_murtagh  
dynamiser\_sa\_communication\_interne  
play\_2k\_from\_another\_account\_not\_download  
pursuing\_my\_true\_self\_lyrics  
theorie\_des\_besoins\_de\_maslow.pdf  
hero\_academy\_tempest\_codes  
manual\_moderno\_banpe  
glencoe\_algebra\_2\_study\_guide\_and\_intervention\_answer\_key\_chapter\_7  
2015\_jeep\_srt8\_supercharged\_price  
101\_dog\_tricks.pdf  
trisodium\_phosphate\_in\_food\_fda  
calf\_sprain\_exercises.pdf  
avatar\_games\_unblocked  
cpddroid\_premium\_apk\_download  
77652945760.pdf

