

Principles Of Chinese Medicine What It Is How It Works And What It Can Do For You Second Edition Discovering Holistic Health

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LACI BRIDGET

A *Comprehensive Text* Springer Science & Business Media

Significant advances made by Western medicine in the treatment of cancer are well-documented, but there has been much less written in English on complementary holistic treatment with Chinese medical methods that manage its symptoms and ameliorate the side effects of surgery, chemotherapy or radiotherapy. This book explains the complementary approach using cases from the medical files of Professor Rencun Yu, who was trained in Western medical oncology but also practices Chinese medicine. In addition, introductory chapters explain the basic principles of Chinese medicine, while other chapters cover the prevention of cancers through appropriate nutrition and living habits. The book should command the attention of medical professionals as well as the layperson interested in preventing and understanding the illness. The book has been well received by the general public and healthcare professionals, and in this revised edition we have added coverage of more forms of cancer, and information on herbs used in cancer therapy has also been expanded. There are few books in English that so skilfully provides an introduction to Chinese medical principles for the general reader, then leads the reader to understand cancer management with Chinese medicine. The book is rich in both principles and details of clinical studies of the important complementary role played by Chinese medicine in Western treatments for cancer. In the latest edition of this popular text, new sections have been added on prostate cancer, pancreatic cancer, lymphoma and leukaemia, completing the list of the most common cancers encountered today that are treatable with Chinese medicine. Contents: Introduction: The TCM Approach to Cancer Management (Hong Hai)Principles of Diagnosis and Therapy in Traditional Chinese Medicine (Hong Hai)Herbs and Prescriptions for Therapy (Hong Hai)Cancer Prevention and Treatment Using TCM (Yu Rencun)Major Forms of Cancer and Case Studies (I) (Yu Rencun)Major Forms of Cancer (II) (Yu Rencun)Diet, Exercise and Health Cultivation (Hong Hai & Yu Rencun) Readership: (i) Medical professionals, both Western medical doctors and TCM practitioners, particularly those practicing in Australia, Europe and America and (ii) the lay reader who either wants general knowledge on how to prevent cancer or wishes to understand how TCM can help a friend, relative or loved one who suffers from the disease. (iii) Also, libraries of TCM professional associations and teaching institutes. Keywords: Cancer;Chinese MedicineReview: Review of the First Edition: "The book gives a breath of fresh air to an ocean of defensive summaries about TCM and its oncological practice. Geared towards medical professionals and their patients and relatives, it does an excellent job of presenting concepts in an easy-to-understand manner ... Overall, it is a great presentation for those interested in having an introduction to Chinese medicine as well as reading up on some common cases and treatments used for various types of cancers. The book is definitely a useful reference for TCM practitioners and researchers but also appeals to a wide readership, particularly Western medical practitioners interested in the benefits of TCM and its methods." American Journal of Chinese Medicine 0

[Chinese Nutrition Therapy](#) PMPH-USA

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.

[Essentials of Chinese Medicine](#) Thorsons Pub

This book offers an overview of Chinese medicine terminology translation, defining the central concepts in Chinese traditional medicine, providing simplified Chinese characters, Mandarin Pronunciation in pinyin, citations for 110 of the most key concepts in traditional Chinese medicine

and culture. Covering definitions of terms relating to visceral manifestation, meridians, etiology, pathogenesis, and treatment principles in traditional medicine, it offers a selection of English versions of each term in addition to a standard of English version, drawing on the translation history of traditional Chinese medicine. It provides a useful resource to understand the fundamental terms of traditional Chinese medicine and culture in Chinese and English, and their relevance to cross-cultural discourse.

