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HEALTH & WELLNESS



**Holistic Healing with Herbs and Chinese Medicine**  
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**March 19th 2013: Tonic Herbs for Radiant Health**

In Chinese medicine and Taoist traditions, there is a rich and nuanced understanding of how herbs can be used to prevent disease and promote radiant health, similar to how some use vitamins in the west. These herbs are referred to as tonic herbs or adaptogens because they can be taken regularly and consistently for long periods of time and are, as a result, often used as super foods. These herbs promote health and longevity and help the body to adapt to emotional, physical and chemical stressors. They can help people recover strength and vitality after chronic illness or health issues, such as

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