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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.

The new edition of this popular clinical text describes the application of traditional Chinese medical theory to the diagnosis and treatment of up to 48 diseases, conditions, and disorders. In addition to the existing 34 covered in the first edition, 14 new conditions and symptoms have been added. Insomnia and related sleep disorders concern 30-40% of the adult population and even up to 25% of children, affecting alertness and memory, causing emotional and physical fatigue, and putting the individual at increased risk for depression, cardiovascular disease, hypertension and other health hazards. Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine presents a highly effective treatment for chronic and acute sleeplessness using therapeutic strategies from both, TCM as well as Classical Chinese Medicine.

Special Features Provides full background on the physiology, causes, and treatment of sleep disorders, drawing key parallels between concepts of Western and Chinese Medicine
Classifies all acupuncture points that affect sleep to help in choosing the most appropriate treatment for your patient
Offers a detailed analysis of sleep in Chinese Medicine to give you a full understanding of the energetics of sleep and wakefulness
Analyzes the significance of dreams in Chinese Medicine and how dreams can be skillfully integrated into a

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patients therapy Written from the unique perspective of a physician who is also trained in TCM and classical acupuncture, the book presents numerous case examples, and an up-to-date review of scientific studies on Chinese medicine and sleep. It is an essential reference for all acupuncture practitioners who provide optimal treatment to patients with insomnia, sleep disorders, and other sleep pathologies.

This highly successful textbook covers the basic theory of traditional Chinese medicine and acupuncture, and discusses in detail the use of acupuncture points and the principles of treatment. The material is based on rigorous reference to ancient and modern Chinese texts, and explains the application of theory in the context of Western clinical practice. The new edition features new and updated material plus an accompanying website containing over 650 self-testing questions in a variety of formats. 25th Anniversary edition of the Western world's best-selling book on Chinese medicine! Logical, sequential organization builds from basic theoretical concepts, through functions of individual organs, diagnosis, pathology, pattern recognition & disease categories, and the appropriate use of acupuncture points Clearly explains the theory and practice of Chinese Medicine to Western medical audiences Based on a unique and invaluable combination of extensive clinical experience in the West, current Chinese Medicine textbooks and ancient sources, in particular, the 'Yellow Emperor's Classic of Internal Medicine' (Nei Jing) and the 'Classic of Difficulties' (Nan Jing) Includes Pinyin equivalents to make it immediately evident which original term is being translated Abundantly illustrated with over 750 line drawings and more than 1000 tables & boxes designed to emphasize the key facts End of chapter Learning Outcomes point out 'must-know' information A helpful colour-plate section provides valuable

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information for diagnosis Cases Studies and Case Histories apply theory to diagnosis and treatment, bringing the subject to life in a realistic context An extensive Glossary explains new terms and their origins from translation Additional Appendices list Prescriptions, Bibliography and Chinese Chronology Authored by Giovanni Maciocia, one of the Western world's leading subject matter experts An accompanying EVOLVE website provides over 650 self-testing questions and answers to help readers check their understanding of frequently complex information New Case Histories help 'bring the subject to life' Expanded subject area coverage including new clinical guidelines and additional acupuncture point combinations Contains further analysis of acupuncture point actions Innovative guidelines aid students learning Chinese Medicine patterns

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. As part of The Energetics and Treatment of Body Areas series, Maciocia turns this approach on its head and places areas first so that everything else is subordinate to that. In The Energetics & Treatment of Body Areas - The Face, Maciocia does just that, placing the Face first and each diagnostic and therapeutic element, relevant to the face, is discussed together.

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

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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

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the Triple Burner, the classification and treatment of Heat and the functions and pathology of the Shen and Hun.

