

Foundations Of Chinese Medicinegiovanni Maciocia Book

De uitgave bespreekt de theorie van de traditionele Chinese geneeskunde en acupunctuur en beschrijft in detail de functie van de acupunctuurpunten en de behandelingsprincipes. Inhoud is gebaseerd op belangrijke referenties naar klassieke en moderne Chinese teksten en verklaart de toepassing van de theorie in een westerse praktijksetting.

This accessible textbook clearly explains the basic foundations and principles of acupuncture and Chinese Medicine. With over 70 illustrations, it covers the theories of yin and yang, the five phases, the physiology of the body, the internal organs, the channel system, acupuncture point categories, the point functions and indications, needling techniques and aetiological factors. Authoritative, yet readable, this is a vital addition to the shelves of all students of Chinese medicine.

This exciting new edition covers the theory of traditional Chinese medicine and acupuncture, and discusses in detail the function of the acupuncture points and principles of treatment.

Chinese Medical Herbology and Pharmacology integrates contemporary understanding of the ancient practice of Chinese herbal medicine with essential safety information for a context in which use of pharmaceutical and traditional medicines is increasingly integrated in the treatment of illness. In 1,266 information-packed pages, this text offers healthcare practitioners, researchers, educators and students information for a lifetime of learning and practice: 670 in-depth herb monographs; 1150 photographs, classic line drawings, and chemical structure diagrams; far-reaching insights from academic, clinical, research and regulatory professionals; traditional uses and combinations, dosages, toxicology, cautions and contraindications; safety index, herb-drug interactions, clinical studies and research; and more.

Kastner's Chinese Nutrition Therapy is an excellent introduction to Chinese dietetics for both students and practitioners of Chinese medicine ... I whole-heartedly endorse his book.--Nigel Wiseman For millennia, the Chinese have taught that a healthy, appropriate diet is an integral part of maintaining good health and healing various disorders. Here, the author demystifies Chinese dietetics, one of the pillars of Traditional Chinese Medicine. Joerg Kastner provides an introduction to the principles of Traditional Chinese Medicine and the energetics of foods. Emphasizing a holistic approach throughout, Chinese Nutrition Therapy provides readers with tools for integrating the principles of Chinese dietetics into their daily lives. The book includes a comprehensive classification of more than 300 readily available foods such as vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, oils and fats, and more. Numerous clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic techniques. For this second edition the section on clinical examples has been expanded by detailed chapters on the treatment of obesity and physical and / or emotional fatigue. The explanation of causes of diseases according to Traditional Chinese Medicine, the different symptoms, and the lists of recommended foods and foods to avoid are supplemented by advice on the adequate acupuncture treatment. Highlights: Descriptions of Chinese dietetics in practice and discussions of dietary factors, such as seasonal adaptations and differing

requirements for children and seniors Practical tips on how to adapt Chinese nutrition therapy to Western products and cooking methods Clinical examples covering the major organ systems A handy A to Z list of common foods and their healing characteristics An essential reference for students and practitioners of Traditional Chinese Medicine, this user-friendly book will also be valued by nutritionists, dieticians, physicians, and anyone interested in living a long and healthy life. An award-winning international medical and scientific publisher, Thieme has demonstrated its commitment to the highest standard of quality in the state-of-the-art content and presentation of all of its products. Thiemes trademark blue and silver covers have become synonymous with excellence in publishing.

This book clearly describes how Chinese medicine can treat autoimmune diseases. Recommendations are given for acupuncture and herbal treatments for patients with a variety of different symptoms, blood results, and medical histories.

