
Tcm Traditionelle Chinesische Medizin Fur Hunde H

Seventy Essential TCM Formulas for Beginners

The Body Clock in Traditional Chinese Medicine

TCM - traditionelle chinesische Medizin für Hunde

AIDS and Chinese Medicine

Chinesische Medizin für den Alltag

World Century Compendium To Tcm - Volume 4: Introduction To Chinese Internal
Medicine

Traditional Chinese Medicine for Women

Chinese Nutrition Therapy

TCM - Traditionelle Chinesische Medizin für Pferde

Traditional Chinese Medicine

Traditionelle chinesische Medizin

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Chinesische Medizin für die westliche Welt
Chinese Medicine for Health
Gua Sha: An Ancient Therapy For Contemporary Illnesses
Die Organuhr für Haustiere
Traditionelle Chinesische Medizin (TCM)
Clinical Applications
The Way Forward for Chinese Medicine
Comprehensive Handbook of Traditional Chinese Medicine
Fundamentals of Traditional Chinese Medicine
Study Guide for Traditional Chinese Medicine and Acupuncture Students
Traditionelle Chinesische Medizin für Dummies
A Comprehensive Hand Book for Traditional Chinese Medicine Facial Rejuvenation
World Century Compendium to Tcm (a 7-Volume Set)
Explorations of Traditional Chinese Medicine
Traditional Chinese Medicine

Ancient Healing for Modern Women

Sticking to the Point: A rational methodology for the step by step formulation & administration of an acupuncture treatment

Traditionelle chinesische Medizin für Hunde und Katzen

Western Biomedicine and Eastern Therapeutics

A Compendium of TCM Patterns & Treatments

World Century Compendium To Tcm - Volume 1: Fundamentals Of Traditional Chinese Medicine

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Seventy Essential TCM Formulas for Beginners

Mankau-Verlag GmbH
Chinese internal medicine
is a clinical subject which

explains, using traditional Chinese theories, the etiology, pathology and therapeutic rules of the diseases or syndromes belonging to internal medicine. It is also the foundation for learning and research in other clinical branches of Chinese medicine, thus

playing a vital role in traditional Chinese medicine (TCM). Chinese internal medicine has had a long history. Its origins can be traced back several thousand years. Through long-term diagnostic and therapeutic practices, a rich collection of

experiences and theories in Chinese internal medicine has been accumulated and this has gradually evolved into a complete, distinctive and effective clinical branch. In recent decades, Chinese internal medicine has also undergone more significant developments, especially in the treatment of cardiac or cerebral vascular diseases, digestive tract diseases, renal diseases and autoimmune diseases. In order to popularize Chinese internal medicine and

allow readers to grasp its basic theories as well as diagnostic and therapeutic methods, we wrote this book in a language easily comprehensible by the layman. For ease of learning by modern doctors, we proceeded from the current clinical practice and outlined the contents with Western disease names. There are more than 80 diseases discussed in this book. For each disease, the Chinese syndrome differentiation and treatment as well as modern diagnostic key

points are provided, to make it more convenient for the readers to study and understand. The study of each disease should begin from its etiology, pathology and diagnostic key points, followed by the differentiated patterns and corresponding treatments. The respective points of caution for each disease should also be well-noted. Finally, the questions forming the "Daily Exercises" are useful for readers to check their comprehension and recall of the material. Given the

chance, the theoretical knowledge should also be applied in clinical practice so that past knowledge is tested and new clinical knowledge and skills can be learned. This book is suitable for those who are enthusiastic about TCM and with basic medical knowledge, as well as clinical TCM doctors, nursing personnel and TCM students.

