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Anorexia Nervosa and Family Therapy in a Chinese Context Jun 01 2022 Over a ten year period, Professor Ma carried out crossdisciplinary research in Hong Kong focused on the effectiveness of structural family therapy for Chinese patients suffering from anorexia nervosa. She found that although the Chinese patients received the same diagnosis as their Western counterparts, their experiences throughout the stages of the disease differed significantly due to interpersonal contexts and subjective cultural factors. The present collection synthesizes this clinical experience into a culturally specific, socially relevant, and clinically useful family treatment model for patients.

Huang Di Nei Jing Su Wen Apr 06 2020 "The essential reference for ancient Chinese medicine."—Donald Harper, University of Chicago

Issues in Nursing by Specialty: 2012 Edition Dec 15 2020 Issues in Nursing by Specialty / 2012 Edition is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Clinical Nursing. The editors have built Issues in Nursing by Specialty: 2012 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Clinical Nursing in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Nursing by Specialty: 2012 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Advances in Back Pain Research and Treatment: 2012 Edition Feb 26 2022 Advances in Back Pain Research and Treatment / 2012 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about Back Pain in a concise format. The editors have built Advances in Back Pain Research and Treatment / 2012 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Back Pain in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Advances in Back Pain Research and Treatment / 2012 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Yang Sheng Jun 28 2019 The concept of self-care is, in fact, thousands of years old. This buzzword is rooted in a 2,500-year old Chinese philosophy. 'Yang sheng' means to nourish life – fostering your own health and wellbeing by nurturing body, mind and spirit. In this book, Katie Brindle teaches readers how to harness this powerful natural healing system to improve every aspect of their life. Yang Sheng fits and works brilliantly in modern life. Some of the techniques may seem unusual, but they are all simple, quick and effective. Even more appealing, a key principle of Chinese medicine is balance; that means not being perfect or excluding foods or having too many rules or pushing yourself to exhaustion with overwork or over-exercise. And so, Yang Sheng encourages you to have the green juice and the glass of wine, a full-on day at work and a night out dancing. For people who are overtired and overtaxed, stressed, lacking a sex drive, or who feel anxious or hopeless, the practice of Yang sheng restores balance. Our bodies are designed to self-heal – Yang Sheng knows the mechanics of how to activate this.

Pocket Atlas of Tongue Diagnosis Jul 02 2022 Praise for the First Edition: The authors take a comprehensive approach to treatment by including acupuncture, herbs and diet; the photos are good; and the cases are interesting.--The Lantern: A Journal of Traditional Chinese Medicine In this fully up-to-date Second Edition, experts in Chinese medicine explain how traditional Chinese tongue diagnosis can be used in daily practice to complement conventional Western methods. The guide begins with a brief introduction to the history, anatomy, physiology, and methodology of tongue diagnosis followed by basic techniques and systematic procedures for identifying the manifold individual characteristics of the tongue's shape and its many modifications. Full-color photographs of tongues then demonstrate a variety of clinical scenarios to help readers develop a holistic approach to diagnosis. Features An in-depth review of the tongue's most important anatomic and physiologic features, including the lingual papillae, the tongue muscles, arterial supply, and much more More than 180 full-color illustrations and high-quality clinical photographs of Western tongues enhance the text Treatment suggestions for using acupuncture, herbs, and nutrition accompany each clinical image Medical assessment of 28 case histories with real-life photographs from the authors' practice The Second Edition of Pocket Atlas of Tongue Diagnosis is an essential resource for every practitioner or student of Chinese medicine, acupuncture, or complementary medicine.

How China Escaped Shock Therapy Jul 22 2021 China has become deeply integrated into the world economy. Yet, gradual marketization has facilitated the country's rise without leading to its wholesale assimilation to global neoliberalism. This book uncovers the fierce contest about economic reforms that shaped China's path. In the first post-Mao decade, China's reformers were sharply divided. They agreed that China had to reform its economic system and move toward more marketization—but struggled over how to go about it. Should China destroy the core of the socialist system through shock therapy, or should it use the institutions of the planned economy as market creators? With hindsight, the historical record proves the high stakes behind the question: China embarked on an economic expansion commonly described as unprecedented in scope and pace, whereas Russia's economy collapsed under shock therapy. Based on extensive research, including interviews with key Chinese and international participants and World Bank officials as well as insights gleaned from unpublished documents, the book charts the debate that ultimately enabled China to follow a path to gradual reindustrialization. Beyond shedding light on the crossroads of the 1980s, it reveals the intellectual foundations of state-market relations in reform-era China through a longue durée lens. Overall, the book delivers an original perspective on China's economic model and its continuing contestations from within and from without.