The curriculum of most schools of Chinese medicine is usually broken down into the following topics concerning the theory of Chinese medicine: Physiology of the Internal Organs; Aetiology; Diagnosis; Patterns of disharmony of the Internal Organs. In addition, the acupuncture curriculum is based on the study of the channels and points. Within each of these topics, various parts of the body are discussed. For example, when studying diagnosis the subject is broken down into interrogation, observation, palpation and auscultation. Within each of these broad areas, students study the diagnostic elements of specific areas. The result is that areas become disjointed and there is nothing to connect elements of channels and points relevant to specific areas. Giovanni Maciocia wrote *The Energetics and Treatment of Body Areas - The Vertex*, with the purpose to turn this attitude on its head and to place areas first so that everything else is subordinate to that. This book places the vertex first and each diagnostic and therapeutic element relevant to the vertex is discussed together.

A companion to *A Manual of Acupuncture*, there are 384 durable point reference and study cards covering all 391 of the 14 channel and extra (miscellaneous) points. Each card measures 4" x 6", and most are devoted to a single point. This second edition of the point cards offers a new terra cotta storage case, two-color cards, the addition of pinyin accents, and updated point locations and location notes to match the latest edition of *A Manual of Acupuncture*.

The new 2nd edition of *Chinese Herbal Medicine: Formulas & Strategies*, the companion volume to *Chinese Herbal Medicine: Materia Medica*, is designed to serve as both a textbook for students and an authoritative reference for practitioners of traditional Chinese medicine. Included in the new edition are over 800 medicinal formulas drawn from both classical and modern sources, which provide more than twice the information in the earlier edition. For each of the 340-plus principal formulas there is a discussion of its therapeutic actions and indications, analysis of the functions and interactions of the ingredients, method of preparation, and a list of modifications to customize the formula in the clinic. Over 460 variations and associated formulas offer additional options for the practitioner. The commentary to each formula has been considerably expanded. This section deepens the reader's understanding of a formula's genealogy, presents an overview of controversies regarding composition, usage, and other

issues, describes the extension of a formula's application to a wider range of disorders, and provides key clinical pointers to facilitate use of the formula in the modern clinic. A new section on comparisons has been added to this edition. This is intended to help students and practitioners focus on the distinguishing characteristics of each formula by contrasting it with other formulas that are similar in terms of composition or indication. Tables at the end of each chapter reinforce these distinctions by comparing and contrasting formulas across a wider range. The introduction to the book traces the historical evolution of the formulas, and provides practical pointers for their preparation and use. Detailed timelines depict the key events, authors, and texts in the 2,000-year history of traditional Chinese herbal medicine, placing the contents of this book in historical context. Among the appendices are a pinyin-to-English cro

New edition of the most comprehensive Chinese Medicine Obstetrics and Gynecology textbook in the English language World-renowned author and teacher Giovanni Maciocia gives a clear, detailed explanation of the physiology, pathology and aetiology of women's disorders in Traditional Chinese Medicine (TCM) and adapts these to Western conditions and patients. Seventy gynecological conditions are discussed in detail with consideration given to differentiation between conditions, the advised treatment using acupuncture and herbs, prevention and prognosis. Guidelines on lifestyle and use of the eight Extraordinary Vessels are provided, with case studies allowing easy application of theory to practice throughout. New for this edition: New attractive two-colour layout with book marks to ease navigation Endometriosis and its treatment now included and fully covered in a new chapter Infertility chapter includes recent research highlighting factors in infertility All prescriptions now removed from the text and attractively presented in three appendices: Patient Remedies, Prescriptions and Three Treasure Remedies "Obstetrics and Gynecology in Chinese Medicine is a paradigmatic work. It is tempered with reverence and innovation, meticulous archival attention and detailed modern clinical insight. When future generations look back at this work...they will find not only knowledge and wisdom but also reasons for inspiration and awe." From the Foreword to the first edition by Ted J. Kaptchuk, Associate Director, Centre for Alternative Medicine Research, Beth Israel Hospital; Instructor in Medicine, Harvard medical School, Boston, USA. • Physiology and pathology of women's disorders in Chinese medicine • Aetiology and diagnosis of women's disorders • Differentiation and treatment – including acupuncture, herbs and patent remedies – of 64 gynecological conditions • Prevention and prognosis for each disease • Approximately 100 case histories from the author's own practice • A detailed discussion of the use of the eight extraordinary vessels in gynecology

This book is a collection of Givoanni's insights into Chinese Medicine based on his 39 years of clinical experience in the UK and USA. The book covers a wide array of topics, ranging from interesting case histories to long discussions on diseases, in particular: autoimmune diseases, the functions of the Triple Burner,

the classification and treatment of Heat and the functions and pathology of the Shen and Hun.