The Body Clock in Traditional Chinese Medicine Johann Josef Kleber

This handbook mainly introduces the diagnosis

and treatment methods of COVID-19 in traditional Chinese and Western medicine. In particular, principles for clinical treatments, therapeutic methods and prognostic rehabilitation interventions for the four types of clinical manifestations are elaborated. A chapter detailing guidance for healthy individuals on scientific prevention measures is also included, making this book suitable for not only frontline COVID-19 personnel and TCM enthusiasts, but also

the general public.
TCM - traditionelle chinesische Medizin für Hunde Bloomsbury Publishing USA

A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way • Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day • Describes exactly what happens inside the body during each organ's active time

and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices • Explores the mental and emotional states each organ is related to and their connections to the teeth, the other organs, and the Five Elements of TCM All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different

hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock. In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always

wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help. The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly

what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices. By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.
[AIDS and Chinese Medicine](#) CreateSpace
Ganzheitliches Heilwissen

für Ihren Vierbeiner Die Jahrtausendealte Heiltradition der Traditionellen Chinesischen Medizin (TCM) sieht alles Leben eingebettet in den Rhythmus der Natur; so lässt sich ihr reiches, ganzheitliches Heilwissen nicht nur für Menschen, sondern ebenso für Tiere anwenden. Auch der Organismus unserer vierbeinigen Lieblinge unterliegt den rhythmischen Prozessen von Yin und Yang, von Tag und Nacht und den Jahreszeiten. Aktive

Phasen befinden sich hierbei in einem steten Wechselspiel mit Ruhephasen. Das Wissen hierüber lässt sich zur Diagnose und Behandlung zahlreicher Beschwerden und Krankheiten nutzen, die aus einem energetischen Ungleichgewicht entstehen. Die TCM-Experten Prof. Univ. Yunnan Li Wu und Dr. Natalie Lauer erläutern die Grundlagen der TCM und zeigen in Zusammenarbeit mit Tierärztin Dr. med. vet. Dorina Lux, wie sich durch

das Wissen um die Organuhr sowie durch sanfte Maßnahmen und Heilrezepte Gesundheit und Wohlbefinden von Hund und Katze steigern lassen. Und in einem Extrateil finden Pferdeliebhaber nützliche Informationen und ausgewählte TCM-Anwendungen. - Einführung in die Grundlagen der TCM - Die Organuhr für Vierbeiner: Aktivitäts- und Ruhezeiten der wichtigsten Organe - Großer Praxisteil: Heilkräuter, Akupressur, Heilmassagen für Tiere -

Fünf-Elemente-Ernährung für Katze und Hund - EXTRA: TCM-Anwendungen für Pferde Tun Sie Ihrer geliebten Fellnase etwas Gutes! *Chinesische Medizin für den Alltag* World Scientific In this inspirational book Xiaolan Zhao, internationally-renowned practitioner of Traditional Chinese Medicine (TCM), shows us how making simple changes to our diet and lifestyle we can profoundly improve our health now and into the future. Since establishing her practice in Canada in

1993, Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, menopausal symptoms and various gynaecological disorders - health problems that are all too common in the West but less so in China, where TCM has been an integral part of women's lives for thousands of years. As a physician originally trained in Western medicine who later earned a degree in TCM, Xiaolan has seen how effective the Chinese approach is for her

patients and here shares its wisdom and practices. Sharing remarkable stories from her own life and the lives of her patients, she shows how we can develop new relationships with our bodies and our emotions and how through preventative self-care we can improve our health, increase vitality and prevent illness.

**World Century
Compendium To Tcm -
Volume 4: Introduction
To Chinese Internal
Medicine** Blue Poppy
Enterprises, Inc.

Die Traditionelle Chinesische Medizin basiert auf der Annahme, dass der menschliche Körper Krankheiten bekämpft und sich wieder erholt, wenn er sich im Gleichgewicht der beiden Polaritäten Yin und Yang befindet und genügend Abwehrkräfte hat. Körper, Geist und Seele werden dabei als Einheit verstanden. Die TCM erfreut sich in letzter Zeit zunehmender Anerkennung durch die westliche Medizin. In diesem Ratgeber erläutert die Autorin die