Chinese Dietary Therapy Aug 03 2022 Translation of the 1988 Chinese edition. Presents Chinese dietary concepts relating to Qi, Yin, Yang, etc., and recommends foods for specific disorders.

Traditional Chinese Medicine Cupping Therapy - E-Book Oct 05 2022 This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. DVD containing 12 video clips showing the use of cupping in practice. Unique scientific research on cupping therapy and the effect on the immune system. LI>16 page colour plate section containing 63 halftones. New page layout including new features. Thoroughly revised and updated throughout with more details allocated to individual treatment and methods. LI>New material on muscular pain, stress management and cupping therapy and sports medicine.

Feeling Good Oct 13 2020 National Bestseller – Over five million copies sold worldwide! From renowned psychiatrist Dr. David D. Burns, the revolutionary volume that popularized Dr. Aaron T. Beck's cognitive behavioral therapy (CBT) and has helped millions combat feelings of depression and develop greater self-esteem. Anxiety and depression are the most common mental illnesses in the world, affecting 18% of the U.S. population every year. But for many, the path to recovery seems daunting, endless, or completely out of reach. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be alleviated. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life, enabling you to: Nip negative feelings in the bud Recognize what causes your mood swings Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self-esteem Feel good everyday This groundbreaking, life-changing book has helped millions overcome negative thoughts and discover joy in their daily lives. You

owe it to yourself to FEEL GOOD! "I would personally evaluate David Burns' Feeling Good as one of the most significant books to come out of the last third of the Twentieth Century." ?– Dr. David F. Maas, Professor of English, Ambassador University

Traditional Chinese Medicine Cupping Therapy Jan 28 2022 This new edition continues to offer readers a comprehensive exploration and description of techniques of cupping in the context of Traditional Chinese Medicine theory. Extensively updated throughout, and with a new website containing videos and a downloadable image bank, this volume will be ideal for students and practitioners of Traditional Chinese Medicine, and all other complementary health practitioners looking to expand their skill base. Explains cupping therapy clearly, allowing the practitioner immediate access to a set of skills for everyday application Well illustrated to support the guidelines discussed in the text Includes website containing video clips showing 11 methods of cupping therapy plus picture gallery of more than 150 colour photographs Gives practical guidelines on the use of cupping in helping to treat more than 30 common conditions Looks closely at issues of safety, expectation and theoretical principles of action Text clarified and updated throughout, with an expanded artwork program and improved layout and design New chapters by specialist contributors cover Cupping's Folk Heritage, Buddhist Medicine, and Thai Lanna Medicine New chapter on Cosmetic Cupping Techniques New section addressing Frequently Asked Questions An expanded discussion about the benefits of cupping therapy, including the treatment of new pathological conditions including myofascial pain Includes new evidence-based research on the effects of cupping therapy, including a systematic review

Chinese Plum Blossom Needle Therapy Feb 03 2020

Chinese Herb Medicine and Therapy May 08 2020

Counselling for Toads Mar 06 2020 'Toad', the famous character in Kenneth Grahame's *The Wind in the Willows* is in a very depressed state and his good friends Rat, Mole and Badger, are 'worried that he might do something silly'... First they nursed him. Then they encouraged him. Then they told him to pull himself together... Finally, Badger could stand it no longer. That admirable animal, though long on exhortation, was short on patience. 'Now look here Toad, this can go on no longer', he said sternly. 'There is only one thing left. You must have counselling!' Robert de Board's engaging account of Toad's experience of counselling will capture the imagination of the growing readership of people who are interested in counselling and the counselling process. Written as a real continuation of life on the River Bank, Toad and his friends come to life all over again. Heron, the counsellor, uses the language and ideas of transactional analysis as his counselling method. Through the dialogues which make up the ten sessions, or chapters of the book, Toad learns how to analyse his own feelings and develop his emotional intelligence. He meets his 'rebellious child' and his 'adult' along the way, and by the end of the book, as debonair as ever he was, is setting out on a completely new adventure. As readers learn about Toad, so they can learn about themselves and be encouraged to take the path of psychological growth and development. Best-selling author, Robert de Board says: 'Toad's experiences are based on my own experiences of counselling people over a period of twenty years. Counselling for Toads is really an amalgamation of the many counselling sessions I have held and contains a distillation of the truths I have learnt from practice.' Appropriate for anyone approaching counselling for the first time, whether as a student or as a client, or for the professional counsellor looking for something to recommend to the hesitant, *Counselling for Toads* will appeal to both children and adults of all ages.