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 A guide to applying the power and wisdom of Chinese Medicine to Bach Flower Therapy • Includes detailed write-ups about the indications and effects of each of the original 38 Bach flower remedies according to Chinese Medicine • Explains the relationships between specific emotions,

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symptoms, and regions of the body according to Chinese Medicine • Offers a complementary method of Flower Essence evaluation using physical conditions to access the emotions Bach flower essences provide excellent tools for balancing energetic disturbances generated by emotions. Yet people often have trouble clearly expressing their feelings and emotions, making selection of a specific flower essence difficult. Drawing upon the centuries-old relationships established in Chinese Medicine between emotions and physical disorders, Pablo Noriega shows how to use a person's descriptions of their complaints and chronic conditions combined with Flower-type personality traits to diagnose which flower essence to prescribe in each unique case. The author includes a full primer on Chinese Medicine, exploring in detail the main principles: Yin and Yang; the Five Elements and their associated Organs; Blood and Energy; the Virtues, the behaviors that can strengthen the Elements; and the Psyches, the energetic spirit of each Organ. He reveals the direct correspondences between specific emotions, symptoms, and regions of the body and how the Flowers help regulate Spirit and work on the emotional foundations of many common chronic disorders. Providing detailed profiles about each of the original 38 Bach flower remedies according to Chinese Medicine, Noriega explains how to prescribe flower essences for prevention of

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predisposed conditions, for healing of acute and chronic ailments, and for disorders that arise from stagnant energy and yin-yang imbalances. Offering flower essence therapists new possibilities for evaluation and treatment, this guide also helps Chinese Medicine practitioners incorporate Flower Essences into their practice.

The premier English language text examining the secondary channels and extraordinary vessels of acupuncture.

Traditional Chinese medicine is often portrayed as an enduring system of therapeutic knowledge that has become globalized in recent decades. In *Other-Worldly*, Mei Zhan argues that the discourses and practices called “traditional Chinese medicine” are made through, rather than prior to, translocal encounters and entanglements. Zhan spent a decade following practitioners, teachers, and advocates of Chinese medicine through clinics, hospitals, schools, and grassroots organizations in Shanghai and the San Francisco Bay Area. Drawing on that ethnographic research, she demonstrates that the everyday practice of Chinese medicine is about much more than writing herbal prescriptions and inserting acupuncture needles. “Traditional Chinese medicine” is also made and remade through efforts to create a preventive medicine for the “proletariat world,” reinvent it for cosmopolitan middle-class aspirations, produce clinical “miracles,”

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translate knowledge and authority, and negotiate marketing strategies and medical ethics. Whether discussing the presentation of Chinese medicine at a health fair sponsored by a Silicon Valley corporation, or how the inclusion of a traditional Chinese medicine clinic authenticates the “California” appeal of an upscale residential neighborhood in Shanghai, Zhan emphasizes that unexpected encounters and interactions are not anomalies in the structure of Chinese medicine. Instead, they are constitutive of its irreducibly complex and open-ended worlds. Zhan proposes an ethnography of “worlding” as an analytic for engaging and illuminating emergent cultural processes such as those she describes. Rather than taking “cultural difference” as the starting point for anthropological inquiries, this analytic reveals how various terms of difference—for example, “traditional,” “Chinese,” and “medicine”—are invented, negotiated, and deployed translocally. *Other-Worldly* is a theoretically innovative and ethnographically rich account of the worlding of Chinese medicine.

This book is unique in that it discusses the nature of human suffering and how patients can be helped to overcome psycho-emotional pain through work with the Eight Extraordinary Vessels. Emotional suffering and resistance to change can be an impediment to the healing process, with many physical conditions being resistant to treatment due to their psycho-

