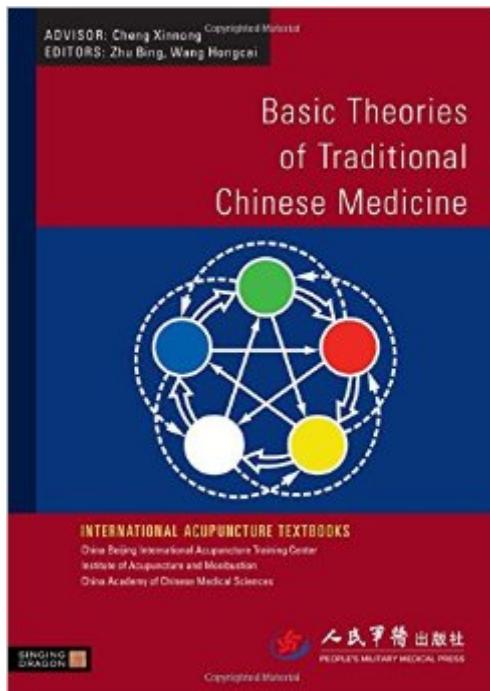


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Basic Theories Of Traditional Chinese Medicine (International Acupuncture Textbooks)



Synopsis

Traditional Chinese medicine has a long and complex history, yet the basic principles at the heart of practice remain, and are just as important today. Without a solid grounding in these basic theories, effective practice cannot take place, and this book provides a complete introduction to everything that practitioners, both new and experienced, need to know. The authors outline all of the fundamental theories of the TCM approach, including yin/yang, the five elements, the zang and fu organs, Zang Xiang, Qi and the meridians and collaterals of the body. Explaining the basic principles upon which these elements work, and how they interrelate, the authors describe how they can be used to identify, treat and prevent ill-health and disease. This thorough and accessible book, compiled by the China Beijing International Acupuncture Training Center (CBIATC), is essential reading for students of traditional Chinese medicine, and will also be a useful basic reference for TCM practitioners.

Book Information

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Customer Reviews

This book reads easily and explains the majority of content in a manner easy to understand for people not familiar with Chinese medicine. Strong points are: Chinese philosophy, e.g. Ying Yang, 5 Elements. Good introduction to Zang Fu and the meridians. However, it lacks a little depth in certain VITAL TO UNDERSTAND areas. I would have hoped certain aspects of TCM in more detail, for example the creation and circulation of the vital substances, e.g. Qi, Blood, Jing, and the entire Fluid

Metabolism from a TCM perspective. These areas are lacking information and are not very helpful for anybody wanting an introduction.

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