

The Foundations Of Chinese Medicine A Comprehensive Text For Acupuncturists And Herbalists Giovanni Maciocia

An innovative, deeply researched history of Chinese medicine in America and the surprising interplay between Eastern and Western medical practice Chinese medicine has a long history in the United States, with written records dating back to the American colonial period. In this intricately crafted history, Tamara Venit Shelton chronicles the dynamic systems of knowledge, therapies, and materia medica crossing between China and the United States from the eighteenth century to the present. Chinese medicine, she argues, has played an important and often unacknowledged role in both facilitating and undermining the consolidation of medical authority among formally trained biomedical scientists in the United States. Practitioners of Chinese medicine, as racial embodiments of “irregular” medicine, became useful foils for Western physicians struggling to assert their superiority of practice. At the same time, Chinese doctors often embraced and successfully employed Orientalist stereotypes to sell their services to non-Chinese patients skeptical of modern biomedicine. What results is a story of racial constructions, immigration politics, cross-cultural medical history, and the lived experiences of Asian Americans in American history.

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

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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

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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.

Explores the ancient system of physiological medicine in China, and the system's applications in the field of modern medicine.

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

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 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.

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

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with abundant direct clinical experience.

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

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innovative text is an excellent resource for learning it"

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.

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. *Wisdom from the East ...for Living in the West* Discover the foundation behind this

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fascinating system of holistic health based on several thousand years of real clinical experience. Traditional Chinese Medicine (TCM) is a unique, comprehensive, and scientific system, maintaining that the root of a disease must be found, and that a patient must be treated according to their whole being as well as their surrounding natural conditions. Viewing the human as a single, integrated entity that relates with nature, TCM maintains that the human body is affected by any changes that occur in nature, and must be treated as such. Since its beginnings, not only has TCM been well preserved and documented but it has also been continuously developing and growing. Having remarkable curative abilities and few side effects, it is an effective means to prevent and treat diseases and to keep yourself strong and healthy. Principles of Traditional Chinese Medicine is systematic, concise, practical and easy to read. Originally published in China, this re-edited edition (the 3rd book in our Practical TCM series) will provide you with the principles of diagnosis, treatment and prevention of diseases. Discover the principles of treatment and prevention of diseases. Learn essential primary theories, such as Yin and Yang and the Five Elements Theory, as well as their use in clinical applications. Discover the foundations for diagnostic methods. Essential for today's alternative health library.

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

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East Asian or world history, medical history, anthropology, biomedicine, and healing arts.

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.

How do individuals decide whether to accept human causes of climate change, vaccinate their children, or wear a mask during a pandemic? In *Science Denial: Why It Happens and What to Do About It*, psychologists Gale Sinatra and Barbara Hofer identify the problem of science denial and offer tools for addressing it.

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SHEN: PSYCHO-EMOTIONAL ASPECTS OF CHINESE MEDICINE fully explains how the emotional, mental, and physical elements of Chinese Medicine in illness are an extremely effective therapy in dealing with cases where the alterations of the shen are both obvious and subtle. The book focuses on the psycho-spiritual aspects of patient's conditions and is purposely constructed to facilitate practitioners' formulations of diagnosis and treatment. It reflects throughout on the patient-practitioner relationship, resources, and various characteristics, inherent problems and qualities of acupuncture. Offers clinical guidelines for treating people with psycho-emotional symptoms. Includes researched material and clinical applications concerning emotions and movement. Describes the causes and progression of psycho-emotional symptoms in terms of etiological and pathological mechanisms, specific symptoms, and classical syndromes. Features in-depth description of 29 clinical case studies with discussion on points, ongoing treatment, and problematic situations.

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

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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" "(yunch'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

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Asian Science series, edited by Nathan Sivin.

A leading authority explains the ideas and practice of Chinese medicine from its beginnings in antiquity to today. Paul U. Unschuld describes medicine's close connection with culture and politics throughout Chinese history. He brings together texts, techniques, and worldviews to understand changing Chinese attitudes toward healing and the significance of traditional Chinese medicine in both China and the Western world. Unschuld reveals the emergence of a Chinese medical tradition built around a new understanding of the human being, considering beliefs in the influence of cosmology, numerology, and the supernatural on the health of the living. He describes the variety of therapeutic approaches in Chinese culture, the history of pharmacology and techniques such as acupuncture, and the global exchange of medical knowledge. Insights are offered into the twentieth-century decline of traditional medicine, as military defeats caused reformers and revolutionaries to import medical knowledge as part of the construction of a new China. Unschuld also recounts the reception of traditional Chinese medicine in the West since the 1970s, where it is often considered an alternative to Western medicine at the same time as China seeks to incorporate elements of its medical traditions into a scientific framework. This concise and compelling introduction to medical thought and history suggests that Chinese medicine is also a guide to Chinese civilization.

Thoroughly revised to reflect contemporary diagnostics and treatment, this Third Edition

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is a comprehensive and practical reference on the assessment and management of acute and chronic pain. This edition features 14 new chapters and is filled with new information on invasive procedures...pharmacologic interventions...neuraxial pharmacotherapy...physical and occupational therapies...diagnostic techniques...pain in terminally ill patients...cancer pain...visceral pain...rheumatologic disorders...managed care...and medicolegal issues. Reorganized with two new sections focusing on diagnostics and cancer pain. A Brandon-Hill recommended title.