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emotional element. Understanding this suffering and providing a therapeutic environment which allows the patient to believe that things can be different improves the effectiveness of an Eight Extras treatment. Approaching the topic from the perspective of suffering means that the theory can be applied to both physical and emotional illness, including addiction, chronic pain, auto-immune conditions and hormonal disorders. This a very practical book and will include a full explanation of how to create an Eight Extras treatment and also case studies showing clinical use of the vessels and how to apply them. These case studies show how coping mechanisms and resistance develops and how important history is in the diagnostic process. Energy Medicine East and West: A Natural History of Qi provides a unique, comprehensive overview of Qi or bioenergy for students and practitioners of energy medicines, Chinese and Oriental Medicine, and all disciplines of Complementary and Integrative Medicine. Mayor and Micozzi start with a comparative historical account of the ancient concepts of Qi and vital energy before covering theories of Qi, a discussion of the organized therapeutic modalities based upon Qi and its applications to specific health and medical conditions. Contributions are included from international experts in the field. The book moves from anatomical and bioenergetic complementarity

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of Western vital energy and Eastern Qi, through convergence of perspectives and models to demonstrations of how the traditional therapies are being melded together in a new, original and creative synthesis. David Mayor and Marc Micozzi are experienced medical practitioners, authors and editors. David Mayor has been actively involved in bioenergy research, practice and publishing for over 30 years, and is author/editor of *Electroacupuncture: A practical manual and resource* (2007), as well as other acupuncture texts and studies. Marc Micozzi is Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine, Washington, DC. As author/editor of *Fundamentals of Complementary & Alternative Medicine*, 4E (2011), and 25 other books, he has been writing, editing and teaching on bioenergy, Qi and related topics for 20 years. Endorsements "This wonderful book has assembled some 25 authors expressing well a view of qi which entirely does justice to its nature. Meticulously referenced, it is a milestone to set beside Maciocias Foundations of Chinese Medicine and Deadmans Manual of Acupuncture. Here at last are the beginnings of a true science of qi...There is truly nothing like it in contemporary literature. Alone, it lays the foundation for the beginnings of a modern science of qi."Richard Bertschinger, Acupuncturist and translator, Somerset, UK. "This book offers a timely and

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thorough examination of the experience and nature of qi, including a series of fascinating philosophical discussions with a direct application to our patients. Required reading for acupuncture practitioners seeking to justify and clarify their clinical reasoning."Val Hopwood PhD FCSP, Physiotherapist, acupuncturist, researcher and educator; Course director, MSc Acupuncture, Coventry University, UK. "Over the last decade most books on Asian medicine paid tribute to the aura of evidence-based medicine – experience counted little, RCTs were convincing. This book, at last, returns to an old tradition of debate, opening up quite a few new horizons. Reading it, my striving for knowledge was married with enjoyment and happiness. This book made me happy!" Thomas Ots MD PhD, Medical acupuncturist specialising in psychiatry, Graz, Austria; Editor-in-Chief, Deutsche Zeitschrift für Akupunktur. "To simply review the chapter headings is to know the truly remarkable expanse of this book...a wonderful bridge between the mysteries of the East and the sciences of the West...well documented, well written, and enlarging both. Enlightening...nicely depicts outstanding advances in energy psychotherapeutics, thus ultimately helping to move forward the human condition."Maurie D Pressman MD, Emeritus Clinical Professor of Psychiatry, Temple University School of Medicine, Philadelphia, PA; Emeritus Chairman of Psychiatry,

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Albert Einstein Medical Center, Philadelphia PA;
past President, International Society for the Study of
Subtle Energies and Energy Medicine, Lafayette,
CO, USA.

Easily accessible and heavily illustrated, this complete guide to diagnosis in Chinese Medicine places an emphasis on "real world" issues. Focusing on clear interpretations of signs and symptoms, it addresses the practice beyond the theory and leads readers through both basic and sophisticated levels of diagnostic interpretation. Since Chinese medicine diagnosis relies on a subtle appraisal of a patient's disharmony, many factors beyond traditional Western symptoms are considered, including a patient's voice, the absence of thirst, feeling hot or cold, the patient's smell, tone of voice, and glitter of eyes. This practical resource helps readers carefully interpret of a range of nuances. Provides a clinical understanding of Traditional Chinese Medicine Offers an unparalleled depth of information that is meticulously cross-referenced Includes all the signs and symptoms, however subtle, that a modern patient may present in the clinic Provides clinical experience and understanding from a leader in the field of Chinese medicine Clearly outlines the decision-making options in key situations to help readers through the most challenging topics Logically organized so readers can quickly find the information they need in clinical situations

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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.