Although in the United States the scientific value of acupuncture is only now being clinically evaluated for the first time, needling is only one of a number of therapeutic disciplines which have proved effective in China for over two thousand years and which today provide common remedies for more than one quarter of the world's population. Why, asks Dr. Porkert, shouldn't medical men everywhere have access to the premises and results of this medical knowledge? In this book he presents a coherent and systematic account of Chinese theories--the system of correspondence that underlies all of Chinese medicine--using a new and precise Latin terminology (with English equivalents provided for most terms) that he devised over the past decade. The book is based directly and exclusively on Chinese sources, including recent Chinese secondary literature. Chapter 1 introduces the concepts that are the foundation of the system of correspondences--the polar combination yin-yang, which provides a basis for the analysis of all phenomena into complementary groups, and "wu-hsing, " which Dr. Porkert calls the "Five Evolutive Phases," and which are used to resolve cyclic processes into five temporally and qualitatively distinct parts. In Chapter 2 he takes up concepts which relate the body to the cosmos under the title "Phase Energetics" "(yun-ch'i);" these define meteorological, climatic, and immunological factors in health and disease. Chapters 3 and 4 focus on systems of concepts concerned with the body itself. The author has named these systems orbisiconography, sinarteriology, and foraminology. Orbisiconography "(tsang-hsiang), " the "imagery of functional orbs," describes the relationships of the functional systems within the body. It is not, as Dr. Porkert points out, analogous to but the opposite of Western comparative anatomy. Sinarteriology, the study of energetic conduits "(ching-luo), " and foraminology, the study of sensitive points "(shu-hsueh), " indicate the functional relationships manifested at the body's surface as well as within it. The book's systematic description of these disciplines involved in acupuncture is a powerful antidote to basic misconceptions prevalent in earlier Western writing on the subject. This is Volume III in the MIT East Asian Science series, edited by Nathan Sivin.

A foremost Western expert on Chinese Medicine demonstrates how acupuncture and Chinese herbs are used in everyday clinical practice. He integrates extensive research with abundant direct clinical experience.

Authoritative work. Descriptions of more than 1,000 acupuncture points, discussion of techniques etc. 741 p. B/W illus.

Part I: Diagnosis by Observation Section 1: Observation of the Body, Mind and Complexion 1. OBservation Of The Body Shape, Physique And Demeanor 2. OBservation Of The Mind, Spirit And Emotion 3. OBservation Of The Complexion Color 4. OBservation Of Body Movements Section 2: Parts of the Body 5. OBservation Of Head, Face And Hair 6. OBservation Of The Eyes 7. OBservation Of The Nose 8. OBservation Of Lips, Mouth, Palate, Teeth, Gums And Philtrum 9. OBservation Of The

