

## Chinese Course For Chinese Medicine Majors Listening Vol 2

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.

This text explains how Chinese medicine evolved, how it works and why it attracts attention in the Western world. As well as an A-Z of conditions and their remedies, it features case histories, a catalogue of herbs, and listings of schools and associations

Combining the research and study of integrative Chinese and Western Medicine, *Integrative Cardiovascular Chinese Medicine: A Prevention and Personalized Medicine Perspective* presents a clear, structured base to guide clinical practice and encourage collaboration between Chinese medicine and Western medicine practitioners. This complete reference work thoroughly covers the pathophysiology of cardiology-related diseases, and compares, juxtaposes, and integrates Western and traditional Chinese medicine (TCM). Anika Niambi Al-Shura provides a realistic scope of cardiology treatment and the integration of Western and Chinese medicine, establishing a basis for standardization and a rationale for the inclusion of TCM in cardiology, and identifying and inspiring ideas for future research. Integrates Western and Chinese medicine for a realistic scope of cardiology treatment Establishes basis for standardization and rationale for the inclusion of traditional Chinese medicine in cardiology "Clinical pearls" provide a guiding base of traditional Chinese medicine in clinical use Offers a reference section that lists the latest in published studies Presents easy access

to the medicines and herbs used in both Chinese and Western medicine, including photos and information about the current patents

Using original sources, this significant text looks at the transformation of Chinese medicine from a marginal, side-lined medical practice of the early twentieth century, to an essential and high-profile part of the national health-care system under the Chinese Communist Party. The political, economic and social motives which drove this promotion are analyzed and the extraordinary role that Chinese medicine was meant to play in Mao Zedong's revolution is fully explored for the first time, making a major contribution to the history of Chinese medicine.

Acting as a bridge between the basic theory of Chinese medicine (CM) and various clinical subjects, *Diagnostics in Chinese Medicine* can be regarded as a core subject in understanding the concept of CM. Based on the national textbooks of CM in China, *Diagnostics in Chinese Medicine* is written combined with the National Standard and Quality Course given by Professor Chen Jiayu at Beijing University of CM. According to Professor Chen's long-standing high academic profile and clinical practice, figures and tables are presented clearly to intensify understanding and comprehension. We are sorry that the DVD content are not included.

Chinese Internal Medicine is an international collaboration of Chinese medicine

experts from both China and the West, covering the theory and practice of Chinese Internal Medicine in greater depth than any English language textbook available today. The material in this text comprises course material for a professional course of training in TCM, also being the basic material for studying and comprehension of other more advanced courses in TCM. The scope of the material contained in this textbook is approximately equal to that for students of TCM colleges in China, and coincides with the requirements in the Examination Syllabus for TCM Professional Practitioners Worldwide. Individual chapters contain forty nine common conditions as well as annexes or associated pathologies. Each chapter is composed of an overview of the pathology, causative factors, pathogenesis, diagnostic criteria, differential diagnosis, pattern identification and treatment, a summary, a case study, prevention and life-style recommendations and acupuncture treatments for each category of disease. An abundance of classical references are also included here.

An American medical exchange student describes his impressions of Chinese medicine; discusses herbal remedies, psychic healing, and acupuncture; and suggests possible lessons for doctors in the West

Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the

human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores? Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology, how the hearts of two people in love (or in scientific terms `quantum entanglement') truly beat as one, how a cheating heart is also an ill heart (which is why men are twice as likely to die of a sudden heart attack with their mistress than with their wife), how neural crest cells determine our lifespan, and why Proust's madeleines evoked the memories they did. The book shows how the theories of western and Chinese medicine support each other, and how the integrated theory enlarges our understanding of how bodies work on every level. Full of good stories and surprising details, Dan Keown's book is essential reading for anyone who has ever wanted to know how the body really works.

A study of the earliest extensive account of Chinese pulse diagnosis, focusing on a biography of Chunyu Yi.

