

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.
- 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.
- Spleen (gast. and intest.):** Consciousness that is stored in the heart, even though consciousness is traditionally associated with the brain.
- Ren (body fluids):** Secretions such as tears, sweat, saliva, milk, 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

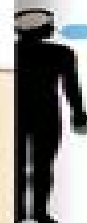
General	
Yin	Yang
Female, dark, night, cold, moist, winter, old, negative, passive, soft, inhalation, heart rhythm, slow, interior, wet	Male, light, day, heat, sun, motion, young, positive, hard, active, fast, exterior, dry
Body & Mind	
Yin	Yang
Front, left, lower body, trunk, leg, pelvis, solid Zong organs, lung Qi blood, sensory system, flexion, digestion and absorption, intuition, contemplation, depressed	Back, right, upper body, limbs, arms, head, hollow Fu organs, heart Qi motor system, extension, light or flight, respiratory rhythm, exhalation, intelligence, will, intellect, extraversion, tabular/regulate, progressive, available, stated
Pathology	
Yin	Yang
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	acute, skin diseases, disorders of sensory organs, infections, red face, thirst, lean cold strong reaction to bacteria and virus, convulsions, spasms, cramps, menstruation, blue to purple, loud voice, scanty dry skin, scaly skin, constipation
Pain	
chronic, cold, permanent, deep, dull, heavy, worse at night, worse with rest, worse in cold, better in day, better with motion, better in heat	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

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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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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 overseas 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 中国文字 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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Business Chinese Test (BCT) 2018 BCTB-2 BCT (B) Intensive Reading for Advance Learner 商务汉语水平考试 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

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Business Chinese Test (BCT) (A) Intensive Reading for Beginner 繁體中文 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 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

A Scammed

Gold Watch 金錶 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 金錶 AQA 金錶 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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