

WHAT IS TRADITIONAL CHINESE MEDICINE?

- Traditional Chinese Medicine (TCM) is an ancient Chinese system of medicine that relates the philosophies of vital life energy (Qi) and Yin/Yang to the presence of wellness or illness.
- Health is present when Qi flows well through the body and there exists balance between Yin and Yang.
- When this balance is disrupted, health gives way to disease.
- Diagnosis, using verbal and physical means, establishes the presence, origin, nature, and location of imbalanced energy flows within the patient.
- Treatments, including acupuncture, herbal therapy, dietary therapy, and massage, return the patient to health through correction of imbalance.

Qi

- In Chinese, Qi (pronounced CHEE) means vital energy or life force.
- It circulates in all forms of matter (animate, inanimate) and is the essential force that sustains life.
- Ancient Chinese healing systems are built on the premise that enhancing and being Qi is the path to preventing and curing disease.

TYPES OF Qi

- Conceptional (Accepiant) Qi is inherited from parents.
- Acquired Qi is the energy obtained from food and air.
- Yong Qi is energy that nourishes the body.
- Wei Qi is defensive energy that protects the body from exogenous pathogenic factors.
- Qi travels through the body along meridians; it also resides in blood and is transported through the body as blood flows through the vessels.

FUNCTIONS OF Qi

- The accumulation of Qi gives life, but it also has the following functions:
- Impulsing:** Growth and development of body.
- Defending:** Protecting the body against pathogenic factors.
- Warming:** Maintenance of body heat.
- Controlling:** Blood and body fluids.
- Transforming:** Metabolizing Qi, blood, and body fluids.
- The dispersion of Qi from the body signifies death.

FIVE VITAL SUBSTANCES

- The five vital substances (not necessarily material) nourish and sustain the body and the state of each reflects the body's state of health.
- Qi:** The source of all movement and change in the universe.
- Xue:** Blood.
- Jing (essence):** Multi-energy.
- The reproductive/regenerative capacity of the body.
- Strength and weakness of Jing are associated with strength and weakness of a person.
- Shen (spirit and mind):** Consciousness that is stored in the heart, even though consciousness is traditionally associated with the brain.
- Bi: the body fluids:** Secretions such as tears, sweat, saliva, mucus, hydrochloric acid, and genital secretions.
- Jin are lighter, yang fluids; Ye are denser, yin fluids.

YIN & YANG

- Yin and Yang are two opposing but interdependent forces; they are opposites that form a whole.
- Nothing is simply Yin or Yang as indicated by the dots in the middle of each symbol.
- In Yin there is always yang; in black there is always white; in male there is female; in good there is bad; and so on.
- Yin represents specific concepts, characteristics or states of being, each of which is reflected as its opposite in Yang.
- Yin and Yang are used to describe things in relative terms, thus establishing relationships between states (emotions) or material things (parts of the body).

YIN & YANG CLASSIFICATIONS

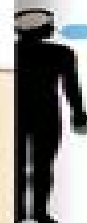
General	
Yin	Female, dark, night, cold, moist, winter, old, negative, passive, soft, inhalation, heart rhythm, slow, interior, wet
Yang	Male, light, day, heat, sun, motion, young, positive, hard, active, fast, exterior, dry
Body & Mind	
Yin	Front, left, lower body, trunk, legs, pelvis, solid Zang organs, Lung Qi blood, sensory system, flexion, digestion and absorption, intuition, contemplation, depressed
Yang	Back, right, upper body, limbs, arms, head, hollow Fu organs, Wei Qi motor system, extension, fight or flight, respiratory rhythm, exhalation, intelligence, will, intellect, extraversion, tabular/regulate, progressive, available, stated
Pathology	
Yin	chronic, internal diseases, degenerative diseases, pale face, no thirst, lean warm drink, cool body, edema, slow/weak reaction, paralysis, numbness, flaccidity, abundant menstruation, profuse sweat, tiny voice, moist skin, puffy skin, diarrhea
Yang	acute, skin diseases, disorders of sensory organs, infections, red face, thirst, lean cold drink, hot body, inflammation, fever, fast strong reaction to bacteria and virus, convulsions, spasms, cramps, menstruation, blue to purple, loud voice, scanty dry skin, scaly skin, constipation
Pain	
Yin	chronic, cold, permanent, deep, dull, heavy, worse at night, worse with rest, worse in cold, better in day, better with motion, better in heat
Yang	acute, recent, intermittent, superficial, sharp, pulsating, itching, shooting, worse in day, worse with motion, worse in heat, better at night, better with rest, better in cold

TONGUE DIAGNOSIS & THE TRIPLE BURNER

- The organs in each of the upper, middle, and lower burners, of the Triple Burner are associated with a region of the tongue.
- Abnormalities in any of these regions further specifies the origin and nature of disease.

