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This book is a study guide and exam preparation workbook for Chinese herbal medicine. Its 630 questions cover all aspects of the theory and practice of Chinese herbal medicine including materia medica; medicinal combinations; processing of medicinals; formulas and prescriptions; additions and subtractions; case history analysis. This book is extremely useful for preparing for various school, state, or national Chinese

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herbal exams. However, no matter what your degree of expertise, answering the questions in this book can help you reach a higher level of Chinese herbal practice. -- Provided by publisher.

This book differs from other texts on acupuncture points in that it is not concerned with the basic theories of TCM. Rather, it is a formulary and clinical reference developed from the clinical tradition of Ching Tan An, Tsang Tien Chi, and Tin Yau So. Dr So related the practicality of point use and emphasises the selection of points for the treatment of

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particular symptoms and conditions. For each point he lists: clinical effects, disease, symptoms and energetic conditions. The book has a superb index to aid access to information.

This book explains the Chinese theory on the cause of allergic conditions. It offers many low-or no-cost home therapies to prevent and heal this widespread disease, including self-massage, Chinese patent medicines, and herbal teas.

Chinese Medical Psychiatry

Seventy Essential TCM Formulas for Beginners

A Handbook of TCM Patterns & Their Treatments

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Keeping Your Child Healthy with Chinese
Medicine

Sticking to the Point: A rational methodology
for the step by step formulation &
administration of an acupuncture treatment

The Path of Pregnancy

At TCM colleges in China, undergraduates learn
a basic repertoire of between 50 and 100
herbal formulas. This includes one or two
formulas from each of 21 major categories. By
learning to modify this core group of formulas
with additions and subtractions, one will have a
basic repertoire of formulas for most clinical

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occasions. This book is not meant to replace or compete with Bensky & Barolet's Chinese Herbal Medicine: Formulas & Strategies. It is meant as an outline for prioritized study and use by under-graduates and new practitioners. A Healthy Alternative to the typical Western Breakfast.---[cover].

The Treatment of Diabetes Mellitus with Chinese Medicine is a textbook and a clinical manual on the Chinese medical treatment of diabetes mellitus (DM) and its many complications. Each facet of this complex

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condition is discussed in terms of its Western medical definition, epidemiology, etiology, pathophysiology, diagnosis, current standards of care, complications, and treatment plans.

This text outlines goals of therapeutic care, general considerations, diet & exercise, patient education, blood glucose monitoring and much more. This text discusses: * Gestational Diabetes * Diabetic Ketoacidosis * Diabetic Hypertension * Diabetic Hyperlipoproteinemia * Diabetic Retinopathy * Diabetic Neuropathy * Common opportunistic infections in patients

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with diabetes * Patient adherence and
practitioner monitoring * Appendix of Chinese
medicinals, and Western pharmaceuticals.

Controlling Diabetes Naturally with Chinese
Medicine

A Translation of the Nan Jing

Curing Arthritis Naturally with Chinese
Medicine

The Tao of Healthy Eating

A Textbook & Clinical Manual : Including
Indications for Referral to Western Medical

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Services

Discusses 38 common paediatric diseases and their treatment using Chinese medicine and alternative therapies

Noting the need for clear and detailed information on Chinese herbal medicine, Jennes presents a volume (a reprint from 2004) for practitioners, students, pharmacologists, and researchers. He covers the potential for toxicity in general, types of interactions, and medicines that have been noted as harmful. The bulk of the book comprises 100 formula

Depression seems to be epidemic in our society.

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Every day, we meet people who are currently on antidepressants. On the one hand, the discovery of a new line of medications, such as Zoloft and Prozac, has made antidepressants easily administered, and, therefore, also over-prescribed. On the other hand, the rapidly growing demands of our cultural evolution submit us to very high levels of physical and emotional stress.