Ears 10. OBservation Of Throat And Neck 11. OBservation Of The Back 12. OBservation Of Women's Breasts 13. OBservation Of The Heartbeat 14. OBservation Of The Hands 15. OBservation Of The Nails 16. OBservation Of The Chest And Abdomen 17. OBservation Of Genitalia 18. OBservation Of The Four Limbs 19. OBservation Of The Legs 20. OBservation Of Excretions 21. OBservation Of The Skin 22. OBservation In Children Section 3: Tongue Diagnosis 23. TOngue Diagnosis 24. TOngue-Body Color 25. TOngue Body Shape 26. TOngue Coating 27. TOngue Images And Patterns Part II: Diagnosis by Interrogation 28. INtroduction 29. PAin 30. FOod And Taste 31. STools And Urine 32. THirst And Drink 33. ENergy Levels 34. HEad 35. FACE 36. THroat And Neck 37. BOdy 38. CHEst And Abdomen 39. LImbS 40. SLeeP 41. SWEating 42. EArS And Eyes 43. FEeling Of Cold, Feeling Of Heat And Fever 44. MEntal-Emotional Symptoms 45. SExual Symptoms 46. WOmen's Symptoms 47. CHildren's Symptoms 48. DlagnoSing The Causes Of Disease Part III: Diagnosis by Palpation 49. DlagnoSing by Palpation 50. PUlSe Qualities 51. PAIpation Of Parts Of The Body 52. PAIpation Of Channels Part IV: Diagnosis by Hearing and Smelling 53. DlagnoSing By Hearing 54. DlagnoSing By Smelling Part V: Symptoms and Signs Section 1: Symptoms and Signs of Parts of the Body 55. HEad And Face 56. FACE Color 57. EArS 58. NOse 59. THroat 60. MOuth, Tongue, Teeth, Gums, Lips, Palate And Philtrum 61. EYE 62. NEck, Shoulders And Upper Back 63. CHEst 64. LImbS 65. ARms 66. LEgs 67. LOwer Back 68. BOdy 69. DIgestive System And Taste 70. THirst And Drink 71. ABdomen 72. DEfecation 73. URination 74. ANus 75. MEN's Sexual And Genital Symptoms 76. SWEating 77. SKin Signs 78. EMotional Symptoms 79. MEntal And Emotional Symptoms 80. MEntal Difficulties 81. SLeeP 82. FEeling Of Cold, Feeling Of Heat, Fever 83. VOice, Speech And Sounds Section 2: Gynecological Symptoms and Signs 84. MENstrual Symptoms 85. PROblems At Period Time 86. PROblems Of Pregnancy 87. PROblems After Childbirth 88. BREast Signs 89. MIscellaneous Gynecological Symptoms Section 3: Pediatric Symptoms and Signs 90. CHildren's Problems Part VI: Identification of Internal Organ Patterns 91. HEart 92. SPleen 93. LIver 94. LUngs 95. KIldneys 96. SMall Intestine 97. STomach 98. GAIll-Bladder 99. LARge Intestine 100. BLadder Appendices Appendix 1: Case Histories Appendix 2: Prescriptions Appendix 3: History of Diagnosis in Chinese Medicine Glossary Bibliography Chinese Chronology

Discussion of Cold Damage (Shang Han Lun) and contemporary texts of ancient China form the bedrock of modern Chinese medicine practice, yet these classic texts contain many concepts that are either hard to understand or confusing. Based on over thirty years' medical practice, and study of the texts, this book explains the concepts involved so that the clinical applications of the ancient texts can be better understood and put into practice. The author looks at the larger context of ancient Chinese culture and philosophy in terms of theoretical knowledge, scholarly approach, and mindset in order to explain the basis for the medical texts. He also discusses the work of later Chinese medical scholars in elucidating the texts. He then goes on to look at more specific issues, such as the six conformations, zang-fu organ theory, the theory of qi and blood, the theory of qi transformation, and how these are understood in the ancient texts. He also discusses shao yang and tai yang theory; the element of time, and its place in understanding six conformations diseases. This remarkable work of scholarship will clarify many questions about the interpretation of the ancient texts for modern use, and

will find a place on the bookshelf of every practitioner of Chinese medicine, as well as on those of scholars of Chinese medicine.

A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way • Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day • Describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices • Explores the mental and emotional states each organ is related to and their connections to the teeth, the other organs, and the Five Elements of TCM All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock. In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help. The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices. By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.

