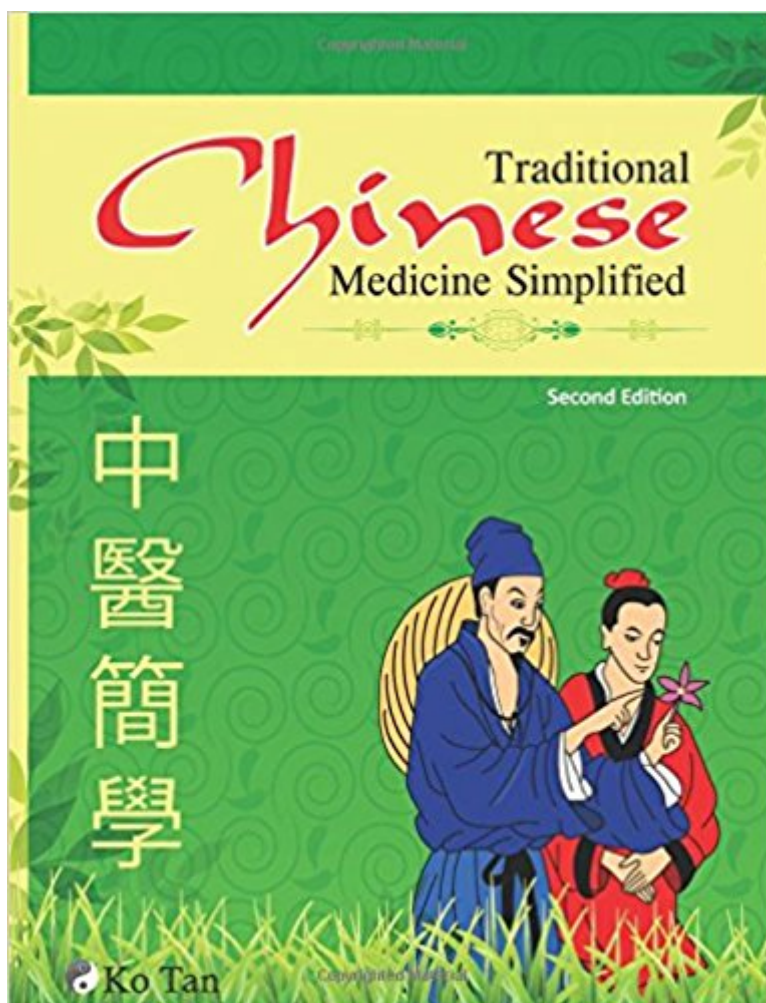




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Traditional Chinese Medicine Simplified



Synopsis

This book demystifies the basic concepts of Traditional Chinese Medicine for the Western mind. It simplifies and condenses difficult concepts so that lay people of the West can have a better understanding of this complex subject. The book is written for teachers, students, and the public. The theory section deals with historical facts and the fundamental concepts of TCM. The application section applies the theory of TCM to daily life whether for self-help or for use by the practitioner.

Book Information

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Customer Reviews

Of Chinese descent from Malaysia, Ko Tan has had a passion and fascination for Traditional Chinese Medicine since his youth. As a teenager, he would run to the local Chinese herbal pharmacy and ask how to utilize different herbs and about their various purposes. After graduating with a Master's degree in Architecture from the University of Nebraska, he went back to school, studying TCM at Samra University of Oriental Medicine in Los Angeles for 2 years. He then left the field of architecture to open his own practice. Since 1994 Ko Tan has been teaching TCM theory.

I bought this thinking it would be a good, light duty primer and would help me communicate more effectively with my Traditional Chinese Medicine (TCM) trained acupuncturist. But, I think this may be more of a children's book than for adults. Granted, some of the concepts are complex, but I felt the overall tone was so lighthearted it bordered on frivolous. Yes, I learned a thing or two, but I think

the books by Nan Lu are better if you really want an easy to digest synopsis of TCM and how it applies in modern, western culture.

We have a reflexologist who comes to our home every other week to work on my 89-year-old mother, my husband, and myself. Under his care and for the first time in years, my mother is off all pharmaceutical meds, and has perfect blood pressure and choloesterol levels. When I visited China last year, I went to a TCM and was amazed at the accuracy of his diagnosis (better than the naturopath and the primary care physician back home!) so I was mentally open and ready to learn more about TCM. Our reflexologist loaned us his copy of this book and, after reading it, I knew we had to have one of our own. Highly recommend this book for the information provided (although it's not always the easiest reading).

This book is awesome and arrived when I expected it too

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