Herb Toxicities & Drug Interactions

Chinese Medical Palmistry

The Secret of Chinese Pulse Diagnosis

Integrated Pharmacology

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A Textbook & Clinical Manual

A Step-by-step Workbook and Guide

Chinese medicine is the oldest continually practiced professional medicine in the world, and Chinese doctors have recognized diabetes as a distinct clinical condition for 2,000 years. Their research has yielded a wealth of low-cost, noninvasive, natural methods of treatment. Beginning with an overview of Chinese medical theory, this book explores the patterns of imbalance that are used to diagnose diabetes. Also discussed are professional methods of treatment, including acupuncture and herbal medicine, and traditional home remedies, such as Chinese teas and self-massage.

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Special attention is paid to the role of diet, exercise, and relaxation to the prevention and treatment of diabetes. This book is the second, revised edition of a practical handbook of Chinese medical patterns with their disease causes and mechanisms, signs and symptoms, treatment principles, guiding formulas, main modifications, and acupuncture treatments. It is meant for both the student and the clinical practitioner. The authors have included numerous patterns previously not described in the English language literature as well as many complex patterns which are commonly seen in real-life practice in the West. It also includes a symptom-sign index and a formula index for easy reference. All medicinal names in this new edition conform to Bensky et al.'s Chinese

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Herbal Medicine: Materia Medica 3rd edition, and all Chinese medical terminology corresponds to Wiseman and Feng's A Practical Dictionary of Chinese Medicine. Ingredients in Chinese medicinal formulas begin with their pinyin names and are listed down for easier reference. In addition, this new edition contains a number of case histories for use in problem-based learning (PBL) along with suggested answers, thus making it even more useful in the classroom.

An introductory guide to the application of this therapeutic technique.

Endometriosis & Infertility, and Traditional Chinese Medicine

Curing IBS Naturally with Chinese Medicine

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A Practitioner's Guide to the Care and Treatment of Common Childhood Diseases

Yi Lin Gai Cuo

630 Questions & Answers about Chinese Herbal Medicine A Formula Approach

A new, revised edition of the first book for students and practitioners which explains how to do TCM style acupuncture. This book explains in depth how to do a complex, individualized TCM pattern discrimination, how to arrange and make sense of a welter of confusing signs and symptoms, and how to think using TCM terms and statement of fact. Western students and beginning practitioners will find this book an invaluable aid in honing their ability to understand and use TCM. Although

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specifically about acupuncture, the method presented in this book can be used to erect a TCM treatment plan using any Chinese modality Chinese herbs, Chinese dietary therapy, tui na or Chinese massage, or qi gong, Chinese energy exercises. Included in this book are the functions of the main points of acupuncture and the functions of the main two and three point combinations.

"This small, concise book on Chinese dietary therapy has been written specifically for lay readers. It is meant to replace two earlier book I have written on Chinese dietary therapy, Prince Wen Hui's Cook, and Arisal of the Clear."--Preface.

The 14 secrets of longevity of the Qing Dynasty Emperor, Qian Long, cover all aspects of living long and healthy life.

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This book offers Qian Long's sage advice on the role of diet, exercise, relaxation, emotions, sex, and environment in achieving long life and good health. This traditional Chinese medical theory includes self-massage, stretching, and qi gong exercise as well as how to use Chinese tonic herbs.

A Textbook and Clinical Manual

Chinese Medicine in Injury Management

Teach Yourself to Read Modern Medical Chinese

Imperial Secrets of Health and Longevity

The Treatment of Modern Western Medical Diseases with
Chinese Medicine

Curing Hay Fever Naturally with Chinese Medicine

Acting as a bridge between the basic theory of
Chinese medicine (CM) and various clinical

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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 Jiaxu 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.

This book is a textbook and clinical manual on the

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treatment of modern Western medical diseases with Chinese medicine. By modern Western medical diseases, we mean all the disease categories of Western medicine excluding gynecology and pediatrics. By Chinese medicine, we mean standard contemporary professional Chinese medicine as taught at the two dozen provincial Chinese medical colleges in the People's Republic of China. The two main therapeutic modalities used in the practice of this style of Chinese medicine are acupuncture-moxibustion and the internal administration of multi-ingredient Chinese medicinal formulas.

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Treatment plans for each disease discussed herein are given for each of these two main modalities.