This book is organized around the 'four pillars' of TCM diagnosis: inspection, inquiry, listening and smelling, and palpation. In this text, each aspect is explained in a clear and systematic manner, with generous use of tables and illustrations. This is followed by a series of review questions for deeper understanding. A comprehensive self-examination consisting of 200 multiple choice questions, with a separate key to the answers, tests the reader's understanding of the important points of each aspect of diagnosis. These questions, many of which are presented in case study format, will help students prepare for the board exams.

Presents cooking ideas based on the principles of Chinese medicine, providing more than 150 recipes which incorporate therapeutic Asian foods and herbs, with information on specific ingredients and suggestions for acquiring them.

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that, placing the Face first and each diagnostic and therapeutic element, relevant to the face, is discussed together.

This exciting new edition of Five Element Constitutional Acupuncture gives a clear, detailed, and accessible presentation of the main features of constitutional Five Element acupuncture. It covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. After examining the Elements themselves and the functions of the Organs, the book explores the basis of diagnosis in Five Element acupuncture, possible blocks to treatment and the treatment itself. It puts this style of treatment into the context of other styles of acupuncture treatment — especially Traditional Chinese Medicine (TCM) as it is used in the West today. Features The Five Elements referred to in the title are Wood, Fire, Earth, Metal, and Water. Gives a clear, detailed and accessible presentation of the main features of Five Element Constitutional Acupuncture treatment. Covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. Includes an unambiguous description of the principle aspects of diagnosis within a system, ironing out inconsistencies often present in discussions of these aspects. This edition has been thoroughly revised throughout and includes a new and improved colour page design. Quotes from the foreword to the first edition by Peter Eckman, San Francisco: "...the authors have shown how their approach can even integrate with TCM findings to treat patients more completely and rapidly. As the case histories illustrate, Five Element Constitutional Acupuncture is a style of practice that is second to none, and this innovative text is an excellent resource for learning it"

This illustrated history is a comprehensive introduction to Chinese healing practices across time and cultures. Global contributions from 58 scholars in archaeology, history, anthropology, religion, and medicine make this a vital resource for those working in East Asian or world history, medical history, anthropology, biomedicine, and healing arts.

THE PSYCHE IN CHINESE MEDICINE comprehensively discusses the treatment of mental-emotional disorders with both acupuncture and herbal medicine. Suitable for practitioners and students of Chinese medicine it discusses first the aetiology, pathology and diagnosis of mental disorders. It explores the nature of the Mind (Shen), Ethereal Soul (Hun), Corporeal Soul (Po), Intellect (Yi) and Will-Power (Zhi) and then presents the diagnosis and treatment of the most common psychological disorders with both acupuncture and Chinese herbs in detail. Specific chapters focus on the treatment of common conditions including depression, anxiety, insomnia, panic attacks, bipolar disorder and Attention Deficit Hyperactivity Disorder. Each condition is illustrated with case histories from the author's 35 years-long practice. Comprehensive discussion of the nature of the Shen, Hun, Po, Yi and Zhi in Chinese medicine The first detailed description of the nature and functions of the Hun (Ethereal Soul) and how that relates to conditions such as depression, bipolar disorders and Attention Deficit Hyperactivity Disorder An entire chapter dedicated to the functions of acupuncture points in the treatment of mental-emotional disorders Case studies that offer realistic insights and understanding to the range of

diagnostic and treatment choices the practitioner can make Attractive 2-colour page layout gives easy access and navigation around the text

This revised edition includes a glossary of terms and a materia medica and formulary sufficient to practice the treatments described in the text. As such it is not only a unique, absolutely-defined and referenced text, but also a self-contained and inexpensive course of study. As a basic text produced to a multi-author, multi-publisher voluntary standard, this revised edition is a unique key for scholars and clinicians alike.