Chinese Acupressure Therapy Mar 30 2022 ?????:???

Issues in Women's Health and Women's Studies Research: 2013 Edition Dec 03 2019 *Issues in Women's Health and Women's Studies Research: 2013 Edition* is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Women's Health Research. The editors have built *Issues in Women's Health and Women's Studies Research: 2013 Edition* on the vast information databases of ScholarlyNews.™ You can expect the information about Women's Health Research in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Issues in Women's Health and Women's Studies Research: 2013 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Routledge Handbook of Chinese Medicine Sep 23 2021 The *Routledge Handbook of Chinese Medicine* is an extensive, interdisciplinary guide to the nature of traditional medicine and healing in the Chinese cultural region, and its plural epistemologies. Established experts and the next generation of scholars interpret the ways in which Chinese medicine has been understood and portrayed from the beginning of the empire (third century BCE) to the globalisation of Chinese products and practices in the present day, taking in subjects from ancient medical writings to therapeutic movement, to talismans for healing and traditional medicines that have inspired global solutions to contemporary epidemics. The volume is divided into seven parts: Longue Durée and Formation of Institutions and Traditions Sicknes and Healing Food and Sex Spiritual and Orthodox Religious Practices The World of Sinographic Medicine Wider Diasporas Negotiating Modernity This handbook therefore introduces the broad range of ideas and techniques that comprise pre-modern medicine in China, and the historiographical and ethnographic approaches that have illuminated them. It will prove a useful resource to students and scholars of Chinese studies, and the history of medicine and anthropology. It will also be of interest to practitioners, patients and specialists wishing to refresh their knowledge with the latest developments in the field. The Open Access version of this book, available at <http://www.taylorfrancis.com>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license

Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2011 Edition Oct 25 2021 *Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2011 Edition* is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Dentistry, Oral Health, Odontology, and Craniofacial Research. The editors have built *Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2011 Edition* on the vast information databases of ScholarlyNews.™ You can expect the information about Dentistry, Oral Health, Odontology, and Craniofacial Research in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2011 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Chinese Nutrition Therapy Sep 04 2022 Kastner's *Chinese Nutrition Therapy* is an excellent introduction to Chinese dietetics for both students and practitioners of Chinese medicine ... I whole-heartedly endorse his book.--Nigel Wiseman For millennia, the Chinese have taught that a healthy, appropriate diet is an integral part of maintaining good health and healing various disorders. Here, the author demystifies Chinese dietetics, one of the pillars of Traditional Chinese Medicine. Joerg Kastner provides an introduction to the principles of Traditional Chinese Medicine and the energetics of foods. Emphasizing a holistic approach throughout, *Chinese Nutrition Therapy* provides readers with tools for integrating the principles of Chinese dietetics into their daily lives. The book includes a comprehensive classification of more than 300 readily available foods such as vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, oils and fats, and more. Numerous clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic techniques. For this second edition the section on clinical examples has been expanded by detailed chapters on the treatment of obesity and physical and / or emotional fatigue. The explanation of causes of diseases according to Traditional Chinese Medicine, the different symptoms, and the lists of recommended foods and foods to avoid are supplemented by advice on the adequate acupuncture treatment. Highlights: Descriptions of Chinese dietetics in practice and discussions of dietary factors, such as seasonal adaptations and differing requirements for children and seniors Practical tips on how to adapt Chinese nutrition therapy to Western products and cooking methods Clinical examples covering the major organ systems A handy A to Z list of common foods and their healing characteristics An essential reference for students and practitioners of Traditional Chinese Medicine, this user-friendly book will also be valued by nutritionists, dieticians, physicians, and anyone interested in living a long and healthy life. An award-winning international medical and scientific publisher, Thieme has demonstrated its commitment to the highest standard of quality in the state-of-the-art content and presentation of all of its products. Thiemes trademark blue and silver covers have become synonymous with excellence in publishing.