Practical Traditional Chinese Medicine and Pharmacology Singing Dragon

Chinese herbal medicine has become an increasingly popular method of treatment for many health conditions. This guide introduces you to the essentials of Chinese medicine and explains how Chinese herbs can best be used

[Chinese Nutrition Therapy](#) Shambhala

Principles of Chinese MedicineA Modern InterpretationWorld Scientific

[The Ben Cao Gang Mu](#) Thieme Medical Publishers

"For millennia, the Chinese have taught that a balanced and nutritious diet is an integral part of maintaining good health while healing a wide range of disorders. Here, in a new, third edition of the acclaimed Chinese Nutrition Therapy, the author further demystifies Chinese dietetics, one of the pillars of Traditional Chinese Medicine (TCM). Joerg Kastner's introduction to the principles of TCM and the "energetics" of foods emphasizes a holistic approach throughout, providing readers with tools for integrating the principles of Chinese dietetics into their daily lives. Included are a comprehensive classification of more than 300 readily available foods: vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, and oils and fats. Many clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic and therapeutic techniques. The explanation of causes of diseases according to Traditional Chinese Medicine, the different symptoms, and the lists of recommended foods and foods to avoid are supplemented by advice on the appropriate acupuncture treatments. This third edition has been expanded with chapters covering allergies, food sensitivities, dietary support in oncologic cases, fasting, "superfoods" and smoothies. Where appropriate, bridges have been constructed between the paradigms of TCM and those of contemporary scientific medicine. Highlights: -

[The Foundations of Chinese Medicine](#) Elsevier Health Sciences

With increased demands on medical health care due to societal developments, the sole dependence on modern medicine or Western medicine is clearly insufficient. Traditional Chinese medicine, once derided by many in the west, is now firmly in the global limelight due to its numerous advantages in preventing and treating diseases. Chinese medicine achieves its curative effects by making use of natural therapies such as animal and plant parts, which are of interest to many doctors and patients who are in favor of rectifying the entire state of the body.For over two thousand years, Chinese medicinal formulas have been extensively used in China as the main technique to prevent and treat. The accordance of formula and disease pattern is the most specific, objective, stable, and recurrently effective aspect of treatment based on pattern differentiation, which will be introduced in this book as a reliable analytical method.In this book, the fundamental concepts of Chinese medicine, methods of conducting pattern differentiation and composing principles of formulas, and integration of indispensable courses of Chinese medicine, such as basic theories, diagnostic methods, Chinese medicinals, formulas, treatment principles, internal medicine, and warm diseases will be discussed, opening a door for novices who are interested to learn more about Chinese medicine.Through self-study of this book in a relatively short duration, it is our hope that the reader will be familiar with and preliminarily apply the basic theories of Chinese medicine and formulas in practice. This not only serves to prevent and treat diseases, but more importantly, contributes to the spread of traditional Chinese medicine.

[Understanding Its Principles and Practices](#) Walter de Gruyter GmbH & Co KG

This book will tell you how acupuncture is used to restore health and energy.

[From Ayurveda To Chinese Medicine](#) Elsevier Health Sciences

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.

[The Essential Guide to Understanding the Human Body](#) Univ of California Press

The authoritative and comprehensive modern textbook on western herbal medicine - now in its second edition This long-awaited second edition of Principles and Practice of Phytotherapy covers all major aspects of herbal medicine from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment to the individual case. New insights are given into the herbal management of approximately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues, including health ageing. Fully referenced throughout, with more than 10, 000 citations, the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals - pharmacists, doctors, nurses - with an interest in herbal therapeutics. 50 evidence-based monographs, including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions, dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart.

[Thorsons Principles of Acupuncture](#) Singing Dragon

Acupuncture, Chinese herbs, qigong, tui na massage and diet therapy have been used by the Chinese for over 2000 years, and they are still the treatments of choice for millions of people throughout the East. Now, Westerners are becoming aware of the many benefits of these potent therapies and the popularity of Chinese medicine is spreading rapidly. Covering everything from the basic theory of Chinese medicine to how to find a practitioner, the book provides a definitive introductory guide to this ancient system. It includes explanations of each of the five therapies and their unique benefits as well as patients' first-hand experiences. With advice on choosing the right treatment, and comprehensive sections on useful addresses and further reading, the book provides everything readers need to know about Chinese medicine at an introductory level. A practical handbook that provides all of the essential information, this book is the perfect introduction for anyone who wants to find out more about Chinese medicine, whether as a treatment option or for general interest.

Current Interpretation Ymaa Publications

Derived from ancient Chinese philosophy, Traditional Chinese Medicine is considered to be difficult to understand. This book provides an overview of Traditional Chinese Medicine by illustrating the topics of visceral manifestation, etiology and pathology in a clear manner to readers. Clinical treatments are included to serve as references for practice. This book is well-suited for both

researchers and practitioners.

