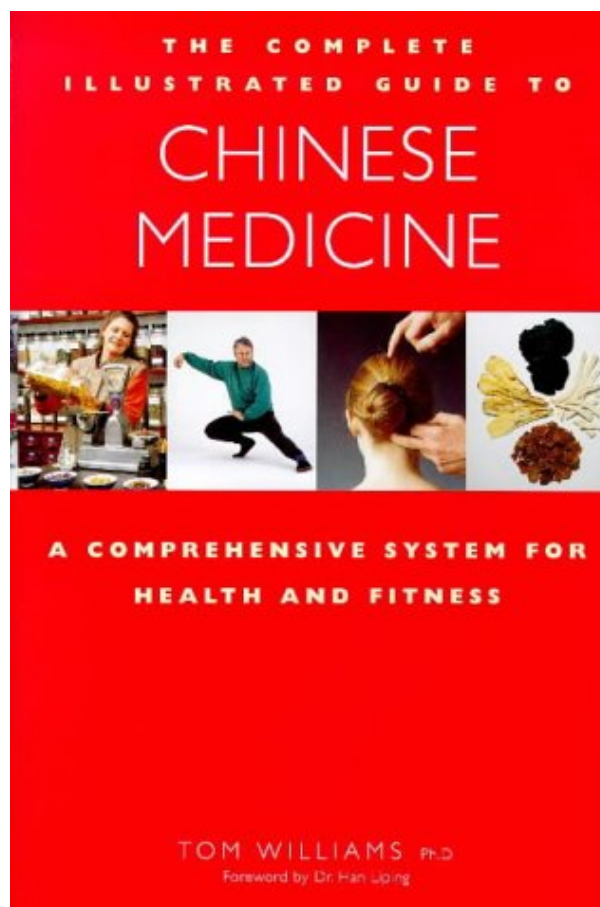


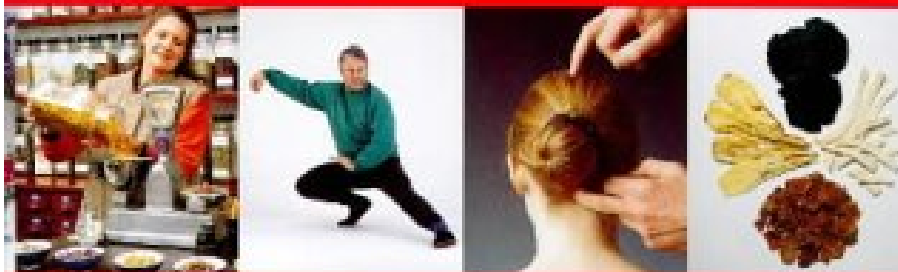
THE COMPLETE ILLUSTRATED GUIDE TO CHINESE MEDICINE: A COMPREHENSIVE SYSTEM FOR HEALTH AND FITNESS BY TOM WILLIAMS



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THE COMPLETE
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**CHINESE
MEDICINE**



**A COMPREHENSIVE SYSTEM FOR
HEALTH AND FITNESS**

TOM WILLIAMS Ph.D.
Foreword by Dr. Han Liping

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Amazon.com Review

The Complete Illustrated Guide to Chinese Medicine is a fine prescription for those tired of the bureaucracy or the ineffectiveness of Western medicine. It's also a good resource for those who are just interested in exploring ways to improve their general health. Replete with hundreds of color photographs that lucidly introduce and explain the arts of acupuncture, meditation, acupressure massage, and herbalism, the book includes fitness programs such as qigong and taiji, which help to unblock Qi (pronounced "chee"), the body's life force. Traditional Chinese medicine (TCM) focuses on Qi and maintains that imbalances of Qi cause illness. **The Complete Illustrated Guide** shows the meridians, or energy fields, that determine the placement of acupuncture needles to stimulate the Qi. It also explains when the mental aspect of the body; jing, the constitution; and zangfu, the organ systems. Numerous case studies show how traditional Chinese medical techniques have been used to diagnose and treat patients with various complaints, including heartburn, PMS, and exhaustion. Overall, this is a solid, beautifully organized resource for the family that you'll turn to again and again.

From Library Journal

Beautifully illustrated, this is not a how-to guide but an excellent manual that explains the basic concepts and principles of Chinese medicine and its practical applications. Besides discussing acupuncture, meditation, acupressure massage, and herbalism, the text also covers fitness programs such as qigong. Helpful for readers trying to decide whether Chinese medicine is worth exploring.

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Review

A brightly illustrated coffee table book with useful information, this book is as informative as it is

interesting. To those of us unfamiliar with Chinese Medicine, lessons include the basic philosophy of healing from the cultural perspective and the practical application of treatment with specific case studies of adults with various ailments. Symptoms and diagnoses are described in full detail. Easily definable sections of the book include the basic principles of Chinese Medicine, the Chinese approach of diagnosis, and treatment possibilities and how to apply them in everyday life. Remarkable techniques employed and described in full detail are acupuncture versus acupressure, moxabustion, cupping, Chinese herbalism, and Qigong, among others. Following a thorough analysis of each type of technique is a brief overview of what the patient can expect to feel after treatment--a nice addition to help increase awareness for the reader. The book concludes with a segment expressing the necessity of balance for a healthy lifestyle. The Chinese view is that we have to be in balance with our surroundings and within ourselves for optimum health benefits. The perfect balance exists between exercise, diet, meditation, social habits, and feng shui, or physical surroundings. Certainly something to strive for. -- From Independent Publisher

The basic principles behind Chinese medicine and its varied healing techniques are surveyed in a fine illustrated guide which examines the Chinese system for health and fitness. Three separate sections on diagnosis, treatment and applications to everyday life provide newcomers with clear explanations and insights. A perfect introduction for novices. -- Midwest Book Review

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The essential guide to the powerful and harmonious healing qualities of this increasingly popular medical tradition. Includes the principles behind Chinese medicine, the Meridian System and how it works and the available treatments.