Grasping the Wind Feb 14 2021 Point names, the traditional means of identifying acupoints, have meanings that are hard to grasp. This text promotes understanding of each point's use in acupuncture practice by considering the meaning, context and significance of each. The 363 points covered are listed according to the system currently in use in China.

Complete Book of Chinese Medicine Jan 16 2021 The *Complete Book of Chinese Medicine* is the result of years of research and study by a world renowned Shaolin Grandmaster, Sifu Wong Kiew Kit, who has an excellent track record in curing many so-called "incurable diseases" like cancer, cardiovascular diseases, diabetes, sexual inadequacy, kidney failure, rheumatism and asthma using chi kung therapy. The aim of this exciting book is to introduce the wonderful and unique concept behind Chinese medicine. Sifu Wong's command of both the Chinese and English languages has made this book possible as meanings are often lost or misinterpreted during translation. Thus this book will be indispensable to everyone with an interest in Chinese medicine and to those who find that Western medicine does not have all the answers after all. The book includes: * The history, development and the main features of Chinese medicine. * Strategies and tactics when diagnosing and treating patients. * How modern societies, including Western medical doctors and research scientists, can benefit from a deeper and holistic understanding of Chinese medicine. * Case studies.

Chinese Qigong Aug 11 2020

Issues in Nursing by Specialty: 2011 Edition Jun 20 2021 *Issues in Nursing by Specialty / 2011 Edition* is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Nursing by Specialty. The editors have built *Issues in Nursing by Specialty: 2011 Edition* on the vast information databases of ScholarlyNews.™ You can expect the information about Nursing by Specialty in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Issues in Nursing by Specialty: 2011 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Feeling Great Nov 06 2022 Do you sometimes feel]€]. Down, depressed, or unhappy? Anxious, panicky, or insecure? Guilty or ashamed? Inferior, inadequate, or worthless? Lonely, unwanted, or alone? For decades, we've been told that negative feelings like depression and anxiety are the result of what's wrong with us, like a personality defect, a "mental disorder," or a chemical imbalance in your brain. These messages create feelings of shame and make it sound like we're broken and need to be "fixed." Now, Dr. David Burns, author of the best-selling and highly acclaimed *Feeling Good: The New Mood Therapy* reveals that our negative moods do not result from what's wrong with us, but rather]€] what's right with us. And when you listen and suddenly "hear" what your negative thoughts and feelings are trying to tell you, suddenly you won't need them anymore, and recovery will be just a stone's throw away. In this innovative book, *Feeling Great*, Dr. Burns, describes a new and revolutionary high-speed treatment for depression and anxiety based on 40 years of research and more than 40,000 hours treating individuals with severe mood problems. The goal is not just a rapid and complete elimination of negative feelings, but the development of feelings of joy and enlightenment. Dr. Burns will provide you with inspiring and mind-blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness and self-esteem. You can change the way you feel! You owe it to yourself to FEEL GREAT!

Chinese American Family Therapy Sep 11 2020 *Directions for Treating Chinese Clients with Understanding and Sensitivity* Chinese American Family Therapy is the first book to offer a culturally sensitive therapeutic model for treating Chinese Americans and their families. Written by family therapist Marshall Jung, this essential resource debunks commonly held myths about Chinese Americans and offers specific and effective guidelines for treating individuals and families with respect, sensitivity, and understanding. This much-needed handbook outlines an effective therapeutic process that is sensitive to Chinese religious and family values and offers a comprehensive multidimensional clinical approach.