Like its companion volume, *Acupuncture Patterns & Practice*, this book is a clinically oriented presentation of differential diagnosis and treatment in traditional Chinese medicine. This volume consists of eight series of case studies (40 in all),

each focusing on a variety of patterns associated with a common clinical disorder: asthma, facial disorders, poor appetite, abdominal and epigastric pain, abnormal bowel movements, abnormal urination, constraint disorders, hypochondrial and intercostal pain. Each case provides a systematic analysis of the patient's presentation, from the cause and site of the disorder to the underlying theory of the case. The pathogenesis, pattern of disease, treatment principle, and modalities of treatment (including both herbs and acupuncture) are described in illuminating detail. The authors, themselves both clinicians, then pose a number of questions that are likely to confront the practitioner. More than a hundred charts organize and present in graphic form what is explained in the text. Each chapter concludes with a diagnostic overview or "tree" that summarizes the process of differential diagnosis for the patterns associated with that disorder. *Patterns & Practice in Chinese Medicine* will be of particular value to the developing practitioner, as well as the student who is making the transition from the classroom to the clinic.

This book offers a comprehensive overview of Chinese medicine terminology translation, defining the most central concepts in Chinese traditional medicine, providing simplified Chinese characters, Mandarin Pronunciation in pinyin, citations for 111 of the most key concepts in traditional Chinese medicine and

culture. Covering definitions of terms relating to essence, qi, yin-yang theory, five elements and visceral manifestation in traditional medicine, it offers a selection of English versions of each term in addition to a standard English version, drawing on the translation history of traditional Chinese medicine. It provides a useful resource to understand the fundamental terms of traditional Chinese medicine and culture in Chinese and English, and their relevance to cross-cultural discourse.

For more than four thousand years, Chinese scholars and medical practitioners have documented ways of maintaining health and treating illness, from theories of yin-yang and the zang-fu organs to the use of herbs and acupuncture. The Essential Book of Traditional Chinese Medicine marks the first time such concepts have been made accessible to Westerners in a comprehensive form. 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.

“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

CONTENTS Creating a New Medicine and Pharmacology New Developments in Fracture Treatment Non-Surgical Cure of Acute Abdominal Diseases New Treatment of Cataract

Established by the Western Han dynasty more than 2,000 years ago, Traditional Chinese Medicine (TCM) is currently finding increased acceptance. A General Introduction to Traditional Chinese Medicine explores the thinking behind TCM, its philosophy-based theory, and its cutting-edge uses in today’s clinical practice. The book covers: Establishment and characteristics of TCM’s theory Establishment and development of TCM’s clinical system. Basic features of TCM TCM’s philosophical bases: primordial qi, yin-yang and Five Elements TCM’s medical model, method, and architecture Organized to make information easily accessible, each chapter contains: Goals & Requirements and Key Contents to enable readers to understand the core and the outline of the chapter Endnotes for readers to learn some cultural and historical information peculiar to China Glossary for readers to understand more specific information about TCM and Chinese culture Complete with chapter outlines and ancillary material, this

carefully designed guide brings a time-tested practice back to the future. This book is intended to aid the student studying case study for the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in Foundation of Chinese Medicine Licensing Examination. It is highly recommended to be used to combine with my other two books which are Review and Pretest for NCCAOM and California Exams in TCM Foundation and Handouts for NCCAOM Board Preparation Course in Foundation Module. I have been teaching NCCAOM Board Review class since 2009 in Acupuncture college in the United States. This book is the result of my teaching materials and experience. It includes most common types of the case study in Chinese Medicine and is intended to help the student prepare for a general class exam and Board licensing exam. The material is organized and divided into three parts. The first part covers general introduction regarding how to use three-steps methods and tips to solve case study questions. The second part covers case study practice questions by types. The last part includes four comprehensive case study exams. All these questions can be used as a pretest to identify areas of weakness or as a post-test to determine mastery. The practice tests can reflect the content and format of Chinese medicine class test and Board licensing examination.

## Read Book Chinese Course For Chinese Medicine Majors Listening Vol 2

If you are a visual person, you're going to LOVE this book. I have put my passion for teaching Chinese medicine into a fun publication with over 180 graphics! Here's what's inside:- Introduction to Chinese Medicine.- TCM Foundation including: the Yin Yang Theory, 5 Elements, 4 Substances, and the Zang-Fu Theory.- The Causes of Diseases according to Chinese medicine.- TCM Diagnosis including the four methods of diagnosis, inquiry, observation including tongue, palpation including pulse, observation and auscultation.- Putting TCM diagnosis into practice with the 8 Principles, pattern and symptoms differentiations, and case studies.- Patient intake form and how to use it in clinic. This book uses simple language to explain the essence of Shanghanlun (Treatise on Cold Damage), a monumental ancient medical classic, paired with cases the author encountered during years of practicing Chinese medicine, allowing readers to understand the melding of theory and practice and philosophical views of nature and life. The author's concise writing style leads readers to the core of Chinese medicine.

