



# **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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Reading can called mind hangout, why? Because if you are reading a book mainly book entitled The Warrior As Healer: A Martial Arts Herbal for Power, Fitness, and Focus your brain will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every word written in a publication then become one web form conclusion and explanation this maybe you never get prior to. The The Warrior As Healer: A Martial Arts Herbal for Power, Fitness, and Focus giving you another experience more than blown away the mind but also giving you useful data for your better life with this era. So now let us teach you the relaxing pattern is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

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