

The image displays two books from the 'Pang Shou' (胖瘦) series, which focuses on weight management through traditional Chinese medicine. The left book, 'Pang Shou Yang Yin' (胖瘦滋阴), has a bright yellow cover. It features the title in large, bold characters, with 'PANG SHOU' in English. Below the title, it lists symptoms: '怕冷' (fear of cold), '面色无华' (pale complexion), '痰多' (excessive phlegm), '阳虚' (yang deficiency), '目赤干涩' (red, dry eyes), '面色晦暗' (dull complexion), '爱上火' (prone to heat), and '阴虚' (yin deficiency). The subtitle reads '阴阳调和，气血从容' (Harmonize yin and yang, calm blood and qi). The right book, 'Pang Shou Tan Shi Qu Huo' (胖除痰湿瘦祛火), has a light beige cover. It lists symptoms: '胸胁胀满' (distended chest and ribs), '口苦咽干' (bitter mouth, dry throat), '咳嗽' (cough), '爱上火' (prone to heat), '痰多胸闷' (excessive phlegm, chest fullness), '精神不振' (lack of energy), '大便燥' (dry stool), '尿黄多梦' (yellow urine, many dreams), and '易怒' (easy to anger). The subtitle reads '胖人多痰湿 瘦人多火' (Fat people have more phlegm and dampness, thin people have more fire). Both books include a silhouette of a person and the publisher's name, '中国中医药出版社' (China Federation of Chinese Medicine Publishers).

著者:

[胖补阳瘦滋阴+胖除痰湿瘦祛火 共2册 中医调理体质 家庭保健养生书祛湿通络 体寒祛湿图书籍_下载链接1](#)

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书评

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