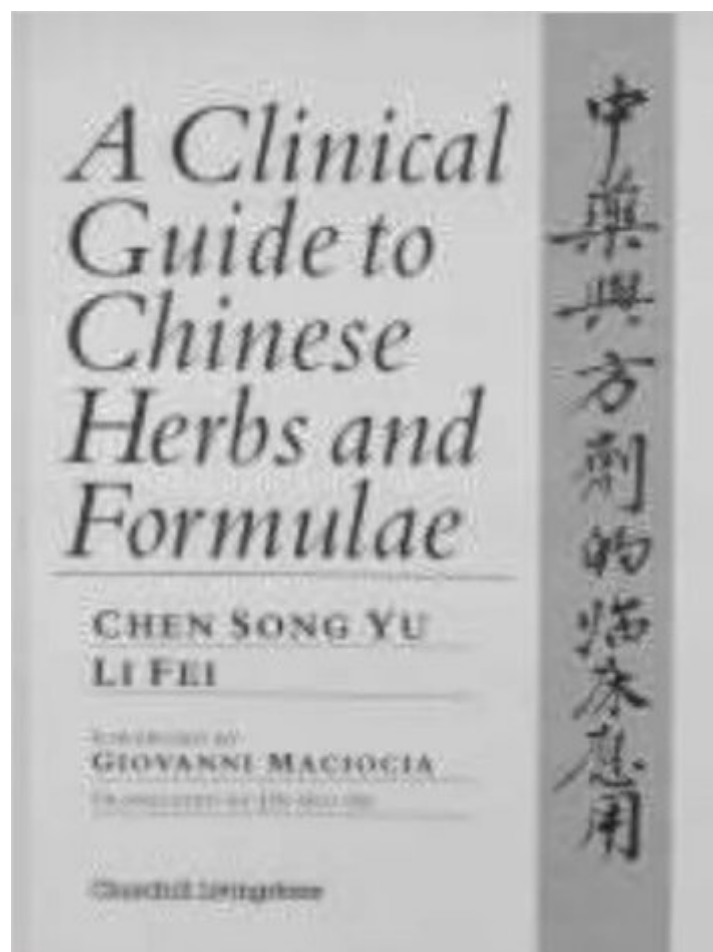


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# A Clinical Guide To Chinese Herbs And Formulae, 1e



## Synopsis

A clinical handbook for practitioners of Traditional Chinese Medicine (TCM) that provides quick and easy reference to the selection of herbs for treatment and their action alone and in combination. This is a handbook from two eminent teachers from the Nanjing College of Traditional Chinese Medicine who have between them accumulated over 60 years of clinical practice and teaching. They emphasise how to combine herbs and differentiate between single herbs and formulae depending on the treatment strategy adopted. It contains case histories illustrating how to adapt formulae in practice.

## Book Information

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## Customer Reviews

This book provides an excellent adjunct resource to build on core Chinese herbology texts such as the Bensky et al. books or Chen & Chen. However, it will not be a good resource on herbs for people who are looking for an understanding of Chinese herb actions within a Western biomedical framework, and I see that several people who were looking for that panned this text. For Chinese herbs discussed in a pharmacological and biomedical framework, as well as in traditional Chinese medical terms, the books by John & Tina Chen will be much more suitable. For students of Chinese herbology who seek to understand herbs in terms of their effects on Qi, Xue, Jing, etc., this book is great. It provides excellent comparisons to differentiate herbs within categories, as well as discussions of the effects of the flavors, natures, and so forth that are better than those in most other books. It also provides elegant information on topics often missed in formulas classes, such as

the potential for causing trapped heat by using heavy bitter and cold herbs without combining them with light acrid herbs to provide an escape route for the heat. For those reviewers who criticized this book for not providing research data to back up claims about herb actions, I assure you (as a research scientist myself) that there are good reasons why it did not do so, if only because discussing the research support for Chinese herb use could take several volumes in its own right. Chinese medicine has its own framework of vocabulary that sounds extremely bogus to ears not accustomed to it (for example, the common cold is generally referred to as "a wind invasion").

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