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.

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

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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.

This new book could make a difference in the life of a patient when no other therapies will help. The authors, who have a combined 60 years of experience using Chinese scalp acupuncture, have composed a thorough clinic manual for practical clinical applications of scalp acupuncture to treat patients who suffer from seriously debilitating conditions such as the sequelae of stroke, phantom limb pain, PTSD, Meniere's syndrome, multiple sclerosis, herpes zoster, seizures, essential tremor, and Parkinson's Disease. The authors begin with an introduction to the neuroanatomy and neurophysiology of the brain and scalp for non-Western medical practitioners. They review Chinese medical theories supporting the use of scalp acupuncture, provide thorough explanations of area locations and uses, and include details of needling technique specific to scalp acupuncture. There are over 40 case studies with treatment details, as well as excellent illustrations of each treatment area.

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

Chinese External Medicine is a branch of TCM that is concerned with the diagnosis and treatment of conditions of the body's surface, unlike TCM Internal Medicine whereby the focus is on internal organ systems. External medicine, or

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wai ke, refers to conditions that can be seen by the eye or palpated directly such as traumatic injuries, skin diseases, breast lumps, hemorrhoids, male genital problems and so on. Despite the common nature of many conditions covered by Chinese external medicine, until the publication of this book, little had been done to introduce these essential diagnostic and treatment methods to the West. Eight chapters in the text are devoted to the diagnosis and treatment of sores and ulcerations, breast conditions, goiter, skin lesions, sexually transmitted diseases, anorectal conditions, male urogenital conditions, peripheral vascular diseases and other external conditions, with 92 external conditions in total. Internal therapies, medicinal formulas, external applications, and acupuncture treatments are provided along with both Chinese pinyin and characters for easy reference. Sixty representative case studies are also presented here, making this the first comprehensive English language text on Chinese External medicine. We are sorry that the DVD content are not included.

This lively chronicle of the years 1847–1947—the century when the Jewish people changed how we see the world—is “[a] thrilling and tragic history...especially good on the ironies and chain-reaction intimacies that make a people and a past” (The Wall Street Journal). In a hundred-year period, a handful of men and women changed the world. Many of them are well known—Marx, Freud, Proust, Einstein, Kafka. Others have vanished from collective memory despite their enduring importance in our daily lives. Without Karl Landsteiner, for instance, there would be no blood transfusions or major surgery. Without Paul Ehrlich, no chemotherapy. Without Siegfried Marcus, no motor car. Without Rosalind Franklin, genetic science would look very different. Without Fritz Haber, there would not be enough food to sustain life on earth. What do these visionaries have in common? They all had Jewish

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origins. They all had a gift for thinking in wholly original, even earth-shattering ways. In 1847, the Jewish people made up less than 0.25% of the world's population, and yet they saw what others could not. How? Why? Norman Lebrecht has devoted half of his life to pondering and researching the mindset of the Jewish intellectuals, writers, scientists, and thinkers who turned the tides of history and shaped the world today as we know it. In *Genius & Anxiety*, Lebrecht begins with the Communist Manifesto in 1847 and ends in 1947, when Israel was founded. This robust, magnificent, beautifully designed volume is "an urgent and moving history" (*The Spectator*, UK) and a celebration of Jewish genius and contribution.

This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

Part I: Diagnosis by Observation Section 1: Observation of

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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. Dlagnosis by Palpation 50. PULse Qualities 51. PALpation Of Parts Of The Body 52. PALpation Of Channels Part IV: Diagnosis by Hearing and Smelling 53. Dlagnosis By Hearing 54. Dlagnosis 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. EYES 62. NEck, Shoulders And

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Appendices Appendix 1: Case Histories Appendix 2:

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Medicine Glossary Bibliography Chinese Chronology

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)

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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-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.