Basic Theories and Principles Elsevier

Each book offers an overview of a particular type of alternative medicine in a concise format that will not overwhelm readers new to the subject. Original.

Chinese Herbal Formulas: Treatment Principles and Composition Strategies E-Book
World Scientific

This is the original Chinese edition of the Ben cao gang mu. Compiled in the second half of the sixteenth century by a team led by the physician Li Shizhen (1518-1593) on the basis of previously published books and contemporary knowledge, the Ben cao gang mu is considered the largest encyclopedia of natural history in a long tradition of Chinese materia medica works. Its description of almost 1,900 pharmaceutically used natural and man-made substances marks the apex of the development of premodern Chinese pharmaceutical knowledge.

A Comprehensive Guide to Chinese Medicine Thieme

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

Gynecology in Chinese Medicine World Scientific

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

[Principles of Dialectical Differential Diagnosis and Treatment of Traditional Chinese Medicine](#)
Greenleaf Book Group

As the world's most comprehensive and deeply researched system of alternative and complementary medicine, Chinese medicine enjoys a large following in scientifically developed communities. Yet its concepts and principles have been shrouded in mystery and obscure language. This path-breaking book strips this ancient science of its mystique and metaphysical pretensions and interprets it to strike common ground with biomedical science. Concepts like qi and meridians are interpreted not as physical entities, but as constructs to facilitate diagnosis and

therapy using heuristic models. Written for medical professionals, philosophers of medicine and discerning readers interested in holistic therapies, the book offers a unique perspective of Chinese medicine in an advanced biomedical world. It has practical chapters on cardiovascular disease, irritable bowel syndrome and cancer, and a compilation of Chinese herbs. This second edition of the acclaimed Theory of Chinese Medicine has new material on chronic diseases and the intriguing possible convergence of biomedicine and TCM. Contents: The Origins and Nature of Chinese Medicine Chinese and Western Medicine: Never the Twain Shall Meet? The Causes of Disease The Fundamental Ingredients of Life Organ and Meridian Systems Methods of Diagnosis and Therapy Treating Illness: Herbs and Other Therapies Scientific Evidence for TCM Cultural Factors in Placebo Effects Treatment of Chronic Illnesses Chinese Medicine: Reinterpretation and Future Direction Readership: Medical professionals, both Western medical doctors and TCM practitioners; librarians of TCM professional associations and teaching institutes; scholars interested in the theoretical basis for Chinese medicine, and the informed general reader seeking to understand the rationale and applicability of Chinese medical therapies to enhance their health. Keywords: Chinese Medicine; Epistemology; Evidence Reviews: "Despite its efficacy in treating ailments (for some of which Western medicine offers no cure), traditional Chinese medicine (TCM) continues to be regarded with skepticism in the West. To a large extent, this is due to the fact that TCM practitioners have been unable to explain TCM theories using Western scientific categories. A TCM physician who was also trained in the philosophy of science at Cambridge and the London School of Economics, Hong Hai offers a fresh and at times iconoclastic interpretation of Chinese medicine. This is without doubt the most important contribution to the field in the modern era. At last, Chinese medicine makes sense. Surprisingly accessible, this work is a must read for doctors East and West." Michael Tai, PhD (Cambridge) Research Associate Cambridge University "This is a book which should not be missed by anyone with an interest in Chinese medicine." Emeritus Professor Donald Gillies Dept of Science and Technology Studies University College, London "A fascinating book with special implications for medical professionals evaluating TCM as a genuine science and therapeutic armamentaria." The American Journal of Chinese Medicine "I enjoyed reading the book and applaud the seriousness with which the author tackles the difficult problem of evaluating TCM and his recognition of the amount of work that still has to be done." Professor Sir Geoffrey Lloyd Needham Research Institute Cambridge University "A scientific, historical, philosophical and at times unconventional interpretation of TCM. It is a refreshing read and highly recommended to anyone who wishes to explore and understand TCM better in order to improve and maintain one's health." Dr Koh Hwee Ling Associate Professor Department of Pharmacy National University of Singapore "The core of this book deals with the epistemological issues concerning the scientific status of medical conjectures in Traditional Chinese Medicine, very intelligently written and bringing to bear a great deal of common sense and good philosophy. There is much that is highly original in it." Peter J Clark Professor Philosophy University of St Andrews "Lucid, brilliant explanation of the terminology and principles of TCM and its approach to the management of syndromes. This is a book that anyone with even the slightest interest in complementary medicine should read." Dr Teoh Eng Soon MBBS, MD, FRCOG, FACS Gynecologist and former lecturer NUS Medical School "Approaching the theories of traditional Chinese medicine from the perspectives of the contemporary philosophy of science, this book is an important contribution to both of these two fields. It has expanded the intellectual horizons to better understand traditional Chinese medicine." Jing-Bao Nie, BMed, MMed, MA, PhD Bioethics Centre University of Otago
Manual of Chinese Herbal Medicine HarperThorsons

