



*Health in Theory and Practice* is the go-to guide on how to live a healthy life using amazing techniques from the ancient arts of Herbal Medicine, Homeopathy, Traditional Chinese Medicine and Acupressure. The book is bursting with ways to help you beat stress, menstrual pains, nausea, backpain, colds and IBS among other things! Its home remedies will help you treat your body and mind at the first sign of illness.

The book is written by Steve Kippax, a Western Herbalist and practitioner of Traditional Chinese medicine with over 30 years' experience treating people. Steve was named as one of the top 20 health gurus in the UK, has studied extensively in China, worked at the only dedicated NHS Chinese medicine centre, and was elected president of the National Institute of Medical Herbalists.



Steve lays out over nine chapters his wisdom for self-maintenance, personal growth and development through diet, exercise, and qi gong. His diverse insights include:

- St John's wort is a herb used to treat depression which is prescribed 3 million times in a year in Germany.
- Bushmaster Snake Venom is used in homeopathy to treat hot flushes in the menopause.
- Sandal Wood can be used in massage oil to give you tone.
- "Inner Pass" acupressure point on your wrist used to stop travel sickness.
- Apis, made from Bee Stings, can be used to treat cystitis burning.
- Stinging Nettles can be used with willow and bogbean to treat arthritis.

The book breaks our health down into four pillars: diet, exercise, positivity and treatment. This practical guide covers each of these pillars and expertly covers three main schools of health to maintain pillar strength: Herbal Medicine, Homeopathy and Acupressure.

*Health in Theory and Practice* will give you the knowledge you need to take control of your own health and transform your life through dietary advice, herbal medicine, homeopathy and acupressure. It not only offers simple, effective treatments for common ailments, but invaluable expertise on how to maintain a healthy body even before disease strikes.

**EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE:**

Steve Kippax is a Western herbalist and practices Traditional Chinese medicine. He is available to provide expert comment, features, and interviews on a number of topics, including:

- The herbal routine to help you beat hangovers
- 7 Healthy food swaps to make for a long life
- Herbal remedies you should keep stocked at home
- 8 Reasons we should all exercise (not including to lose weight!)
- The food you should consider cutting out of your diet
- Surprising herbs to help you (sleep/reduce stress/ease digestion)
- Top herbs to help you beat IBS
- Why you should make your bed every day

*Health In Theory and Practice* by Steve Kippax is out 28th March 2019, published by AEON Books, priced £14.99.

For more information see: [www.aeonbooks.co.uk/product/health-in-theory-and-practice-circling-the-square/93464/?MATCH=1](http://www.aeonbooks.co.uk/product/health-in-theory-and-practice-circling-the-square/93464/?MATCH=1)

**ABOUT THE AUTHOR:**

**Steve Kippax** is a Western Herbalist and practitioner of Traditional Chinese Medicine, with 30 years' experience practising with specialities including herbalism, acupuncture, qi gong and homeopathy. He started growing herbs at 13, under the encouragement of his homeopath mother. He studied herbalism in Britain and Chinese Medicine extensively in Guangzhou in China, together with acupuncture. Steve worked at the only dedicated NHS Chinese medicine centre and was elected president of the National Institute of Medical Herbalists. He has worked to help people with IBS, stress, insomnia, back and joint pain, depression, headaches and cardiovascular conditions amongst many others.