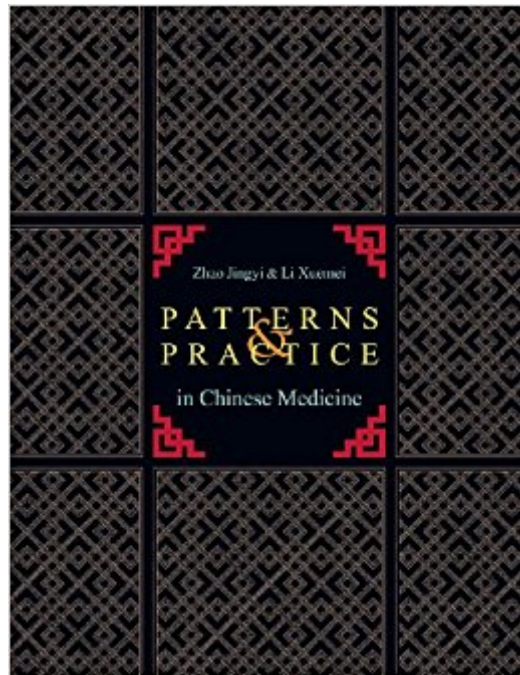




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# Patterns & Practice In Chinese Medicine



## Synopsis

Like its companion volume, *Acupuncture Patterns & Practice*, this book is a clinically oriented presentation of differential diagnosis and treatment in traditional Chinese medicine. This volume consists of eight series of case studies (40 in all), each focusing on a variety of patterns associated with a common clinical disorder: asthma, facial disorders, poor appetite, abdominal and epigastric pain, abnormal bowel movements, abnormal urination, constraint disorders, hypochondrial and intercostal pain. Each case provides a systematic analysis of the patient's presentation, from the cause and site of the disorder to the underlying theory of the case. The pathogenesis, pattern of disease, treatment principle, and modalities of treatment (including both herbs and acupuncture) are described in illuminating detail. The authors, themselves both clinicians, then pose a number of questions that are likely to confront the practitioner. More than a hundred charts organize and present in graphic form what is explained in the text. Each chapter concludes with a diagnostic overview or tree that summarizes the process of differential diagnosis for the patterns associated with that disorder. *Patterns & Practice in Chinese Medicine* will be of particular value to the developing practitioner, as well as the student who is making the transition from the classroom to the clinic.

## Book Information

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## Customer Reviews

Like its companion volume, an inspiration to students and practitioners in the thoroughness and acuteness with which it approaches the analysis of each case history... this book maintains the

same high standards. --The Journal of Chinese Medicine

Zhao Jingyi is a 1982 graduate of the Beijing College (University) of Chinese Medicine, where he is now a professor. Dr. Zhao is also a practicing physician and teaches diagnosis in Chinese medicine to Chinese and Western students. In addition to the books that he has written with Li Xuemei *Acupuncture Patterns & Practice* and *Patterns & Practice In Chinese Medicine* he has published teaching materials for his students and has conducted much clinical research in this field. Li Xuemei (Anna Lee) is a medical doctor and specialist in both acupuncture and Chinese herbal medicine. She completed her studies in Chinese and Western medicine at the Beijing College (University) of Chinese Medicine in 1982. She then worked as a clinical specialist at the teaching hospitals associated with the university, where she taught many Chinese and Western students. Dr. Li has lectured in China, Canada, Switzerland, Slovenia, Croatia and Ireland, where she now lives and practices medicine.

Awesome books for differential diagnosis. A lot of case studies here and it will make you think, is this heat? damp heat? A must for acupuncture students in my opinion because so many cases are similar but have different diagnosis. This book helps you through real life case studies and how to differentiate them.

Clear information and analysis. Thank you. :)

This book, as well as *Patterns & Practice in Acupuncture*, has been invaluable, both as a student and a practitioner. Each case is well-documented, and the principles of diagnosis and treatment are clearly explained. It's very beneficial to see cases beginning to end. I can't recommend these books enough.

real good book

This is the most concise book for school and board case study prep. It has everything for the covered cases and enhances your focus so that case studies are clear. LOVE IT!

It is known fact that the best way to deepen ones understanding of Chinese medicine is by reviewing case studies. As a beginner practitioner, who has finished schooled more than a year and

a half, this book was just what I was looking for. What I like about the book is that it follows you through from the patient's presentation, to the underlying theory of the case, emphasizing the pathogenesis rather than just the pattern diagnosis which is what I find in most other TCM books. This I believe gives a practitioner a better understanding of the pathology as a dynamic process rather than a fixed imbalance. Another refreshing aspect is that the treatments presented in most cases are combination of acupuncture with herbal formula. The authors explain why they chose each point and sometimes how the points were needled in order to maximize the therapeutic effect. When a herbal formula is used, the authors usually present the basic underlying formula and then explain how it was modified to tailor it to the patient's needs. Another nice feature is that the book introduces advanced concepts which do not appear in basic TCM books. For example it presents a complicated case in which a patient was too weak for herbal tonification, and it explains how to deal with such a case. Another chapter deals with "Constraint Disorders" which most TCM books do not address, but I think are quite common in a Western clinic. I can go on and on praising the book, but I will just summarize that if you wish to hone your diagnosis and treatment skills, you will not be disappointed.

It is a great book, contains dozens of case studies related to the different organs. Each CS has comprehensive explanation, also general explanation of the organ related. It seems like a very good book for whom that wants to extend his/her knowledge in 'Chinese Pathology' more than the classic course - 'Syndromes'.

The most comprehensive TCM book for any level. Concise and clear explanations with understandable flow charts. You really understand why and how the protocol was created. A book anyone can read and learn from.

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