A favorite for first year acupuncture and TCM students because it covers the essential knowledge of the channels and collaterals and the characteristics of the channel system, providing descriptives that include the key points, pathway, associated organs and points, physiology, pathology, clinical applications, and

divergent, teninomuscular, and collateral channels.

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.

This textbook on diagnosis in Chinese medicine is unique in its clarity and accessibility. Divided into two sections, it is a comprehensive diagnostic manual. The first section explains how to collect and collate the information required to formulate a diagnosis and is divided into four approaches: visual, palpation, interrogation and listening/smelling. The second section describes the various diagnostic models in Chinese medicine, including The Eight Principles; zangfu organ pattern; the Six stages, four levels and san jiao; the twelve regular channels and eight extraordinary vessels; and the Five Phases.

Clinical Acupuncture and Ancient Chinese Medicine weaves together historical perspectives, ancient wisdom, and modern medicine to provide a holistic, effective, and rewarding way to understand and apply acupuncture in clinical practice. Methodology for memorizing the function of acupuncture meridians and

points is supplemented by nearly 600 high-quality images that illustrate point locations and needle insertion techniques. Algorithms for making diagnostic formulations, developing treatment strategies, and implementing effective therapeutic interventions are emphasized. Chapters also cover published outcomes data, the critical role of human psychology and spirituality in healing, and adjunctive therapies to acupuncture such as medicinal herbs and cupping. Authored by Dr. Jingduan Yang and Dr. Daniel A. Monti, two internationally known leaders and teachers of Chinese Medicine and Integrative Health, *Clinical Acupuncture and Ancient Chinese Medicine* is an ideal resource for a diverse range of health care practitioners and trainees including physicians, chiropractors, and licensed acupuncturists.

*The Essentials of Chinese Medicine* is a text book intended for international students who wish to gain a basic understanding of Chinese Medicine (CM) at the university level. The idea of writing such a text was originated from the Sino-American Consortium for the Advancement of Chinese Medicine (SACACM), which was founded in February 2000. In 1995, the British Hong Kong Administration set up a Preparatory Committee for the Development of Chinese Medicine to look into ways of bringing Chinese medical practice and herbal trade under proper control and regulation. After the reunification of Hong Kong with

mainland China in 1997, the Government of the Hong Kong Special Administrative Region continued the efforts to uplift the practice of CM to a fully professional level through legislation. To help bring up a new generation of professional CM practitioners, the Hong Kong Baptist University (HKBU) obtained approval from the Government's university funding authority to develop a School of Chinese Medicine to prepare students who will meet the future professional requirements through public examinations. In order to establish itself quickly as a rigorous provider of university level CM education, HKBU sought alliance with eight major CM universities in the Chinese Mainland, and one US university which was interested in developing CM education within its medical college. As a result, the Consortium known as SACACM was formed, with ten founding institutions from Beijing, Shanghai, Nanjing, Shandong, Guangzhou, Chengdu, Heilongjiang, Hong Kong, and the United States.

Provides definition of terms as well as a description of symptoms and their clinical significance. Gives acupuncture and medicinal treatments for virtually every disease and pattern.

Medical care in nineteenth-century China was spectacularly pluralistic: herbalists, shamans, bone-setters, midwives, priests, and a few medical missionaries from the West all competed for patients. This book examines the dichotomy between

"Western" and "Chinese" medicine, showing how it has been greatly exaggerated. As missionaries went to lengths to make their medicine more acceptable to Chinese patients, modernizers of Chinese medicine worked to become more "scientific" by eradicating superstition and creating modern institutions. Andrews challenges the supposed superiority of Western medicine in China while showing how "traditional" Chinese medicine was deliberately created in the image of a modern scientific practice.

Achieve vibrant health in every season with the holistic techniques of traditional Chinese medicine. This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health. *Everyday Chinese Medicine* demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, *Everyday Chinese Medicine* is the perfect companion on your path to complete wellness.

