

TRADITIONAL CHINESE MEDICINE

2nd EDITION

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

- **Constitutional (Essential) Qi** is inherited from parents
- **Acquired Qi** is the energy obtained from food and air
- **Yang Qi** is energy that nourishes the body
- **Yin 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
- Blood:**
 - **Jing (essence):** Multi-energy
 - The reproductive/ generative capacity of the body
 - Strength and weakness of Jing are associated with strength and weakness of a person
- Spleen (gall and mind):** Consciousness that is stored in the Heart, even though consciousness is traditionally associated with the liver
- Shi (body fluids):** Secretions such as tears, sweat, saliva, milk, mucus, hydrochloric acid, and genital secretions
- Yin are lighter, yang fluids, Shi 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		Body & Mind	
Yin	Female, dark, night, cold, moist, winter, soft, negative, passive, soft, inhalation, heart rhythm, slow, inward, rest	Body & Mind	Front, left, lower body, trunk, legs, palms, cold Zang organs, Lung Qi (blood, sensory system, flexion, digestion and reproduction instinct, feeling, intuition, consciousness, placid, conservative, contemplative, depressed)
Yang	Male, light, day, heat, sun, warm, summer, soft, positive, hard, active, fast, outward, dry		Back, right, upper body, limbs, arms, head, hollow Fu organs, Heart Qi (Motor system, extension, fight or flight, respiratory rhythm, exhalation, intelligence, will, intellect, extension, laborious/vigilant, progressive, excitable, excited)
Pathology		Pain	
Yin	chronic, internal diseases, degenerative diseases, pale face, no thirst, feet warm, cold body, edema, slow/weak reaction, paralysis, numbness, flaccidity, abundant menstruation, profuse sweat, tiny voice, moist skin, puffy skin, diarrhea	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, skin diseases, disorders of sensory organs, infections, red face, thirst, skin cold/dry, hot body, inflammation, fever, fast strong reaction to bacteria and viruses, convulsions, spasms, cramps, menstruation, blue to green, foul taste, scanty dry skin, waxy skin, constipation	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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Quick Reference Chinese

DAVID YAO



Quick Reference Chinese:

Cambridge IGCSE Chinese (0523, 0547) Chinese Grammar Book- A Quick Reference to Success DAVID YAO, This book is designed for students who are going to attend Cambridge IGCSE Chinese 0523 0547 Grammar is a borrowed concept from western language There is no Grammar in Chinese in certain senses The greatest truths are the simplest In simple way Chinese Grammar is just the sequence construction of Characters like our LEGOO brand By going through the detail of pass GCSE IGCSE IB SAT AP HSK past papers with our in depth expertise and explanations we present you the Chinese Grammar in the straightforward way It is also good for Beginners to learn Chinese structures called Grammar in certain senses Many students call it LIFE SAVING for their exam The book give a quick revision for the coming GCSE Chinese IGCSE Chinese IB Chinese SAT Chinese HSK Chinese Proficiency Test YCT Youth Chinese Test exam In the complicated way Chinese Grammar can drive you to crazy In this book I will show you the simplest truths in my own way if not academic way David YAO Founder of www Edeo biz www legoomandarin com 21 March 2019 *Quick Reference Chinese* Richard Laurance Kimball,1988 *The Chinese Metaphysics Compendium* Joey Yap,2008-04-01 Embrace A Privileged Wisdom With over 1000 pages The Chinese Metaphysics Compendium is by far the most pivotal guide to everything you need and want to know about Chinese Metaphysics In fact it is a compilation of all the essential formulas and applications that govern the study of Chinese Metaphysics known and practiced today Definitely an indispensable go to reference to students and master practitioners alike **Intercontinental's Best of China** Eugene Law,2004 Written mostly by native English speakers who are long term China residents and edited by people who live and work in China this book leads a fresh perspective on all things Chinese It melds foreign and local perspectives into a seamless narrative that allows new light to be cast on China s cities BACK COVER *Qi Infusions™ A Quick Reference Guide* Ethan Borg,2011-01-28 A new method of healing from the arguably the oldest medicine on Earth **Chinese Zodiac** Priya Reddy,AI,2025-03-04 Chinese Zodiac explores the fascinating world of the Chinese lunar calendar revealing its historical roots and enduring cultural impact The book examines how this ancient system with its twelve zodiac animals continues to shape traditions beliefs and even major life decisions like marriage and career choices Discover the historical development of the lunar calendar tracing its evolution from ancient astronomical observations to its formalization across dynasties Each zodiac animal s symbolic meaning and associated traits are illuminated revealing the legends behind their significance For example the Dragon symbolizes power and good fortune while the Ox represents diligence and honesty The book progresses from foundational knowledge to deeper insights exploring the mythology personality traits and compatibility associated with each animal It also investigates the zodiac s modern applications including its influence on horoscopes fortune telling and Feng Shui Ultimately the book argues that the Chinese Zodiac is more than just a calendar system it s a dynamic framework that influences how individuals understand themselves and their place in the cosmos Supported by historical texts and

anthropological studies this exploration offers valuable insights for students of Chinese culture history enthusiasts and anyone curious about astrology