“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

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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 book discusses the disease causes and mechanisms, pattern discrimination, treatment principles, and Chinese medical treatment of more than 20 traditional Chinese psychiatric diseases as well as the same information on 12 modern Western psychiatric disorders. Each chapter dealing with either a traditional or modern disease category also includes extensive information on the Western medical nosology, etiology, differential diagnosis, pathophysiology, epidemiology, treatment, side effects, and criteria for referral written by a Western psychiatrist. There are also abstracts of recent Chinese and Western research as well as multiple case histories.

Offering a Taoist map of the human psyche, the "Five Spirits" provide a mythical view of the nervous system and form the basis of Chinese medical psychology. An understanding of these Five Spirits is the key that opens the doorway to the mysteries of

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Taoist psycho-spiritual alchemy.

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.

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.

Emotional trauma can upset the harmony of the body and reduce the body's ability to heal and regulate itself. Once the traumas are identified and treated, the body will function at an optimum level and will respond to treatments for other conditions

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present. This book integrates the multi-diagnostic and treatment methods existing in Chinese medicine, and contains diagnostics such as facial, pulse, tongue, and channel palpation diagnosis. Treatments include acupuncture, Chinese herbal formulas, qigong, shamanic drumming, and lifestyle and nutritional recommendations. Many types of emotional traumas and their manifestations are presented, including fear, anxiety, panic attacks, PTSD, depression, mood swings, insomnia and sensory organ impairment. How to prevent future emotional trauma will be discussed, and case studies are included to show the application of theory in practice.

Sound healing therapy is rapidly gaining recognition as an important complementary medicine modality; this ground-breaking book uniquely presents techniques, based upon Chinese medicine theory, for integrating the use of precision calibrated Ohm planetary tuning forks and acupuncture needles, to create a new modality, Vibrational Acupuncture™. The chapters include: An overview of Quantum Music Theory™ Guidelines for using tuning forks with or without needles Insights into our genetic imprint, the Eight Extraordinary meridians Anti-exhaustion treatments for readers caught in an excessively busy and dissonant world Treatments for saggy neck and temporomandibular joint dysfunction (TMJ) Treatments for balancing the twin

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hemispheres of the brain, and alchemically lacing the Three Jiaos An introduction to vibrational remedies and more An overview of the use of healing sound as a palliative to global technological addiction, and how it restores essential harmony to a world that is seriously out of balance

Reflecting training and experience in both Eastern and Western medicine, this reference uses a scientific perspective to shed light on the teaching and practices of traditional Chinese medicine (TCM). In addition, the resource compares TCM to conventional Western approaches and shows the optimal way to integrate the two disciplines.

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

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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.

Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are:

- Key concepts of Chinese medical theory
- Dozens of illustrated T'ai Chi and Chee-gung exercises
- The Chinese approach to healing common ailments
- Authentic secrets of Taoist sexual yoga
- Therapeutic food recipes and herbal tonics
- Alternative treatments for diseases such as AIDS and cancer
- Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Explains trauma using a combination of the Five Elements (from Traditional Chinese Medicine) and a touch perspective; for practitioners of a variety of modalities, including acupuncturists, somatic therapists, massage therapists, and mental health providers.

Combining Eastern and Western trauma physiology, clinician-educators Alaine Duncan and Kathy Kain introduce a new map for acupuncturists, medical practitioners, mental health providers, and body-oriented clinicians to help restore balance in their patients. Using concepts from Acupuncture and Asian Medicine (AAM), alongside descriptions of the threat response from Western bio-behavioral science, they describe common

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physical symptoms, emotional presentations, and paths for healing for five survivor "types" detailed by the authors and correlated to the Five Elements of AAM. This ancient/modern integrative lens illuminates the diverse manifestations of traumatic stress in its survivors--chronic pain, autoimmune illness, insomnia, metabolic problems, and mental health disorders--and brings new hope to survivors of trauma and those who treat them.

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