Wirkprinzipien der TCM, vor dem Hintergrund der fünf Elemente Erde, Metall, Holz, Feuer und Wasser. Sie stellt eine Fülle von Rezepten und Anwendungen vor, die sie auf ihren Reisen in ländliche Gegenden Chinas gesammelt und selbst erprobt hat. Diese bewährten Hausmittel helfen wirkungsvoll bei Alltagsbeschwerden. Auch für die natürliche Schönheitspflege gibt es zahlreiche Anwendungen. Die Rezepte werden ergänzt durch Empfehlungen aus der

TCM, wie man zu einer gesunden, ausgewogenen Lebensweise finden kann. *Traditional Chinese Medicine for Women* Cambridge Scholars Publishing
 Educates readers about Traditional Chinese Medicine (TCM), (acupuncture and Chinese herbal medicine), and how women's health problems are effectively treated holistically versus the typical Western, compartmentalized approach. Acquire a basic understanding of TCM - what it is and how it

works - as well as its benefits, risks and potential for treatment. Potential benefits of using TCM decrease the discouragement and futility felt by many women who cope with chronic health problems like menstrual irregularities, infertility, insomnia, pregnancy related issues and menopause. Women do not usually consider TCM as a treatment alternative until after receiving failed Western treatment. TCM can be a primary part of health care. Information

and knowledge about TCM is lacking. TCM can help many women overcome and resolve health concerns. TCM's potential for early detection, strengthening of the immune system, reversal of symptoms and prevention of disease unfortunately remains unnoticed. * Broadens understanding of how TCM and western medicine differ in diagnosis and treatment. A holistic versus compartmentalized approach. * Explains how acupuncture systems

work in easy-to-understand language. * Outlines gynecological, reproductive, and menopausal disorders more naturally and completely. * Approaches disorders including PMS, painful, heavy, irregular menstruation, PCOS, infertility, and pregnancy-related issues from a TCM perspective. * Shares nutritional, lifestyle factors and tips to help you make better, more informed choices about your health. * Discusses other health issues including insomnia,

incontinence, vaginal itching, heart disease, and headaches. * Explains how TCM considers the impact of lifestyle, diet and nutritional choices and discusses these as part of the treatment plan. .

[Chinese Nutrition Therapy](#)
Virago Press
Traditional Chinese medicine has been around for centuries and it has endured time because it works! When you take into account the success of Traditional Chinese Medicine (TCM) and the fact that most patients in

the West only turn to TCM in desperation, you know there is far more to it than the drug companies will admit. However, if TCM has sometimes been presented as a 'miracle cure', it is simply because it often succeeds where Western medicine has not yet found the answer. This book was written to demystify TCM and to tell you in an easy-to-read and easy-to-understand way how you can benefit from TCM. As well as this it has a 17,000 hyperlinked index so you can find what you are

looking for in a flash. You'll uncover a wealth of information brought to life in this fascinating book. The book has a huge range of complaints listed in the A-Z making easy reference whenever you need it. General guidance about likely causes and lists of specific herbs that are likely to be used in the treatment. You have to remember that TCM is a holistic system and no two cases are the same to a practitioner. As is generally stated, you should always consult a practitioner before taking

any medication. You'll find a wealth of information revealed in this fascinating book. Not only is it simply laid out and easy-to-read but it has a 17,000 hyperlinked index for easy navigation. The numerous case studies show how Chinese Medicine has benefitted people just like you and me.

TCM - Traditionelle Chinesische Medizin für Pferde CRC Press

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.

Traditional Chinese Medicine World Century
This book is the second, revised edition of a practical handbook of Chinese medical patterns with their disease causes

and mechanisms, signs and symptoms, treatment principles, guiding formulas, main modifications, and acupuncture treatments. It is meant for both the student and the clinical practitioner. The authors have included numerous patterns previously not described in the English language literature as well as many complex patterns which are commonly seen in real-life practice in the West. It also includes a symptom-sign index and a formula index for easy reference.