Emergency Chinese Jiewei Cheng, 2003 They call for individuals to take immediate and decisive actions But what do you do when an emergency occurs in a foreign country where the language is unfamiliar Emergency Chinese is designed to give you the key Mandarin words and phrases you need in the most urgent situations Mandarin Chinese is the most widely understood dialect so you'll be able to use this book throughout China Emergency Chinese is small enough to fit in your pocket and arranged for quick and easy reference Book jacket

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with 250 000 plus vocabulary with the best possible English translation to help foreigners understand Chinese better We give the English Translation for main paragraph your better understanding Meanwhile we use footnotes to give vocabulary with the of HSK classification **CIE IGCSE Chinese Vocabulary (Foreign Language 0547) V2022-2024 CIE IGCSE**

DAVID YAO, The International General Certificate of Secondary Education is an English language based examination similar to GCSE and is recognized in the United Kingdom as being equivalent to the GCSE for the purposes of recognizing prior attainment It was developed by University of Cambridge International Examinations There are 3 levels for Cambridge IGCSE Chinese Cambridge IGCSE Chinese First Language 0509 similar to A Level Edexcel GCSE HSK 6 Chinese Proficiency Test 6 Cambridge IGCSE Chinese Second Language 0523 similar to AS Level Edexcel GCSE HSK 5 Chinese Proficiency Test 5 Cambridge IGCSE Mandarin Chinese Foreign Language 0547 similar to Edexcel GCSE Higher Tier HSK 4 Chinese Proficiency Test 4 By referring CIE IGCSE Mandarin Chinese 0547 Syllabus for exams in 2022 2023 and 2024 and HSK 1 2 version 2009 and the latest version 2021 Syllabus we edited a series of Chinese Vocabulary for those who are studying Chinese or preparing international examinations such as IB SAT AP IGCSE GCSE Chinese This book gives students a quick revision for their coming exam Combining our 26 years expertise in Teaching and editing our own materials here is the LIFE SAVING book called by many students for their exams Grab it Thanks for your support for us creating better contents for you

Edexcel GCE A Level Chinese 2020, Paper 1 (9CN0/01): Listening Reading and Translation DAVID YAO, Edexcel AS designed a motivating course of study that will enable your students to develop an advanced level knowledge and understanding of the Chinese language the culture of China and other Chinese speaking countries and communities as well as practical and valuable language and transferable study skills This specification will help to prepare students for higher education and enhance their employability profile The two Inspiring and engaging themes are studied alongside either one literary text or one film and assessed through two externally examined papers Papers 1 and 2 and one teacher examiner conducted speaking assessment Paper 3 Theme 1 Changes in contemporary Chinese society Theme 2 Chinese culture We are expert in Chinese for foreigners and we pay attention to Edexcel GCSE GCE Chinese closely since 1999 We build a huge database to cover all GCSE A LEVEL AP SAT IB Chinese from different exam board and HSK Chinese Proficiency Test We collected 250 000 plus vocabulary with the best possible English translation to help foreigners understand Chinese better We are building the most authentic teaching materials for Chinese oversea teaching combining the cutting edge IT and modern teaching methods In our textbooks we give the English Translation for main paragraph for better understanding Meanwhile we use footnotes to give vocabulary with the HSK classification If necessary we will give vocabulary expansion according to the root words Using our research and theory to expand your vocabulary fast and gain fast reading and writing skill in in Unique Smart Way Combining our 26 years experience in Teaching and editing our own materials here is the LIFE SAVING book called by many students for their exams Grab this unique book *Business Chinese Test BCT (A) BCTA-01 Intensive*