Treatment of Infertility with Chinese Medicine Jul 30 2019 The second edition of this popular text systematically addresses all aspects of treatment of infertility using Chinese medicine. Clinically focused and with a new easy-to-navigate design, the book begins by covering all the essential fundamentals you will need to understand and treat infertility, before going on to look at what Chinese medicine offers in the way of treatment for functional infertility in men and women, gynecological disorders which contribute to infertility and relevant lifestyle factors. Jane Lyttleton importantly devotes a large part of the book to discussing ways in which Chinese medicine and Western medicine might work together to overcome infertility, and details the increased experience over the past decade in working with IVF patients and their specialists. Leaps forward have also been made in the understanding of conditions such as Polycystic ovarian syndrome and immune infertility. New Features · Greatly expanded section on the place of Chinese medicine and IVF in treatment of infertility · New information on Polycystic ovarian disease and immune infertility and how Chinese medicine approaches their treatment · Updated and balanced advice on pre-conception care · Clinically focused, with easy-to-navigate design

Sticking to the Point: A rational methodology for the step by step formulation & administration of an acupuncture treatment Nov 13 2020 A new, revised edition of the first book for students and practitioners which explains how to do TCM style acupuncture. This book explains in depth how to do a complex, individualized TCM pattern discrimination, how to arrange and make sense of a welter of confusing signs and symptoms, and how to think using TCM terms and statement of fact. Western students and beginning practitioners will find this book an invaluable aid in honing their ability to understand and use TCM. Although specifically about acupuncture, the method presented in this book can be used to erect a TCM treatment plan using any Chinese modality Chinese herbs, Chinese dietary therapy, tui na or Chinese massage, or qi gong, Chinese energy exercises. Included in this book are the functions of the main points of acupuncture and the functions of the main two and three point combinations.

Feeling Good Together Nov 25 2021 We all have people in our lives that we just can't seem to get along with. Whether it's our spouse, co-worker or neighbour, something about the relationship just rubs us up the wrong way, and though our natural instinct is to blame the other person, that can just make things worse. In *Feeling Good Together*, renowned US psychiatrist Dr David Burns applies his successful method of cognitive interpersonal therapy to teach us how to take control of our relationships. Building on the principles that he first introduced in *Feeling Good* (over 4 million copies sold), Burns offers innovative techniques designed to improve communication skills and shows us how to cope with different personality types, such as the big ego, the jealous type, the stubborn mule and the critic, and reveals the five secrets of effective communication. This groundbreaking book will identify the behaviours that are sabotaging your relationships and give you the tools to change.

Issues in Cancer Treatment: 2013 Edition May 20 2021 *Issues in Cancer Treatment / 2013 Edition* is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Gene Therapy. The editors have built *Issues in Cancer Treatment: 2013 Edition* on the vast information databases of ScholarlyNews.™ You can expect the information about Gene Therapy in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Issues in Cancer Treatment / 2013 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2012 Edition Apr 18 2021 *Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2012 Edition* is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Palliative and Supportive Care. The editors have built *Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2012 Edition* on the vast information databases of ScholarlyNews.™ You can expect the information about Palliative and Supportive Care in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2012 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Chinese Nutrition Therapy Mar 18 2021 "For millennia, the Chinese have taught that a balanced and nutritious diet is an integral part of maintaining good health while healing a wide range of disorders. Here, in a new, third edition of the acclaimed *Chinese Nutrition Therapy*, the author further demystifies Chinese dietetics, one of the pillars of Traditional Chinese Medicine (TCM). Joerg Kastner's introduction to the principles of TCM and the "energetics" of foods emphasizes a holistic approach throughout, providing readers with tools for integrating the principles of Chinese dietetics into their daily lives. Included are a comprehensive classification of more than 300 readily available foods: vegetables, grains, herbs and spices, fruit, meat, seafood, dairy products, and oils and fats. Many clinical examples and treatment suggestions artfully combine Western medical conditions with Chinese diagnostic and therapeutic techniques. The explanation of causes of diseases according to Traditional Chinese Medicine, the different symptoms, and the lists of recommended foods and foods to avoid are supplemented by advice on the appropriate acupuncture treatments. This third edition has been expanded with chapters covering allergies, food sensitivities, dietary support in oncologic cases, fasting, "superfoods" and smoothies. Where appropriate, bridges have been constructed between the paradigms of TCM and those of contemporary scientific medicine.

