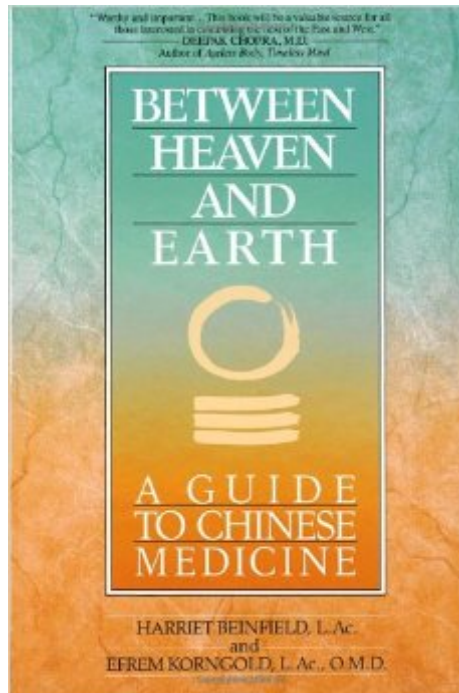


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# Between Heaven And Earth: A Guide To Chinese Medicine



## Synopsis

Two of the foremost American educators and healers in the Chinese medical profession demystify Chinese medicine's centuries-old approach to health. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *BETWEEN HEAVEN AND EARTH* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West.

## Book Information

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## Customer Reviews

This is the most involved and lucid explanation of the Five Phases that I have found. I refer many of my patients to this book when they come for their initial session. It has numerous drawings, charts and graphs to support the written text. The Five Phase Theory, as presented in this book, can assist practicing acupuncturists or students of Oriental Medicine in deepening their understanding of how to successfully handle the myriad problems and dis-eases presented by their patients. In my 25 years of practice I found extremely few books so well written and organized for everyday use and review.

What a great book...If I had to be marooned on a desert island, etc., etc., with just one book on acupuncture, helpful for understanding the human condition, this would be the book, and there isn't even a close second that comes to mind. The authors were **the** people who brought an understanding of Chinese medicine to the U.S. in the 1970s, and this book is a heroic attempt to educate us and interest us at the same time with what they had found. It's hard to tell whether

they're classic five element practitioners (I've heard differing points of view on this) but they do a FABULOUS job on breaking down what's involved with that unique, and very hard to find out about, form of acupuncture. Although practitioners will say that they can only figure out your type from actually diagnosing you in person, I found that when I put my husband and me through the written "tests" in the book, very comprehensive, we actually came out ahead: and figured out "what" we were, 1.5 years ahead of the acupuncturist so doing. That gave me even more confidence in the book. Not to mention, reading and thinking about what the test revealed about us HUGELY promoted our understanding of ourselves and each other, and made for a fun adjunct to a vacation weekend. This is a great book, and I find myself referring to it again and again, though I've also read--and own--many of the other now classic books in the field. Simple enough for a lay reader, but definitely able to communicate the elegance of the practice. Go authors! :-)

This book has been a valuable resource to me as a person seeking healing through various alternative medicines. While I found Chinese Medicine helpful I didn't understand why, and I now feel as though I can take an active roll in discussions with my provider about various treatments. I do not have a long attention span when it comes to dry manuals, but this book was written to be understood and will hold your interest. The only part of the book I found lacking was the index. As I tried to put together a 'treatment plan' for myself, I had difficulty finding specific topics/herbs again.

For anyone looking for a basic, easy to understand introduction to the principles of Traditional Chinese Medicine, I can highly recommend this book. It focuses mainly of the five element theory of TCM, and it manages to explain a very complex concept in clear terms. It has nice self-test chapters to help the reader figure out their own predominant elements, and also offers good advice on simple herbal supplements and dietary advise based on the patterns. However, it is very basic. If you are looking for more in-depth information on Traditional Chinese Medicine, or if you already have a basic understanding of the five elements, *The Web that Has No Weaver* is probably a better book to read, since it explains not only the five elements, but also the organ networks and their associated functions and spirits in much more depth. I usually recommend *Between Heaven and Earth* to people who want to gain a basic understanding and introduction into the Chinese Taoist Philosophy that is the basis of Traditional Chinese Medicine. I think it is a great introductory text, and will make subsequent, more complexly written books much easier to understand.

This book gives a good foundation for understanding how the Chinese five elements theory is used

in clinical practice. The description of five-element theory is very poetically written, so the book is fun to read. There is also a good introduction to acupuncture and Chinese herbal medicine. The chapters on acupuncture and herbal medicine are fairly technical, so if you don't have much interest in these areas, you may find the sections boring. The main problem with the book is its over-emphasis on the Five Elements. From what I understand, the Chinese five element theory is not regarded as important to diagnosis and treatment in TCM as the theory of yin/yang and chi (in fact, the validity of the theory is still hotly debated in China today) so its treatment here may be a bit over-emphasized.

In the first glance I couldn't get the idea of information contained in this book but after spending few minutes on the contents I decided to purchase it. It doesn't not give you all the details you need yet it is one of the best introductions on chinese medicine one can have. It stirs up the interest for the further studies and itself could be one of a good reference books. Even those who read books for fun would enjoy reading it. The diagrams and the expression absorbs you in.

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