Reading for Beginner □□□□□□□□ DAVID YAO, Official Exam Paper to Enhance Your Skills in Smart Way with Detailed Explanations V2023 **Second 100 Chinese Characters: Traditional Character Edition** Laurence Matthews, Alison Matthews, 2013-02-26 This book is a quick and easy way to learn the second 100 basic Chinese traditional characters The major struggle facing all beginning Chinese language students is to learn to recognize read and write hundreds of Chinese characters A working knowledge of characters is essential for any student wishing to learn Chinese The Second 100 Chinese Characters adopts a structural approach that helps students to overcome this initial difficulty and quickly master the basic Chinese characters that are fundamental to this language This book contains characters that have been carefully selected and sequenced for rapid and effective learning For effective learning memorization and practice each Chinese character is shown separately on a single page together with its English definitions hanyu pinyin romanization alternate form if any a stroke order guide and ample space for writing practice The stroke order guides introduce the student to the standard stroke sequence used in writing the characters by tracing over them After learning the correct stroke order the student can then practice writing the character on their own thus reinforcing recognition and memorization Large boxes with grid lines for correct proportions are provided Related compounds and phrases containing each character are also included to assist in vocabulary building Three indexes alphabetically by the English meanings and the pinyin romanization and by radicals are provided at the back of the book for quick and easy reference along with extra sheets of blank boxes for writing practice This book features The second 100 most frequently used Chinese characters Foundation characters for the HSK A level language proficiency test Standard hanyu pinyin romanizations Step by step stroke order guides and ample space for writing practice Over 500 words and phrases containing the basic characters Concise English definitions **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

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Chinese History Endymion Porter Wilkinson,2000 Endymion Wilkinson s bestselling manual of Chinese history has long been an indispensable guide to all those interested in the civilization and history of China In this latest edition now in a bigger format its scope has been dramatically enlarged by the addition of one million words of new text Twelve years in the making the new manual introduces students to different types of transmitted excavated and artifactual sources from prehistory to the twentieth century It also examines the context in which the sources were produced preserved and received the problems of research and interpretation associated with them and the best most up to date secondary works Because the writing of history has always played a central role in Chinese politics and culture special attention is devoted to the strengths and weaknesses of Chinese historiography

Business Chinese Test (BCT) 2018 BCTB-2 BCT (B) Intensive Reading for Advance Learner 中国对外翻译出版公司 DAVID YAO, The Advance Business Chinese Test BCT B is an internationally recognized standardized exam that evaluates the Chinese language proficiency of non native Chinese speakers in a business context BCT B specifically targets intermediate and advanced level learners who have a good grasp of business Chinese language and cultural knowledge It assesses the learners ability to communicate effectively in Chinese in different business settings including negotiating discussing business plans making presentations and socializing with business partners The BCT B exam

is administered by the Confucius Institute Headquarters Hanban and is recognized by many educational institutions and corporations around the world We have been experts in teaching Chinese to foreigners for nearly 30 years which is much earlier than the creation of HSK Our comprehensive database boasts over 250 000 vocabulary words with accurate English translations to help learners understand Chinese more effectively We provide English translations for main paragraphs to facilitate comprehension Additionally we utilize footnotes to provide vocabulary with HSK classification for further study and understanding The Advance Business Chinese Test BCT B is a globally acknowledged standardized examination that assesses the proficiency of non native Chinese speakers in using the Chinese language within a business context Specifically designed for intermediate and advanced level learners BCT B evaluates their aptitude in business Chinese language and cultural knowledge The exam measures learners ability to effectively communicate in Chinese across various business settings including negotiations business planning discussions presentations and social interactions with business partners Administered by the Confucius Institute Headquarters Hanban the BCT B exam is widely recognized by educational institutions and corporations worldwide Drawing from our 30 years of experience in teaching and curating materials we proudly present a highly regarded resource known as the LIFE SAVING book as praised by numerous students who have found it invaluable for their exams Don t miss the opportunity to acquire this exceptional book and revolutionize your Chinese language learning journey

Business Chinese Test (BCT) (A) Intensive Reading for Beginner □□□□□ DAVID YAO, Business Chinese Test BCT an international standardized test of Chinese language proficiency assesses non native Chinese speakers abilities to use the Chinese language in real business or common working environments BCT is divided into writing and oral tests which are independent to each other The writing test consists of two levels namely BCT A and BCT B BCT Oral iBT are Computer Adaptive Test CAT and conducted via Internet We are expert in Chinese for foreigners for nearly 30 years much earlier than the creation of HSK We builds a huge database with 250 000 plus vocabulary with the best possible English translation to help foreigners understand Chinese better We give the English Translation for main paragraph your better understanding Meanwhile we use footnotes to give vocabulary with the of HSK classification

Taiwan Fables □□□□□ □ 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

A Scammed

Gold Watch 金表 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

AQA GCSE Chinese (8673-3F) 2020 Reading 英国AQA 考试局 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 attention to AQA GCSE Chinese Edexcel GCSE GCE Chinese closely since 1999 We are building the most authentic teaching materials for Chinese oversea teaching combining the cutting edge IT and modern teaching methods Combining our 27 years experience in Teaching and editing our own materials here is the LIFE SAVING book called by many students for their exams Grab this unique book

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