An exciting new, full-colour edition of Face Reading in Chinese Medicine featuring over 200 colour photographs and practical instructions on how to conduct a face reading! Face reading has been part of Traditional Chinese Medicine for many centuries, and Professor Lillian Bridges is a popular academic and international lecturer on the subject who gained her fascinating knowledge through her family line of Master Face Readers in China. Based on an understanding of the shapes, markings and features of a face, practitioners can learn about the health and life of a patient relating to the principles of Chinese medicine. In addition to understanding how the body's internal functions - physical, psychological and emotional - can be seen on a face, practitioners can also learn how to evaluate Shen to understand non-verbal expressions. Technical and detailed information is presented in an upbeat, insightful and highly readable manner. This was the first book to focus on the deeper aspects of face reading and diagnosis, this edition includes ancient Taoist knowledge regarding the Original Face and Facial Jing and Qi markers which have previously only been taught through the oral tradition. Clear discussions demonstrate how this technique can be used as a supplement to other diagnostic tools in Traditional Chinese Medicine. Engaging, insightful, highly readable text is written by a well-known and experienced lecturer in the field. Extensive



illustrations give you a clear understanding of theories and techniques. A focus on the deeper aspects of face reading and diagnosis helps readers become more conscious of their actions, reactions, and the health consequences of behavior. Traditional Chinese medicine (TCM) originated from the traditional medical system in the Chinese civilization, with influences from the Daoist and Chinese folk traditions in bodily cultivation and longevity techniques. In the past few decades, TCM has become one of the leading alternative medical systems in the United States. This book demonstrates the fluidity of a medical ideological system with a rich history of methodological development and internal theoretical conflicts, continuing to transform in our postmodern world where people and ideas transcend geographic, ethnic, and linguistic limitations. The unique historical trajectories and cultural dynamics of the American society are critical nutrients for the localization of TCM, while the constant traffic of travelers and immigrants foster the globalizing tendency of TCM. The practitioners in this book represent an incredible range of clinical applications, personal styles, theoretical rationalizations, and business models. What really unifies all these practitioners is not their specific practices but the goal of these practices. The shared goal is to strive for health, not just health in terms of the lack of illness but the ultimate health of achieving perfect balance in every aspect of the being of a

person—physically, mentally, spiritually, and energetically.

This volume, along with its companion, teaches the language of contemporary Chinese technical literature. The subject matter is Chinese medicine, making these texts ideal for those who wish to learn Chinese from real-world sources. All 128 of the texts chosen are excerpted from an introduction to Chinese medicine written by Qin Bowei, one of the founders of modern Chinese medicine and a medical writer known for producing the best contemporary technical expression. This volume teaches vocabulary.

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.

Integrating theoretical perspectives with carefully grounded ethnographic analyses of everyday interaction and experience, *Living Translation* examines the worlds of international translators as well as U.S. teachers and students of Chinese medicine, focusing on the transformations that occur as participants engage in a "search for resonance" with foreign terms and concepts. Based on a close examination of heated international debates as well as specific texts,

classroom discussions, and interviews with publishers, authors, teachers, and students, Sonya Pritzker demonstrates the "living translation" of Chinese medicine as a process unfolding through interaction, inscription, embodied experience, and clinical practice. By documenting the stream of conversations that together constitute this process, the book thus traces the translation of Chinese medicine from text to practice with an eye towards the social, political, historical, moral, and even personal dimensions involved in the transnational production of knowledge about health, illness, and the body.

*Serum Pharmacochimistry of Traditional Chinese Medicine: Technologies, Strategies and Applications* provides a valuable and indispensable guide on the latest methods, research advances, and applications in this area. Chapters offer cutting-edge information on pharmacokinetics and pharmacodynamics, analytical chemistry, traditional medicine, natural products, bioinformatics, new technologies, therapeutic applications, and more. For researchers and students in academia and industry, this book provides a hands-on description of experimental techniques, along with beneficial guidelines to help advance research in the fields of Traditional Chinese Medicine and drug development. Provides a valuable guide for practitioners of serum pharmacochimistry of Traditional Chinese Medicine, along with insights to its current use and future

applications Edited and written by leading scientists at the forefront of this research Presents well written chapters that include an introduction, description of the method, and identification of chemical constituents, with applications and references to the latest research and literature