Highlights: -

Pricking the Vessels Dec 27 2021 The first text on bloodletting therapy for Western practitioners of Chinese medicine, this authoritative text explores the theory and function of bloodletting, and provides detailed instruction on its clinical use. Bloodletting therapy, which works to remove internal and external disruptions to the system through the withdrawal of small quantities of blood, has numerous benefits, especially concerning the treatment of complex or chronic disease. Yet the technique is often met with alarm in the West and side-lined in favour of less controversial treatments such as fine-needle acupuncture, and moxibustion. This book provides a concise overview of its theory, historical and contemporary relevance, and clinical guidance. With detailed reference to the classic texts, the author clarifies the fundamental Chinese medical theory related to blood and the network vessels, and provides an in-depth discussion of the benefits of and practice guidelines for bloodletting. The book includes a chapter on the classical acupuncture techniques of Tung Ching Chang whose work is attracting increasing attention in the West. Through the exploration of classic texts and contemporary standards, the book provides everything needed to gain a comprehensive understanding of the technique and to encourage its use as a viable treatment option in the West. It will be an invaluable addition to the resources available for acupuncturists, as well as students and practitioners of Chinese medicine more generally, including those interested in all Chinese approaches to health.

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Gua sha - E-Book Aug 23 2021 'Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates 'transitory therapeutic petechiae' representing extravasation of blood in the subcutis.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it – including correct technique, appropriate application, individualization of treatment – and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs

A Practical Guide to Cupping Therapy Jul 10 2020 This comprehensive guide to Chinese cupping therapy details this traditional and effective treatment with extensive clinical examples, commentary, and detailed diagrams. Cupping therapy delivers healing effects by improving blood circulation, promoting smoother flow of qi through meridian points and dispelling cold and dampness in the body. It involves local suction on the skin through vacuum created by heating and subsequent cooling of the air in the cup. Because of its easy application and immediate effects, cupping therapy has been practiced in China since time immemorial and remains to this day as a form of traditional medicine for treating illnesses and enhancing health. With solid grounding in both theory and clinical practice, the author introduces the fundamental principles of cupping therapy and areas that require special attention, which are followed by techniques of cupping for targeted ailments. The book covers nine areas: internal medicine, surgery, ENT and ophthalmology, dermatology, andrology, gynecology, and pediatrics (with 73 common illnesses), as well as sub-health condition and health and complexion enhancement, with cupping options for various target skin areas. A Comprehensive Guide to Cupping Therapy contains: A therapy for healing, enhancing health and improving quality of life through the natural way of traditional Chinese medicine Techniques of cupping that can be quickly mastered to help yourself heal, with easy to follow illustrations Tips from a medical professional on having a better diet and life style to prevent illness and gain a healthy complexion.

Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2013 Edition Aug 30 2019 Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2013 Edition is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Endodontics. The editors have built Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Endodontics in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Dentistry, Oral Health, Odontology, and Craniofacial Research: 2013 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Tongue Diagnosis in Chinese Medicine Jun 08 2020

Advances in Back Pain Research and Treatment: 2013 Edition Nov 01 2019 Advances in Back Pain Research and Treatment: 2013 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about ZZZAdditional Research in a concise format. The editors have built Advances in Back Pain Research and Treatment: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about ZZZAdditional Research in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Advances in Back Pain Research and Treatment: 2013 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Family Therapy Jan 04 2020 Now in its third edition, this highly regarded and well-established textbook includes up-to-date coverage of recent advances in familytherapy practice and reviews of latest research, whilst retainingthe popular structure and chapter features of previous editions. Presents a unique, integrative approach to the theory andpractice of family therapy Distinctive style addresses family behaviour patterns, familybelief systems and narratives, and broader contextual factors inproblem formation and resolution Shows how the model can be applied to address issues ofchildhood and adolescence (e.g. conduct problems, drug abuse) andof adulthood (e.g. marital distress, anxiety, depression) Student-friendly features: chapters begin with a chapter planand conclude with a summary of key points; theoretical chaptersinclude a glossary of new terms; case studies and further readingsuggestions are included throughout

Sammy's Physical Therapy Adventure (Chinese Version) Oct 01 2019 Join Sammy the bear and Buddy the raccoon as they discover the exciting world of physical therapy! When Sammy hurts his foot and is told he will need to see a physical therapist, he gets nervous. What is a physical therapist? What kinds of things will he do in physical therapy? Will it hurt? Sammy, Buddy, and their friends ask these questions and many more as they go on a field trip to find out what physical therapy is all about. This book, along with Sammy's Physical Therapy Adventure: Coloring & Activity Book, strives to prepare children and their families for a positive physical therapy experience by easing common fears and educating them on the rehabilitation process.