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Healing)**

By Yang Jwing Ming



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Arthritis : the Chinese way of healing and prevention.
Jwing-ming Yang. YMAA Publication Center, c1996. 2nd ed
<http://ci.nii.ac.jp/ncid/BA48973019>

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<http://www.spineuniverse.com/conditions/herniated-disc/alternative-treatments-herniated-disc>

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