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The BEST introduction to Chinese Medicine on the market.

By Lincoln

My partner is a Chinese Medicine Acupuncturist and Herbalist. Her basic education took 5 years to complete. Five years later, she still takes many supplementary courses each year to continue her education. Most of her free time is spend with distance learning courses or reaching herbs. Chinese Medicine is vast and deep. A 5 year basic study is not nearly enough time to understand this medicine. In Chinese Medicine, they say even a lifetime is not long enough to understand this medicine. Thankfully for the lay person we have this book!

I personally own 2 copies of this book. One I have at home, the other is in our Chinese Medicine office. Many of our patients have purchased their own copy of this book after reading our office copy.

The Complete Illustrated Guide to Chinese Medicine is the best book that I have read to understand what my partner practices. I have read other books, like *The Web That Has No Weaver : Understanding Chinese Medicine* and *Between Heaven and Earth: A Guide to Chinese Medicine*, although highly recommended, these 2 books are much more technical and can be overwhelming at times (especially *The Web* 2nd edition). After reading *The Complete Illustrated Guide*, if you want to learn more then these other two books are worth a read. Far and away the best dietary book on Chinese Medicine is Bob Flaw's *The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine*. Also, *The Book of Jook: Chinese Medicinal Porridges--A Healthy Alternative to the Typical Western Breakfast* by Bob Flaws is a good helpful for breakfast food and as a total diet longevity practice (similar to Kitchari in Ayurveda).

The Complete Illustrated Guide to Chinese Medicine provides a complete overview of all of the modalities included under the large umbrella of Chinese Medicine. You'll learn about the medicine theory, diagnosis, energetic "anatomy", acupuncture, herbal medicine, diet, exercise, qi gong, tai chi, meditation, and lifestyle theory.

The section on diet is lacking, in my opinion, however the author does state that information on diet could fill an entire book itself - which is definitely true. Read *The Tao of Healthy Eating: Dietary Wisdom*

According to Traditional Chinese Medicine for proper Chinese Medicine dietary knowledge.

The sections on Qi Gong and Tai Chi are great for a general book. You'll be taught a basic sequence in each. For additional learning, Mantak Chia's books and DVDs are some of the most complete spiritual-style Qi Gong practices. Dr. Yang Jwing-Ming has created some of the best martial arts style Qi Gong and Tai Chi books and DVDs.

The theory and science sections make up the majority of this book, providing an excellent introduction with much knowledge and no fluff. Someone interesting in attending TCM school would greatly benefit by reading this book first. You'll understand what TCM is and have good preparation for the conceptual basis of Chinese Medicine.

The entire book is filled with pictures to support the information. A picture is worth 1,000 words and many times it is only through pictures that proper understanding can be attained (like meridians, tongue diagnosis, etc). The book is very well organized with section titles and concise paragraphs with subtitles. It is clear that the authors spent much time and calculation to create this book.

Personally, I can't think of anything missing from this book. Although I would have liked to see another 2-4 pages on dietary theory and practice, it is not strong enough of a complaint to remove a star from my rating. This book is 5 stars all the way!

Additional note:

It is important to remember that Chinese Medicine is a medicine and should only be practiced by a trained professional. There is a lot that a person can do to improve health and grow spiritually without the help of a Chinese Medicine practitioner/doctor - like diet, exercise, meditation, qi gong, yoga, etc. However when it comes to deeper knowledge and practices like Acupuncture and Herbal Medicine, these are best left to the professionals. My partner is a professional Chinese Medicine Acupuncturist and Herbalist. It is common that people come into her office who are worse off after having self-treated using herbal knowledge from books, magazines, and newscasts. Taking herbs for symptom relief is not anywhere close to the Chinese Medicine herbal understanding. If you are suffering from health problems, please see a professional.

After it's complete, an education in Chinese Medicine is a 5 year Ph.D. program (including both Acupuncture and Herbal Medicine). This is an entire year longer than Western Medicine. This is not to say that Chinese Medicine is superior, but rather that both studies are long and difficult. Chinese Medicine should not be looked at to be inferior to modern Western medicine. Rather both are complete forms of medicine and require much more understanding than can be gained by a single text book.

The Complete Illustrated Guide to Chinese Medicine is the best place to start to better understand what Chinese Medicine is and how you can live a healthier and happier life.

Was my review helpful? Please click "Yes" below.

1 of 1 people found the following review helpful.

Chinese medicine

By Bamboo

I wanted a book that could give me a guide to Chinese Medicine that would help me understand what it is and how it linked with the things I have picked up in my life. Thank you for the author and producers of this book for going a long way to helping me achieve a basic and fundamental understanding of the subject.

There may well be other books on the topic of equal merit, I simply have read few.

In Love and Light

0 of 0 people found the following review helpful.

Good and Clean

By Manuel A Garza

Clean copy, very good really meant very good!

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