

"Obesity is one of the most common problems from which many Americans suffer and is also a cofactor in many other diseases. Chinese medicine provides another way to help people struggling with this problem. Juliette Aiyana's new book, *Chinese Medicine and Healthy Weight Management*, includes the best of modern nutritional research and therapy along with all the different modalities of Chinese medicine and how overweight patients can benefit from the wisdom of both systems. I highly recommend her book to all acupuncture and oriental medicine practitioners. Juliette's book will also help us educate our patients about healthy eating and lifestyle habits."

—Dr. Haihe Tian, A.P., Ph.D., M.D. (China