This manual of diagnosis and therapy is brilliantly organized for study and reference. It might even be called the "Merck Manual" of Chinese herbal medicine, for it makes the principles and practices of this traditional healing art highly accessible with its concise and lucid compendia. The book covers: • Important basic concepts of traditional Chinese medicine, such as yin and yang, the five elements, qi, jing, and shen • Causes of disease • Classification of symptoms • Methods of diagnosis • Approaches to treatment with herbal medicine • Preventive measures • Symptoms of common illnesses • Therapeutic classifications of many common herbs and prescriptions • 342 formulas for common compound drugs • Case studies from the Chinese medical literature illustrating the application of the principles discussed in the book

Principles of Chinese Herbal Medicine Redwing Book Company

This new edition of The Treatment of Pain with Chinese Herbs and Acupuncture gives a thorough and analytical review of the diagnosis and treatment options for pain, using acupuncture with Chinese herbal medicine. Based on the clinical experience of the author and supported by that of acupuncturists in Chinese universities, it offers a comprehensive and detailed set of treatments for a wide variety of pain symptoms and conditions, and includes detailed modifications of the treatments, to aid clinical practice. Although pain syndromes are often complicated, involving both psychological and physical difficulties, resulting in sometimes hesitation in deciding a correct treatment, there are still some short-cut ways to achieve a successful result. Therefore, the essential intentions of the authors are very clear: To demonstrate the practitioners how to differentiate the clinical situations and how to establish the corresponding treatments. To illustrate how to apply Chinese herbs logically and how to consist an acupuncture prescription reasonably and effectively. Features - Thorough exploration of the aetiologies and pathologies for pain in the context of Traditional Chinese Medicine - Clear discussion of the principles of treatment, acupuncture point selection and combination - Detailed explanation of herbal and acupuncture treatments for common and complex pain conditions - Deals comprehensively with the commonest clinical presenting symptoms - Provides treatment plans and modifications to these plans, offering more options for the practitioner - Includes detailed and useful case histories New to this edition: New chapter on treatment of pain in children Separate sections for the gynecologic conditions Includes Western-named conditions Red Flags for practitioners to indicate situations which are potentially life-threatening or dangerous Suggested treatments now include acupuncture as well as herbal treatments Following on from each treatment a prognosis is now provided
[Integrating principles of Traditional Chinese Medicine into Strength and Conditioning](#) Springer Nature

Hematology in Traditional Chinese Medicine Cardiology instructs readers on the blood, complement and immune system from the western and Chinese medicine perspectives. The book focuses on the cardiovascular issues concerning blood and the immune system, provides laboratory values concerning blood and the cardiovascular system, and covers cardiovascular diseases from the Chinese medicine and western medicine perspectives. It compares the eight principles in traditional Chinese medicine with basic science perspectives in western medicine, analyzes laboratory blood testing for heart diseases, and discusses the use of blood results for diagnosing and monitoring. Balances basic theories in Chinese medicine with basic medical sciences on blood, immune system and cardiovascular diseases Provides laboratory tests and values necessary for the monitoring of blood quality, and other tests for monitoring cardiovascular diseases in integrative Chinese medicine Prepares the practitioner to sit for the Niambi Wellness Integrative anatomy and patho-physiology in cardiology final online exam