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**efficiently and
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Medicine (OM) is one of the major styles of opportunity remedy that is based totally on the idea of balanced drift of strength through human bodies. It is one of the most important

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traditional
Chinese
scientific
practices that
typically
include some of
the traditional
treatment plans
and oriental
prognosis.

*An Introduction
to Oriental
Medicine | Is*

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Medicine

Oriental
Medicine: An
Introduction

Dagmar Ehling,
MAc, LAc,
DOM (NM)

Evolution is a
progression that
continues to
evolve through
cycles of
heating and
cooling,

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moistening and
drying,
contraction and
expansion. These
processes enable
bacteria and
other
microorganisms
to grow. Nature
evolves in
harmony with
these cycles and
always seeks an
equilibrium.

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Treating pain
with acupuncture
and Chinese
medicine Kym
Loi, a licensed
acupuncturist

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The typical TCM therapies include acupuncture, herbal medicine, and qigong exercises. With acupuncture, treatment is accomplished by stimulating certain areas of

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the external
body. Herbal
medicine acts on
zang-fu organs
internally,
while qigong
tries to restore
the orderly
information flow
inside the
network through
the regulation
of Qi. These
therapies appear

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very different
in approach yet
they all share
the same

underlying sets
of assumptions
and insights in
the nature of
the human body

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Medicine/TCM

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students given
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Chicago in 2014.

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foster or fix
your product,
and we wish it
can be resolved
perfectly.

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FRA is a
virtually

painless method
firmly rooted in
the principles
of oriental
medicine. Like
regular
acupuncture, FRA
involves
differential
diagnosis and

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the use of
multiple needles
to move or
balance the qi ,
blood, and
fluids within
the body as well
as restore or
maintain harmony
between the five
elements, yin
and yang , and
the various zang
fu .

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*The European
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Medicine - An

...

traditional
Chinese
medicine, and
ayurveda, have
become popular,
diffusing out
from immigrants
into the host

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Countries in
Africa, Asia and
Latin America
use traditional
medicine to help
meet some of
their primary
healthcare
needs. In
Africa, up to
80% of the
population use
traditional

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primary
healthcare. Over
one-third of

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living a
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Kushi and
Jannetta provide
a complete
introduction to

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the techniques
and theories
behind the
Oriental healing
arts, the crux
of the holistic
health movement.
55 figures; 18
tables.

We are in the
middle of a
cultural
revolution in

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the health care industry. Nearly eight thousand people practice Traditional Chinese Medicine in the US and thirty-five states currently offer some form of legal status for its practice. Many people are

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seeking
alternatives to
the Western,
medical approach
to health care.

To these
seekers, *Voices
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invaluable aid
in exploring
what Traditional
Chinese Medicine
has to offer.

Alex Holland has

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done an
admirable job of
presenting the
basic tenets and
practices to
this ancient
tradition in a
clear, concise
and accessible
manner.

Addressing the
issues of how
and why illness

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occurs, this
informative
guide provides
fresh Eastern
perspectives on
wellbeing and
health. With eas
y-to-understand
explanations,
clear
illustrations,
and
straightforward
treatment

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alternatives,
previously
unexplained
signs and
symptoms can be
researched,
understood and
dealt with.
Tried-and-true
techniques
developed over
hundreds of
years – diet,
acupressure,

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massage,
exercise,
scraping, and
tapping— are
offered for
common maladies
from colds and
high blood
pressure to
backache and
depression. Even
with limited
medical
knowledge you

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can learn to
assess your own
conditions and
become proactive
in lifestyle
changes, thus
taking charge of
your own healing
process.

This book gives
a basic
introduction to
Oriental

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Medicine and
outlines the
basic theory and
causes of an
alphabetical
list of health
concerns.

This book uses
simple language
to explain the
essence of
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(Treatise on

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Cold Damage), a monumental ancient medical classic, paired with cases the author encountered during years of practicing Chinese medicine, allowing readers to understand the melding of

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theory and
practice and
philosophical
views of nature
and life. The
author's concise
writing style
leads readers to
the core of
Chinese
medicine.

Body Reshaping
through Muscle

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and Skin

Meridian
Therapy: An
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6 Body Types
shows you how
your weight and
body shape can
be a direct
result of ill
health and
explains the
structures and
functions

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involved. It explores much more than just what your scale and the fit of your clothes might tell you. It looks at skin, fat, muscles, diaphragm, historical illnesses or injuries, body

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posture, body

clock or
circadian
rhythm,

digestion, blood
vessels,

nutrition,
sympathetic

nervous system,
parasympathetic

nervous system,
and enteric

nervous system.

By examining the

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above factors,
you will learn
how they
contribute
toward changes
in body shape
(notice no
mention of
dieting or
exercise).

Muscle meridian
therapy refers
to the passive
application of

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treatments to muscles not connected to any major organ. The techniques involved improve all the metabolic balances of the body (pressure, temperature, and balance) as well as your overall health.

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Therapies can benefit all people, including those with traumas such as digestive system disorders, autonomic nerve system disorders, medication complications, post-childbirth

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complications,
major scarring,
posture issues,
and pain

management. The author provides the traditional Chinese medicine (TCM) tools and techniques needed for practitioner-guided wellness or at-home wellness

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Understanding
and maintenance.
The book offers
a full guide to
"body type"
evaluation for
muscle meridian
therapy and
presents a
"passive"
therapy method
(like massage or
acupuncture) to
complement

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"active"

therapies (like
physical therapy
and exercise).

It covers
concepts that
are highly
individualized
yet very "whole
body" for
physical
restoration and
balance.

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“Comprehensive,
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and lucid, this
book is a must
for all
practitioners of
the healing arts
who want to
broaden their
understanding.
Readers
interested in
the role of
herbs and foods

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in healing will
also find much
to learn here,
as I have. . . .

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work.”—Annemarie
Colbin, author
of Food and
Healing The
promise and
mystery of
Chinese medicine
has intrigued
and fascinated

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Westerners ever since the “Bamboo Curtain” was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession

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behind Chinese
medicine, how it
works and what
it can do.

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traditions with
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that is relevant
today, Between
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curious
intellectual
seeker, Between
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opens the door
to a vast
storehouse of
knowledge that
bridges the gap
between mind and
body, theory and
practice,
professional and

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and West.

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readable guide

to Chinese

medicine.”—San

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impossible, and
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both new and

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experienced,
need to know.

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describes and
explains all of
the fundamental
principles of
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including
yin/yang, the
five elements,
the 'zang and

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fu' organs, Zang
Xiang, Qi, and
the meridians
and collaterals
of the body.

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principles upon
which these
elements work,
but also how
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interrelate, the
book describes

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how they can be used in practice to identify, treat and prevent ill-health and disease. This thorough and accessible textbook, compiled by the China Beijing International Acupuncture

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medicine, and is

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for TCM
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