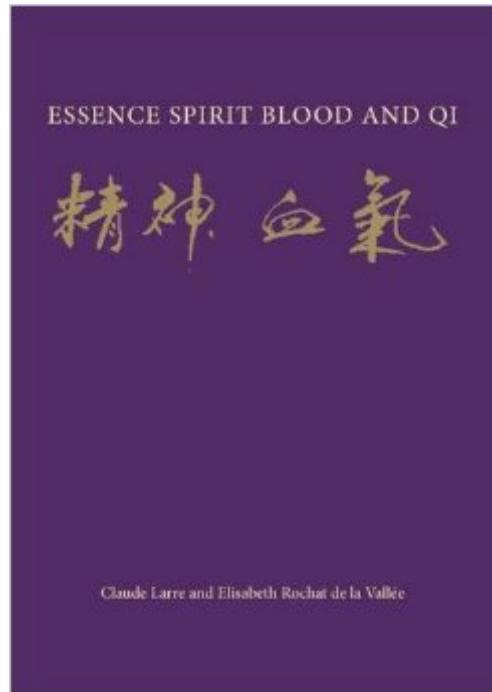


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Essence Spirit: Blood And Qi (Chinese Medicine From The Classics)



Synopsis

Essence, spirit, blood and qi are the fundamental and indispensable elements comprising life in a human being. Their individual qualities and interactions with one another determine the pattern for all movements of life, reflecting those of the cosmos. This book explores these ideas, considers each of the substances and presents observations and insights which are rooted in scholarship and philosophical reflection.

Book Information

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Based on lectures, this is a very useful insightful description from true scholars who researched the origin of the characters involved with the original medical classics. These books are not written by other people and endorsed with a famous name. They are actual words from the authors. I have attended these lectures, so I can vouch for them.

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