This Book describes the disease mechanisms, pattern discrimination and Chinese medical treatment of perimenopausal and menopausal syndromes. In it, Bob Flaws explains the precipitating and on-going roles of the liver, spleen and heart in the climacteric, not just the kidneys.

The Book of Jook

Dietary Wisdom According to Traditional Chinese
Medicine

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Chinese Medical Obstetrics

Diagnostics in Chinese Medicine

The Treatment of Cardiovascular Diseases with
Chinese Medicine

Chinese Medicinal Porridges : a Healthy
Alternative to the Typical Western Breakfast

Chinese medicine has effective answers for the prevention, diagnosis, and treatment of headaches. This book explains the benefits of Chinese medicine and covers self-care and home remedies, including self-massage, magnet therapy, moxibustion, aromatherapy, Chinese patent medicines, and herbal teas.

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This book is a layperson's guide to Chinese medicine & arthritis. In it, the authors discuss the basic concepts of Chinese medicine, the Chinese medical description of pain in general & the Chinese medical diagnosis & treatment of joint pain in particular. They then go on to introduce such Chinese medical concepts as qi stagnation, blood stasis, phlegm nodulation & qi & blood vacuity. This is followed by a discussion of the main patterns covering arthritis in Chinese medicine & how these are treated by professional practitioners of Chinese medicine. Next come a number of Western case histories of patients who were treated by Doug Frank.

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The authors then go on to discuss what they call the "three free therapies" for arthritis: diet, exercise & deep relaxation. In addition to this trio of fundamental self-care therapies, the authors also discuss such low or no-cost Chinese self-help techniques as qi gong, self-massage, magnet therapy, moxibustion, hydrotherapy, Chinese herbal patent medicines & Chinese herbal wines & elixirs. They round out their presentation with some sound psychological advice about learning to live with chronic pain, advice on how to find a local professional practitioners & a section on learning more about Chinese medicine. A glossary at the back makes

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unfamiliar Chinese medical terms easy to understand. In addition, there is a bibliography & an index.

This book is both a study text and clinical manual on the Chinese medical treatment of obstetric conditions, or diseases women may experience during pregnancy, childbirth and shortly thereafter. However, in addition to everything one would expect to find in such a book, this text, also, includes: abstracts of recent Chinese research for most chapters; case history examples of common clinical presentations throughout the book; clinical tips at the end of each chapter from the author's personal experience; special medicinal or important acupuncture

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points for specific conditions; cautions or danger signs that every practitioner of Chinese medical obstetrics needs to know; and protocols for five dozen Chinese gestational, birthing, and postpartum conditions.

Hit Medicine

Classical Chinese Medical Perspectives on Conception, Pregnancy, Delivery, and Postpartum Care

The Successful Chinese Herbalist

A Handbook of TCM Pediatrics

Curing Depression Naturally with Chinese Medicine

A Laywoman's Guide

This book was the first English language

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translation of a complete Chinese clinical manual on TCM gynecology and obstetrics. It was the textbook for the OB-GYN class at the Zhejiang College of Chinese Medicine in Hangzhou, PRChina. It covers the disease causes and mechanisms and the pattern discrimination treatment for 35 commonly encountered complaints. The book is divided into five sections: 1) menstrual diseases, 2) abnormal vaginal discharge diseases, 3) gestational & birthing diseases, 4) postpartum diseases, and 5) miscellaneous diseases.

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Because Chinese gynecology in China means treatment via the internal administration of Chinese herbs, all the treatments in this book are herbal ones. If one wants to buy a single book covering all of Chinese gynecology in an introductory, survey fashion, this is the book to buy.

Chinese Medical Psychiatry A Textbook & Clinical Manual : Including Indications for Referral to Western Medical Services Blue Poppy Enterprises, Inc.

