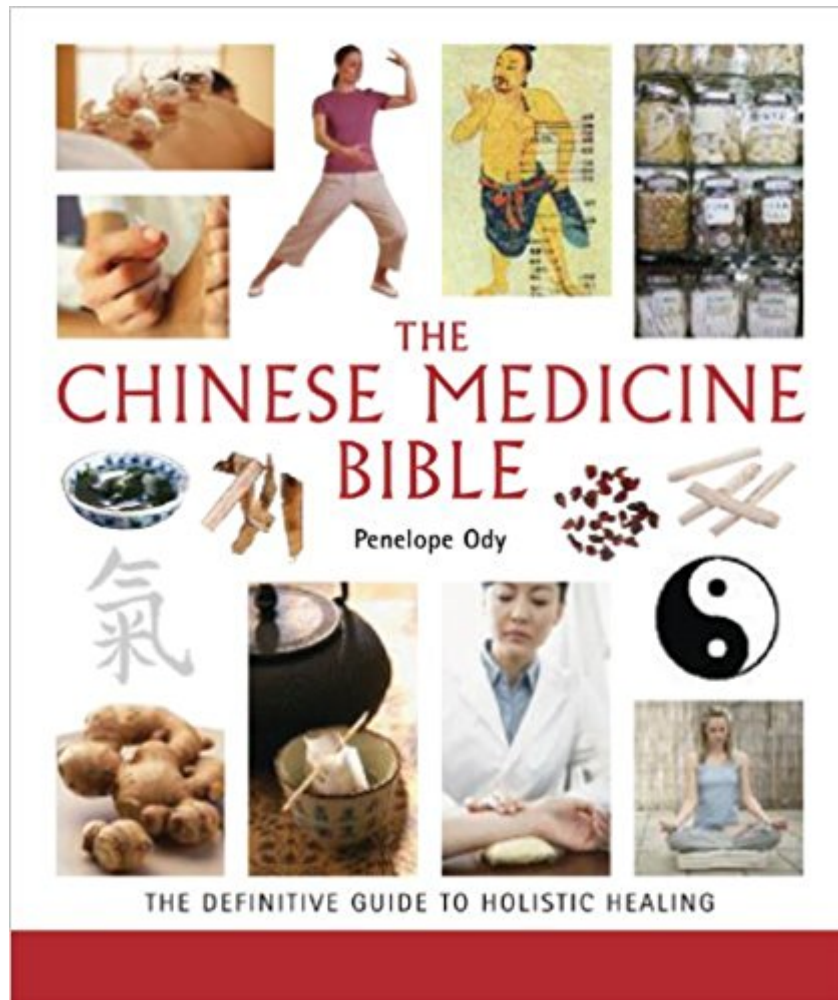




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# The Chinese Medicine Bible: The Definitive Guide To Holistic Healing



## Synopsis

From tai chi to acupressure, the ancient art of Chinese medicine remains as popular today as ever. This comprehensive guide explains all the key principles of this holistic method of healing, including the five-element theory and balancing yin and yang. There's also information on what causes illness; diagnostic tools like tongue and pulse analysis; and treatments for common ailments. Also included: a directory of Chinese herbal medicine, acupuncture and acupressure basics, and a guide to self-help techniques such as Qigong.

## Book Information

Series: ... Bible

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #96,401 in Books (See Top 100 in Books) #32 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #127 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #566 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

Bought this book because I'm fascinated with herbal/traditional medicine in general, and didn't know too much about the traditional Chinese system. It does a good job of explaining the basics of it, however I knocked off a star because there's no direct symptom-remedy type section, which is really a big part of what I was looking for. Maybe that would go against the whole philosophy of TCM, I don't know. Oh yeah, and the author sort of gave off the vibe that she didn't believe too wholeheartedly in the whole thing, or at least that she believed the Western system was better/more scientific. Again, I could be completely wrong, I don't know anything about her, that's just what it read like to me. On the plus side, there was a lot of information about non-herbal remedies, like acupuncture, acupressure, food cures, tai chi, that sort of thing, which is nice. Also a lot of glossy, full color pictures, which is also a big plus. Recommended.

Although I've had acupuncture before, I consider this my introduction to the world of Traditional Chinese Medicine because the practitioners didn't tell me why they were doing what they did or why I couldn't continue to do what I was doing. I received so many answers in hindsight, after reading this informative book. For instance, I've received the following answers:\*\*\*Why are they taking my pulse in different spots?\*\*\*What does the liver meridian govern? (mine was out of whack)\*\*\*Why can't I have my early morning breakfast smoothies?\*\*\*What's the difference between yin and yang energies?...and so on . . . I think this is a good book for a beginner to read. I wouldn't use it solely for diagnosis - I would definitely leave it to the professionals, but I would keep this in my library for reference for when I see a TCM doctor for a consult/office visit. Also, I did knock this down one star because my professor, who is a practicing acupuncturist, disagreed with the author on a few minor points.

As a fairly new fan of Chinese Medicine and wellness, this book was exactly what I was looking for. It is written in a simple way to understand the practice of TCM and will leave you satisfied. I am still reading through it, but from what I have already read, I have learned a lot and am very happy with this purchase.

A friend suggested that I try traditional Chinese medicine (TCM). I bought this book and "Using Traditional Chinese Medicine" for an overview of TCM. It's interesting. This is a fat book and has theory as well as practical application. "Using Traditional Chinese Medicine" is a thinner, "How To" book.

an exelent truly sincere bible of chinese medicinal intruction marvelous printed and well illustrated i highly recomended for who ever is interested in the oriental practices.thank you.

Just take the time to identify what is troubling you then research how to address thoughts issues, the keys is preventive medicine.

This book has lots of great information to give you an overview of Chinese Medicine. Lots of little helpful hints.

I love this book! It was exactly what I was hoping for! I needed for a science fair project and I

couldn't be any more satisfied!

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