Essentials of Chinese Medicine Springer Science & Business Media

Aurthur: Dr. Tsun-Nin Lee received his B.A. from Columbia college and M.D. from New York University school of Medicine. He is the proponent of the thalamic neuron theory, which was published in a series of papers between 1976 and 2002 in Medical Hypothesis, to explain the phenomena and principles of traditional Chinese medicine from the modern scientific point of view, as well as to shed light on many enigmas encountered in the practice of modern medicine. The contents of this book (volume 1) feature the transcripts of an audio lecture series presented at the beginning of the Comprehensive Training Course on Acupuncture for Physicians ([www.acupuncturecourse.org](http://www.acupuncturecourse.org)) to familiarize the participants with the concepts of traditional Chinese medicine (TCM). A reasonable explanation is now at hand to reconcile the apparent differences between modern medicine and TCM. This book represents the initial effort in the daunting task of integrating Eastern and Western systems of healing. 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.

Both an introduction to Chinese medicine psychology and a clinical guide for Chinese medicine, this book facilitates and promotes the management of mind and emotion-related illnesses. Based on recent and ancient Chinese sources, it explores and explains previously unavailable material on the generational and ancestral aspects of human mentality, as well as its context within the natural world and the evolution of human life. The first part of the book includes a detailed introduction to the theory of Chinese medicine psychology as well as the modern developments that surround it, whilst the second part is a guide to clinical practice. Chinese Medicine Psychology allows access to invaluable resources and is an indispensable guide for Chinese medicine practitioners, students and healthcare professionals.

The Fundamentals of Chinese Medicine is an international collaboration of Chinese medicine experts from both China and the west, and co-written by an experienced practitioner who has been teaching the subject in western schools. This book covers the theory of traditional Chinese medicine and discusses the topic in greater depth than any English language textbook available today. An abundance of classical references are also included here. The material in this text comprises course material for a professional course of training in TCM, which is also the basic material for studying and comprehension of other more

advanced courses in TCM. The main contents include the physiological basis of essence-qi, yin-yang and the five phases, followed by the theories of essence, qi and blood, fluids, and spirit. Organ manifestation, channel and collateral theory, constitutional theory, etiology and patho-mechanism, and also principles of prevention and treatment are expounded upon. The knowledge in this textbook is approximately equal to that for students of TCM colleges in China, and coincides with the requirements in the Examination Syllabus for TCM Professional Practitioners Worldwide.

In the West ideas about Chinese medicine are commonly associated with traditional therapies and ancient practices which have survived, unchanging, since time immemorial. Originally published in 2001, this volume, edited by Elizabeth Hsu, demonstrates that this is far from the reality. In a series of pioneering case-studies, twelve contributors, from a range of disciplines, explore the history of Chinese medicine and the transformations that have taken place from the fourth century BC onwards. Topics of discussion cover diagnostic and therapeutic techniques, pharmacotherapy, the creation of new genres of medical writing and schools of doctrine. This interdisciplinary volume will be of value to anyone with an interest in the various aspects of Chinese medicine.

The beginner's guide to healing and harmonizing with Chinese herbal medicine

Chinese herbal medicine is a system of assessing and diagnosing the underlying causes of illnesses that has been refined over thousands of years. Taking a holistic approach, Chinese herbal medicine focuses on the whole person and emphasizes preventing illnesses by maintaining a physical, mental, and spiritual balance. Chinese Herbal Medicine for Beginners makes this vast landscape digestible for beginners and seasoned herbalists alike so you can confidently, and quickly, make soothing remedies of your own. Discover the principles of Chinese herbal medicine with a helpful primer on the systems that make up our bodies and what illness factors can cause imbalances. Set up your home apothecary with herbal decoctions, infusions, oils, and more using easy steps. Explore profiles on popular herbs, including their most common uses, before taking healing into your own hands with 100+ beginner-friendly recipes for Chinese herbal formulas. Chinese Herbal Medicine for Beginners includes: Bundle of energy--Get to the root of Chinese herbal medicine with an overview of our energetic systems: Yin and Yang; Essence, Spirit, Qi, Blood, and Moisture; Fire, Earth, Metal, Water, and Wood. Herbal glossary--Amazing in-depth profiles cover 35 affordable, accessible herbs--each including the herb's healing properties, temperature, and treatment category. Holistic harmony--Fortify your health with 100+ formulas and remedies for a diverse range of disharmonies, like



blood deficiencies, back pain, anxiety, diabetes, colds and flus, insomnia, and more! Brew your way to better health and balance with Chinese Herbal Medicine for Beginners.

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