



# Yin Deficiency - Burnout and Exhaustion: What to Do!

*Jonathan N. Clogstoun-Willmott*

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## **Yin Deficiency - Burnout and Exhaustion: What to Do!** Jonathan N. Clogstoun-Willmott

Overworked? Exhausted? Burnt Out? Overwork is a main cause of 'Yin deficiency', which Chinese medicine says has long-term health consequences. Yin represents the resources of your body. The causes of Yin Deficiency include not just overwork but the menopause, over-heating and from chronic disease. The book describes the symptoms and explains what to do about them, including exercise, nutrition and even cold showers! What readers said about Jonathan Clogstoun-Willmott's book "Qi Stagnation - Signs of Stress": "What I love about the book is that it clearly explains the causes of the problems and simple ways to deal with it. For me ... absolutely priceless." J. Buis Nijmegen, Netherlands "The clearest and most accessible book on the subject that I've ever read." Liz... "Very Interesting: well-written and easy to understand. I recommend it to anyone ..." Sherry Mcleod What readers say about Jonathan's website <http://www.acupuncture-points.org>: "Very well put. Easy for anyone to understand. A well done piece of writing that visually explains, what for some, is another language." Nancy Orlen Weber "Hi, I stumbled upon this site by accident, but will certainly be returning, by choice! It is a lovely educational experience..." Cheryl Ziervogel "Jonathan I haven't finished reading your website but already I have found it really informative and helpful to complement the acupuncture treatment I am having... Jenny Daisley, Gloucestershire, UK "I just stumbled on your web site and I must say "how impressive" !!!" Robert, Sydney, Australia

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