All medicinal names in this new edition conform to Bensky et al.'s Chinese Herbal Medicine: Materia Medica 3rd edition, and all Chinese medical terminology corresponds to Wiseman and Feng's A Practical Dictionary of Chinese Medicine. Ingredients in Chinese medicinal formulas begin with their pinyin names and are listed down for easier reference. In addition, this new edition contains a number of case histories for use in problem-based learning (PBL) along with

suggested answers, thus making it even more useful in the classroom. Traditionelle chinesische Medizin World Scientific This work presents up-to-date information on chemical, pharmacological, clinical studies and historical uses of common dietary Chinese herbs. Authored by native experts in the field, the reader is introduced to each herb with a brief chronological review of Chinese literature on dietary herb uses, with chapters dedicated to each

selected herb including color photos for each herb. In addition, Chinese characters as well as the Latin botanical name indices, and chemical structures for the known active compounds are also provided. The clear layout examines the health benefits that have been studied for centuries, including current clinical and toxicological data. A wide range of Traditional Chinese Medicine (TCM) herbs are investigated for their suitability into daily diets for maintaining

general wellness or disease prevention. In the past decades, natural health products, dietary supplements, functional foods, or nutraceuticals have emerged in the West due to the increasing demand for non-pharmaceutical healthcare products. Traditional Chinese Medicine disease prevention and treatment incorporates the use of foods, and herbal medicine in an integrated manner, and thus the dietary Chinese herbs in used in TCM for thousands

of years could be sources for developing new, effective, and safe ingredients to capture the rapidly expanding opportunity in the global market place.

Acupuncture in Clinical Practice Simon and Schuster

Capture fluid insights on the clinical application of integrative traditional Chinese medicine (TCM) in our modern medical environment. This text compiles correspondences between Dr. Lee Chen Yu and his pupil, Dr. Juno Yang. Dr. Lee is world

renowned for his innovative use of TCM in the treatment of difficult and intractable diseases. His pupil, Dr. Yang, inquires on specific cases faced in daily clinical practice and Dr. Lee responds, providing advice and guidance on effective therapeutic regimens. This compilation makes an ideal learning companion for TCM practitioners, aspiring students, and anyone interested in learning about the practical application of TCM in the clinical setting.

Supplemental materials such as an introduction to Dr. Lee's commonly prescribed formulas and pharmacopeia are also included. Come along on this journey of discovery into the vast potential of integrative TCM and experience this fusion of ancient healing arts into the emerging vistas of modern scientific medicine. From the back cover For those who, like me, have a passionate interest in the integration and efficacy of traditional Chinese medicine (TCM) alongside Western

medicine in the real world, Dr. Lee's outlook and mastery is a vast treasure. This book is an important new addition to the TCM cannon in the English language. More than most titles currently available, this text provides application of TCM for challenging conditions and cases that will be welcomed by student and experienced practitioner alike. The format of question and response between student and master is reminiscent of the classic writings of Chinese medicine and

makes for compelling reading. Dr. Lee's replies to his student's questions demonstrate his eminently pragmatic, open-minded approach and his expansive knowledge of Western medicine. Following these moving case studies reveals Dr. Lee's thought process and his unique, innovative application of Chinese medicine to real medical problems - taking into consideration concurrent treatment with western medicine. The dialogue takes us on the emotionally testing

journey of a young TCM doctor as he overcomes doubts of his own abilities and that of TCM to successfully manage severe illnesses. In addition to clinical advice, the pastoral wisdom imparted by Dr. Lee to his student will no doubt be of great benefit to any developing practitioner. The contents of this first volume demonstrate the breadth of Dr. Lee's repertoire, confidently treating diseases as diverse as SLE and brain neoplasms - I am sure that following volumes will

be eagerly awaited. The scholarly aptitude of the translation and extensive compilation of supplemental information is of such an exceptional standard that the essence of Dr. Lee's approach and method is accurately conveyed to the non-Mandarin speaker. Overall, an extraordinarily well-crafted work of scholarly excellence! Dr. Paul Watson BA (Hons) MB ChB Specialist Registrar in Anaesthesia Royal United Hospital Bath, England This volume includes over 150

unique, authoritative and informative cases Learn from Dr. Lee's 40 years of clinical experience Gain clinical insights into common maladies and intractable diseases Connect classical TCM pathoconditions with corresponding modern biomedical terms Reference over 40 of Yu Sheng Chinese Medicine Clinic's prescriptions Sample Dr. Lee's acupuncture and moxibustion regimens Observe TCM for both first line treatment and complimentary care

