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By YUE WANG XI LOU

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generation to generation forever scientific health wisdom - you must know the health of health by 24 solar terms. ??the book unique to the Chinese Lunar New Year 24 solar terms for the cut-off point to explain the different solar term impact on people s daily life. a reminder that climate change should conform to the characteristics of the natural world. adhere to the Harmony principles to guide health activities. Contents: health response to solar term health beginning of spring beginning of spring. do not forget to bite spring gathering turns warm again. beware of invasion of pathogenic cold eat Cong Jiangsuan beginning of spring. anti-bacteria harm than good to the beginning of spring. and raised liver appreciation of the rain water to the beginning of spring practices. anti-large temperature difference between cold water solar terms. warm joints healthy good rain knows the season. raising stomach porridge. with new tactics against Chunkun customs appreciation Jingzhe Jingzhe thunderous rain. one hundred worm scared and run away....



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