A textbook of acupuncture and moxibustion from a highly respected Chinese specialist of Traditional Chinese Medicine (TCM). Qiu is also well known in Europe following lecture tours on these therapies. The text discusses acupuncture and moxibustion from a dialective materialist perspective, in keeping with importance the contemporary Communist state places on TCM for all the people. The text has been expertly translated from the Chinese by Richard Bertshinger (author of the 'Golden Needle'). The original Chinese version of Chinese Acupuncture and Moxibustion was recently accepted by the All China Medical Board as the official teaching manual for students in China. Its scope and authenticity are unique among presently available Western textbooks.

Comprehensive coverage includes: the more usual philosophy and history of Chinese traditional medicine regular descriptions of the meridians and points extra meridians and extra points detailed sections on less well known therapies - scalp and ear needling, electro-acupuncture abstracts from ancient texts, including the Odes methods and styles of needling discussion of the character patterns of disease

Flash cards allow students and practitioners of acupuncture to test themselves on the channels and extraordinary vessels of acupuncture.

On visiting Jim Humble, who treats HIV and Cancer in an African clinic as a cold, I saw the necessity to write down all the practical information that I had made with MMS in my own environment and in various travels to Mozambique in books, in order to take the barrier away from the sceptics for the use of MMS. Maybe you are one of the people that no longer believe in wonders, due to your illness and long sufferings. This is okay, for although MMS stands for "Miracle Mineral Solution," it works naturally and in healing it is nothing extraordinary. In the book "MMS - DISEASES EASY TO CURE," you can read how you can get healthy in the simplest way and live a happy life. In Africa, Jim Humble healed HIV, Cancer and a lot of other diseases within 3 weeks and Malaria within 4 hours. At the same time, I documented my experiences with MMS, Moringa Oleifera and the development of various projects in Africa in the travelogue with lots of beautiful photographs. One part of the profit made by selling the books goes to the projects in Mozambique. All the information about MMS is copyrighted and belongs to Jim Humble as the spiritual father. That's why we pay royalties to Jim Humble and support all his projects.

Acupuncture Anatomy: Regional Micro-Anatomy and Systemic Acupuncture

Networks integrates Western and Eastern medicine, providing a scientific foundation to acupuncture. By correlating detailed anatomical information with specific acupuncture points, the book opens a window into understanding the physiological basis of acupuncture medicine. Each acupuncture point is described in terms of musculature, vasculature, and innervation. Special consideration is also given to the position of organs, muscles, nerves, arteries, and veins with respect to the acupuncture point. A separate section is devoted to cross sections of the human body. The book is divided into four major parts. The first part discusses the underlying principles of traditional Oriental medicine and acupuncture. The second covers the pathophysiology of the organ systems. The third reviews various disease etiologies and the last part presents common diseases that are effectively treated through acupuncture. Written by an author with degrees in both Western and Eastern medicine, the book's bulleted format and numerous illustrations make it easy to read and understand. It is a valuable companion for those wanting to bridge the gap between Eastern and Western medicine, as it relates to acupuncture.

The Neijing is one of the most important classics of Taoism, as well as the highest authority on traditional Chinese medicine. Its authorship is attributed to the great Huang Di, the Yellow Emperor, who reigned during the third millennium BCE. This new translation consists of the eighty-one chapters of the section of the Neijing known as the Suwen, or "Questions of Organic and Fundamental Nature." (The other section, called the Lingshu, is a technical book on acupuncture and is not included here.) Written in the form of a discourse between Huang Di and his ministers, The Yellow Emperor's Classic of Medicine contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology. All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life. The original text of the Neijing presents broad concepts and is often brief with details. The translator's elucidations and interpretations, incorporated into the translation, help not only to clarify the meaning of the text but also to make it a highly readable narrative for students—as well as for everyone curious about the underlying principles of Chinese medicine.

“Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work.”—Annemarie Colbin, author of *Food and Healing* The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the “Bamboo Curtain” was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and

healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfeld and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. “Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine.”—San Francisco Chronicle

This translation of the original Chinese text provides a guide to clinical examination and differential diagnosis in traditional Chinese medicine. It examines the diagnostic method used in traditional Chinese medicine and relates it to TCM syndromes. Colour plates illuminate key diagnostic signs.