Witness TCM used as adjuvant and palliative therapy Utilize the framework of clinical application models Realize the vast potential of integrative TCM and Western medicine!
Diagnosis And Treatment Of Covid-19 With Integrated Chinese And Western Medicine
 Routledge
 Dieses Buch ist eine gute Sammlung von Techniken für die Anwendung der Traditionellen Chinesischen Medizin (TCM). Es beschreibt die Grundlagen der TCM und

ihre spezifische Anwendung auf die verschiedenen Gesundheitszustände und Symptome, die im täglichen Leben auftreten. Die Behandlung jeder Krankheit wird mit Illustrationen veranschaulicht, so dass die Leser sie auf einen Blick verstehen können. Das Buch ist wissenschaftlich, leicht zu verstehen und praktisch. Es kann als gutes Nachschlagewerk für Deutsche, die sich für chinesische Medizin interessieren, verwendet

werden. TCM-Akupressur Springer Science & Business Media Phytotherapy or herbal medicine is the most important therapy within Chinese medicine and is being used increasingly in the West. A Materia Medica for Chinese Medicine: plants, minerals and animal products describes 400 of the most important plants, minerals and animal substances used as treatments by Chinese medical practitioners. The items included have been selected according to

their degree of clinical relevance. Each remedy is clearly described and illustrated on two facing pages, making this an easily accessible reference for both students and practitioners of Chinese herbal medicine. The clearly laid out text presents the following details for each herb or substance included: a detailed description of the characteristic features indications for safe use medicinal and toxic effects possible combinations with other

substances full-colour illustrations, generally two for each substance, showing the detailed characteristics of the item described. *A Materia Medica for Chinese Medicine* has been written by two medically trained doctors who have worked as TCM therapists specializing in the use of Chinese herbs for more than 30 years. Based on their many years of teaching and practice, the book has been carefully compiled and designed to provide a concise and accurate practice-based

reference for both students and practitioners. Traditional Chinese Medicine In The Treatment Of Post-covid-19 Syndrome GBI Genios Wirtschaftsdatenbank GmbH This book covers Traditional Chinese Medicine (TCM) comprehensive facial rejuvenation protocols, advanced TCM facial rejuvenation protocols, as well as a step-by-step protocol for TCM facial rejuvenation. Throughout

the book, precise and detailed color pictures demonstrate the techniques to enable practitioners to correctly perform the manipulations. The diagnostic information, acupuncture point prescriptions, herbal suggestions, food therapy recommendations, and acupressure procedures make this book useful for students and practitioners of TCM, massage therapists as well as beauticians.

A Materia Medica for Chinese Medicine John

Wiley & Sons
 Mit dem Untertitel
 "Anwendung der ältesten
 Medizin auf die neuste
 Krankheit" stellt sich
 gleich eine Frage: Braucht
 es für eine neue Krankheit
 nicht auch eine neue
 Medizin? Die Autoren (ein
 Arzt und ein Apotheker)
 verneinen das, denn sie
 haben auch keine Medizin
 gegen Aids an und für
 sich. Die traditionelle
 chinesische Medizin kennt
 aber viele Heilmittel, die
 erfolgreich gegen
 Krankheiten wirken,
 welche letztlich das Bild
 von Aids bestimmen, z.B.