Location of Abnormality	Relationship to the Triple Burner	Nature of Imbalance
Back third of tongue	lower burner (kidney and bladder)	metabolism, storage, urination
Middle third of tongue	middle burner (spleen and stomach)	digestion and absorption of food
Front third of tongue	upper burner (heart and lung)	transport of Qi and blood

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A Cultural Dictionary of The Chinese Language Liwei Jiao,2019-11-12 A Cultural Dictionary of the Chinese Language introduces the 500 most important cultural traits of the Chinese as reflected in language use especially in Chinese idioms chengyu proverbs and colloquial expressions suyu Communicative competence the ultimate goal of language learning consists of not only linguistic but intercultural competence which enables the language learner to speak with fluency and understanding The Chinese language is richly imbued with cultural wisdoms and values underlying the appropriateness of idioms in the Chinese language The Dictionary provides Intermediate and B1 C1 level learners as well as scholars of the Chinese language with an essential reference book as well as a useful cultural reader

Chinese Medicine Guidebook Balance the 5 Elements & Organ Meridians with Essential Oils (Summary Book Version) KG Stiles,2023-12-21 Harness the Power of Traditional Chinese Medicine Aromatherapy to Restore Balance and Vitality Discover the ancient wisdom of Traditional Chinese Medicine TCM and how essential oils can help restore balance to the Five Elements and revitalize your energy flow In this comprehensive guide bestselling author and aromatherapist KG Stiles reveals powerful natural remedies used for centuries to support holistic healing If you've ever felt stuck unbalanced or drained this book will teach you how to align your energy promote well being and regain harmony through the Five Elements Wood Fire Earth Metal and Water and the corresponding organ meridians Inside This Guide You'll Discover The key powers properties and associations of the Five Elements How each element connects to body parts chakras and energy flow Signs of balance and imbalance in each element Physical and emotional symptoms of stagnation and blockage Essential oils for balancing the Five Elements and organ meridians Safe application methods for maximum healing benefits How to select the right essential oils for targeted therapeutic effects The power of Adaptogenic Oils natural super oils that regulate and restore energy flow Adaptogenic Essential Oils The Super Oils for Balance Certain adaptogenic oils have a unique ability to increase or decrease the energy of an element and regulate the flow of Chi in organ meridians as needed These powerful oils serve as natural healers helping you stay in balance mentally physically and emotionally Praise for KG Stiles Work I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience and passion to facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA New

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A Scammed Gold Watch 繁體中文 DAVID YAO, In the book A Scammed Gold Watch the protagonist Petiga an orphaned child faces hardships and resorts to unethical means to survive His life takes an unexpected turn when he acquires a coveted golden watch hoping it will alleviate his struggles However instead of bringing prosperity the watch leads to his incarceration in a youth reformatory due to unlawful actions The change in his environment sparks a profound change within Petiga He realizes the watch is not only worthless but also weighs heavily on his conscience causing distress Eventually he decides to part with the watch The book leaves readers in suspense about whom Petiga chooses to give the watch to encouraging them to explore the story to uncover this crucial detail

Taiwan Fables 繁體中文 DAVID YAO, Welcome to the Chinese and Foreign Cultural Reading Series Taiwan Fables This bilingual collection is tailor made for advanced level Chinese learners in HKS IB IGCSE and AP programs Dive into a treasury of diverse Chinese and foreign fables mythologies folk legends and children s stories that transcend cultural boundaries Taiwan an island brimming with unique allure and a diverse tapestry of cultures houses a treasure trove of rich and vibrant folk tales that form an integral part of Chinese heritage These narratives are deeply intertwined with the lives beliefs and traditions of the islanders preserving the invaluable legacy of Chinese culture while showcasing Taiwan s rich history and distinctive cultural landscape The purpose of compiling Folk Stories of Taiwan is to preserve and promote these precious story legacies May these tales be guiding lights infusing this land with vitality and vigor forever shining in the brilliance of Taiwanese culture

AQA GCSE Chinese (8673-3F) 2020 Reading 繁體中文 AQA 繁體中文 DAVID YAO, AQA formerly the Assessment and Qualifications Alliance is an awarding body in England Wales and Northern Ireland It compiles specifications and holds examinations in various subjects at GCSE AS and A Level and offers vocational qualifications AQA GCSE Chinese Mandarin specification designed for students who take Mandarin Chinese as foreign language We are expert in Chinese for foreigners and we pay

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