"Applied Channel Theory in Chinese Medicine" demonstrates how a deeper understanding of the interrelationship between organ and channel theory can lead to more precise diagnoses and better clinical results. The book is a collaboration between Wang Ju-Yi, one of modern China's most respected scholars, teachers, and practitioners of traditional Chinese medicine, and his American apprentice and practitioner, Jason Robertson. While most textbooks focus either on the functions of the organs in basic physiology or on the uses of the channels in treatment, this book shows the essential relationships between the two. Theory and practice are connected through a detailed discussion of a channel palpation methodology developed by Dr. Wang, which leads to more precise and effective point selection, location, and technique. *Applied Channel Theory in Chinese Medicine* was developed during Mr. Robertson's apprenticeship with Dr. Wang in Beijing, and is presented in a unique and highly readable format that preserves the intimacy of dialogue between apprentice and teacher, with questions and answers, narratives, and case studies.

Neuropuncture is the clinical manual of a groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine. It shows acupuncturists how to apply research into the neurophysiological mechanisms of acupuncture and electrical acupuncture to the traditional TCM model of healthcare. The book explains how acupuncture works using Western medical science and illustrates how to apply this knowledge to clinical cases with electrical acupuncture, creating evidence-based acupuncture protocols. These protocols are clinically proven and result in reproducible clinical outcomes.

Traditional Chinese medicine has a long and complex history, yet the basic principles at the heart of practice have remained the same for hundreds of years.

Without a solid understanding of these fundamental theories, effective practice is impossible, and this book provides a complete introduction to everything that students and practitioners, both new and experienced, need to know. The book describes and explains all of the fundamental principles of Traditional Chinese Medicine, including yin/yang, the five elements, the 'zang and fu' organs, Zang Xiang, Qi, and the meridians and collaterals of the body. Explaining not only the principles upon which these elements work, but also how they interrelate, the book describes how they can be used in practice to identify, treat and prevent ill-health and disease. This thorough and accessible textbook, compiled by the China Beijing International Acupuncture Training Center (CBIATC), under the editorial directorship of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and is also a useful basic reference for TCM practitioners.

Used as a reference by students of acupuncture, *Healing with Whole Foods* is an invaluable guide to the theory and practice of Chinese medicine. With facts about green foods such as spirulina and blue-green algae and information about the "regeneration diets" used by cancer patients and arthritics, it is also an accessible primer on nutrition—and a inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes. The information on Chinese medicine is useful for helping to diagnose health imbalances, especially nascent illnesses. It's smartly paired with the whole-foods program: because the Chinese have attributed various health-balancing properties to foods, you can tailor your diet to help alleviate symptoms of illness. For example, Chinese medicine dictates that someone with low energy and a pale complexion (a yin deficiency) would benefit from avoiding bitter foods and increasing "sweet" foods such as soy, black sesame seeds, parsnips, rice, and oats. (Note that the Chinese definition of sweet foods is much different from the American one!) Pitchford says in his dedication that he hopes the reader finds "healing, awareness, and peace" by following his program. The diet is certainly ascetic by American standards (no alcohol, caffeine, white flour, fried foods, or sugar, and a minimum of eggs and dairy) but the reasons he gives for avoiding these "negative energy" foods are compelling. From the adrenal damage imparted by coffee to the immune dysfunction brought on by excess refined sugar, Pitchford spurs you to rethink every dietary choice and its ultimate influence on your health. Without being alarmist, he offers dietary tips for protecting yourself against the dangers of modern life, including neutralizing damage from water fluoridation. There's further reading on food combining, female health, heart disease, pregnancy, fasting, and weight loss. Overall, this is a wonderful book for anyone who's serious about strengthening his or her body from the inside out.

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