This book makes Classical Chinese Medicine (CCM) intelligible to those who are not familiar with the tradition, many of whom may choose to dismiss it off-hand or to assess it negatively) . Keekok Lee uses two related strategies: arguing that all science and therefore medicine cannot be understood without excavating its philosophical presuppositions and showing what those presuppositions are in the case of CCM compared with those of biomedicine. Such excavations enable Lee in turn to demonstrate the following theses: (1) the metaphysical/ontological core of a medical system entails its own methodology, how to understand, diagnose and treat an illness/disease; (2) CCM rests on process-ontology, is Wholist, its general mode of thinking is Contextual-dyadic, its implicit logic is multi-valent, its model of causality is non-linear and multi-factorial; (3) Biomedicine (in the main) rests on thing-ontology and dualism, is Reductionist, its logic is classical bi-valent, its model of causality is linear and monofactorial; (4) hence to condemn CCM as “unscientific”/”pseudo-

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scientific"/plain "mumbo-jumbo" while privileging Biomedicine as the Gold Standard of scientificity is as absurd as to judge a cat to be inferior to a dog, using the criteria of "goodness" embodied in a dog-show.

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

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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. Content Description # "A Philip E. Lilienthal book." # Includes bibliographical references and index.

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 major new translation of the Chinese classic *Shang Han Lun* by scholar and medical doctor Guohui Liu makes this foundational text fully accessible to English speaking clinicians for the first time. Extensive study and research underpins the translation; the author's understanding of both classical and modern Chinese enables him to interpret

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fully the ancient work within the theory of Chinese medicine. An extensive commentary explains the translation, the difficulties with the text, how it has been subsequently translated and expands on the theory laid out in the original text to reach an understanding that can be applied in the clinic for diagnosis and treatment. The value of this classic text lies primarily in its establishment of a basic framework for differentiation and treatment, but it also presents 112 formulas and 88 medicinal substances, which are commonly applied in clinical work for various conditions. In this edition, the 112 formulas are fully explained in the context of the clinical experiences of well-known ancient and modern doctors, and they are also laid out in two appendices, cross referenced to the text.

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.

For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical

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practitioners with a fundamental understanding of the essence of TCM. We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book.

You're studying Traditional Chinese Medicine (TCM), which is awesome! But this is a whole new way of looking at health, the terms are in a different language, the concepts are foreign to your mind, and there so much to memorize! Presented with humor and in simple language, this book cuts to the chase, summarizing difficult concepts and putting them into terms that make sense. Chinese Medicine 101 covers the basic origins and theories of Chinese medicine including yin-yang theory, five element theory, and Zangfu (yin-yang paired organs) functions and interrelationships. Don't procrastinate anymore! Click on the Buy Now button and get your copy today! And watch for Chinese Medicine 102: Complete your Foundations, the second half of your basic understanding of Traditional Chinese Medicine. "An excellent and helpful resource for students and also for colleagues! Cat's TCM Notes are professionally made, with love for the patient and a deep understanding of the complex healing mission. Cat Calhoun has proven to be a high responsible professional with a humanistic vision of the Art of Chinese Medicine. I highly recommend them for anyone who is interested in acupuncture."--Georgi M 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. The Foundations of Chinese Medicine A Comprehensive Text Elsevier Health Sciences 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

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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
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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.
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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. EYES 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

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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. KIdneys 96. SMOall Intestine 97. STomach 98. GALL-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

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

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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.

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.

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The New Chinese Medicine Handbook is an essential guide to achieving total health in body, mind, and spirit. Explore the powerful benefits of Chinese medicine--particularly acupuncture, massage, nutrition, meditation and herbs--along with other Eastern healing arts. This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life. Dr. Misha Ruth Cohen, an internationally-recognized practitioner, lecturer, leader and mentor in the field of Chinese medicine, offers comprehensive healing plans for a wide range of ailments including digestive problems, stress, anxiety, depression, cancer support, liver health, gynecological problems, PMS, fertility menopause, and more. This comprehensive guidebook combines Chinese dietary guidelines with Western medicine, plus various other Eastern and Western healing therapies including: -Basics of Chinese medicine -Acupuncture and moxibustion -Qi Gong: Chinese exercise and meditation -Dietary practices -Chinese herbal therapy The New Chinese Medicine Handbook keeps esoteric information to "need to know" basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes. Take the first steps to natural healing remedies and a longer, healthier life.

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,

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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

"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

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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*

An open heart is the dwelling place of compassion that extends toward all beings; a clear mind is the source of the penetrating wisdom of deep insight. Their union leads to the enlightened way of life that is at the heart of the spiritual path as taught by the Buddha. This introduction to his teaching is thorough yet wonderfully accessible, even to those with no previous knowledge of Buddhism. Thubten Chodron writes in an easy-to-understand manner as she skillfully relates the Buddha’s wisdom to the realities of our modern lives.

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