This book is a distillation of over 20 years of

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knowledge from two well known American practitioners' of Chinese medicine. It is not a materia medica or a formula book. Rather it is a conversation in which the authors share both clinical and business knowledge and tips that can only be learned through years of running a practice. What is covered in this book?~ the essence of getting to the right pattern discrimination every time~how to write the best possible prescription for each patient~things to consider when deciding dosages~how to avoid the phenomenon of

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habituation with your herbal patients~the main toxicity issues to consider when using Chinese herbal medicine~when it is appropriate to use pills and powder extracts~how to gain better compliance when using decocted formulas~why we should avoid using the term "patent" medicine~thoughts on running a successful clinic dispensary~a sample herb-instruction form for patients~why the harmonizing formulas are the most useful category of formulas for our patient population~how to

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work safely with patients who are taking
Western drugs~a list of the most important
treatment principles in Chinese medicine.

Menopause and Chinese Medicine

The Treatment of Diabetes Mellitus with
Chinese Medicine

Chinese Medicinal Wines & Elixirs

A Compendium of Chinese Medical Menstrual
Diseases

The Classic of Difficulties

A Handbook of Traditional Chinese
Gynecology

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Irritable bowel syndrome (IBS) is a disorder that affects one out of five Americans, with such symptoms as diarrhea, constipation, bloating, nausea, indigestion, and gas. This book is directed to those who suffer from IBS and provides a whole, holistic, and centuries-old theory about its cause and treatment. Based on this theory, this book provides free or low-cost therapies for relieving or even curing maladies through the wisdom of Chinese medicine. Emphasis on understanding acupuncture, moxibustion,

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and mind-body interactions in a positive light is refreshing for those who want to improve the quality of their lives naturally.

Millions of Americans suffer from the debilitating symptoms of fibromyalgia, which may include sleep disturbances, fatigue, depression, and digestive complaints, as well as generalized body pain and stiffness. This book is the first to discuss this common disorder from the point of view of Chinese medicine. In addition to the Chinese medical viewpoint

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on fibromyalgia, this book gives a host of safe, simple, low-or-no-cost home therapies to help prevent or heal this all-too-common problem. -- Provided by publisher.

Integrated Pharmacology: Combining Modern Pharmacology with Chinese Medicine, by Dr Greg Sperber, gives you basic information about each common class of Western pharmaceuticals. For each category of drug, Dr Sperber gives us the generic names, pronunciation, and registered proprietary versions, an explanation of

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function, mechanism of action, dosages for adults, children, and the elderly, possible adverse affects, red flags, and the most up-to-the-minute information on specific drug-drug and drug-herb interactions that may affect your patients. Additionally, the book includes commentary by Bob Flaws on a three-part system for evaluating Western meds using Chinese medical principles and a Chinese medical analysis of each class of drugs using this three-part system. This book has Over 130 illustrations showing the

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functions and mechanisms of each type of drug as well as a page-by-page glossary of potentially difficult terms throughout the book.

Correcting the Errors in the Forest of
Medicine

A Parent's Guide to the Care and
Prevention of Common Childhood Diseases
Your Health in Your Hand

Combining Modern Pharmacology with Chinese
Medicine

Curing Headaches Naturally with Chinese
Medicine

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Curing Fibromyalgia Naturally with Chinese Medicine

This book is a laywoman's guide to using Chinese medicine to maintain breast health. In it, the author presents the Chinese medical theories about breast disease. Then based on these theories, the authors go on to explain how professional Chinese medicine diagnoses & treats breast complaints. Following this, the authors give the reader a number of low or no cost Chinese self-help techniques for a wide variety of breast problems. These include diet, exercise & deep relaxation, Chinese herbal patent medicines, Chinese aroma therapy, self-massage, magneto therapy,

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moxibustion & light & flower therapies. In addition, the author explains the Chinese medical view on breast cancer. She finishes up by presenting advice on & resources for finding a local professional Chinese medical practitioner as well as giving an annotated bibliography for learning more about Chinese medicine. A glossary of all technical Chinese medical terms makes this book even easier to read & use, & there is a good general index.

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

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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.

"Presents the ingredients, method of preparation and administration, indications, and contradictions of over 200 authentic Chinese medicinal wines. These medicinal wines are especially useful for the treatment of traumatic

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injuries, bi syndromes, and debility in the
aged"--Provided by publisher.

Better Breast Health Naturally with Chinese Medicine
Statements of Fact in Traditional Chinese Medicine