Pilzinfektionen, Hepatitis
 oder Lungenentzündung.
 Die traditionelle
 chinesische Medizin
 gründet auf Prinzipien, die
 kaum etwas mit unserer
 Schulmedizin gemeinsam
 haben. Der Mensch gilt
 bei den Chinesen als
 geschlossenes System,
 das durch den Fluss von
 Säften und Kräften
 gesteuert wird. Es werden
 deshalb nicht einzelne
 Organe betrachtet,
 sondern die Gesamtheit
 des Menschen. Das
 bedeutet z.B. auch, dass
 man nicht nur ein Virus
 bekämpfen will, sondern

gleichzeitig auch das
 Immunsystem stärken. Als
 Hilfsmittel steht ein
 reicher Schatz von
 chinesischen
 Kräutermixturen zur
 Verfügung. Sie werden
 von den Autoren
 ausführlich beschrieben.
 Das Buch ist aber
 trotzdem keine Do-it-
 yourself-Anleitung. Es
 braucht nämlich
 Spezialisten, um die
 richtige Diagnose zu
 stellen, und eine
 chinesische Apotheke, um
 das entsprechende
 Präparat herzustellen.
 Wenn das alles stimmt,

können die chinesischen Ärzte Resultate vorweisen, die sich durchaus mit unserer Medizin messen können. Dietary Chinese Herbs World Scientific
At TCM colleges in China, undergraduates learn a basic repertoire of between 50 and 100 herbal formulas. This includes one or two formulas from each of 21 major categories. By learning to modify this core group of formulas with additions and subtractions, one will have a basic repertoire of

formulas for most clinical occasions. This book is not meant to replace or compete with Bensky & Barolet's Chinese Herbal Medicine: Formulas & Strategies. It is meant as an outline for prioritized study and use by undergraduates and new practitioners. Traditional Chinese Medicine Shanghai Press
Traditional Chinese medicine has a strong scientific basis, but the science of these important preparations is often rarely discussed. Western approaches often

simplify traditional Chinese medicine to drug discovery in Chinese plants, however, the majority of traditional Chinese medications use complex mixtures of plant extracts, rather than single purified drugs. The combination of different extracts is based on yin, yang and chi theories, which are often poorly understood in the West. Yin and yang are known to be the balance of agonists and antagonists, whereas chi derives from signalling processes in the body and regulates bodily

functions. Traditional Chinese medical practitioners understand that yin, yang and chi constantly interact in the body to maintain health. Western medical practitioners understand how to use agonists and antagonists and how to modify signalling processes, but generally do not accept the use of complex plant extracts to perform these functions. Aimed at medical scientists, and including detailed explanations of the theories behind the science, this text may

help researchers to understand, and communicate more effectively with, Chinese medical practitioners and will lead to greater acceptance of traditional medications in the West. Presenting a clear rationale for the use of traditional Chinese medications in Western medical facilities, it enables scientists to find new directions in experimental design and encourage examination of these useful, but often poorly understood, preparations in clinical

trials.

Acupuncture and Chinese Herbal Medicine for Women's Health

World Scientific Modern Western Medicine (MWM) and Ayurveda/Traditional Chinese Medicine (TCM) can be considered two extreme paradigms to complex systems. The microscopic and reductionist approach of the West prevails in acute and single-gene conditions such as infection and Mendelian disorders. The macroscopic and holistic

approach of the East potentially fares well at chronic and complex conditions such as obesity and ageing. The book serves three purposes: 1) to help MWM, Ayurveda and TCM professionals get acquainted with one another; 2) to help identify common grounds for MWM, Ayurveda and TCM, rather than blindly westernizing eastern medicines or vice versa; and 3) to help translate the complementarity of MWM and Ayurveda/TCM toward an integrative multi-component

healthcare. To this end, we introduce theories and tenets of the three medicines. We use bioenergetics to reconcile West and East as ATP generation, prana and qi are central to MWM, Ayurveda and TCM. We discuss clinical trials of varying experimental rigors for the assessment of the scientific evidence for treatment effectiveness. We present complementary interventions for chronic disorders and ageing. We hold that a federal unity of therapies consisting of

MWM, Ayurveda and TCM better serves the wellbeing of humankind.
Chinesische Medizin für die westliche Welt
Georg Thieme Verlag
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 bsynonymous with excellence in publishing.