

萬靈中藥

The **HEALING POWER**
of **CHINESE HERBS**
and **MEDICINAL RECIPES**

Joseph P. Hou, PhD
Youyu Jin, MD

The Healing Power Of Chinese Herbs And Medicinal Recipes

David Winston, Steven Maimes



The Healing Power Of Chinese Herbs And Medicinal Recipes:

The Healing Power of Chinese Herbs and Medicinal Recipes Joseph P. Hou, Youyu Jin, 2005 The Healing Power of Chinese Herbs and Medicinal Recipes is an easy to follow introduction to the history and fundamentals of traditional Chinese medicine This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of 138 medicinal herbs and 101 herbal recipes The book includes a bibliography glossary contact information for herbal dealers and Oriental medicine schools and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes This comprehensive reference will benefit healthcare practitioners with an interest in using Oriental medicine in addition to anyone who is interested in Chinese herbs or patients for which conventional medicine has offered no relief To view an excerpt online find the book on our QuickSearch catalog at www.HaworthPress.com *The Healing Power of Chinese Herbs and Medicinal Recipes* Joseph P. Hou, Youyu Jin, 2012-11-12 A modern reference guide on the benefits of incorporating traditional Chinese medicine into modern day therapies The Healing Power of Chinese Herbs and Medicinal Recipes is an easy to follow introduction to the history of traditional Chinese phytomedicine This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of medicinal herbs and herbal recipes The book includes a bibliography glossary contact information for herbal dealers and Oriental medicine schools and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes In The Healing Power of Chinese Herbs and Medicinal Recipes you will find the fundamentals evolution and development of the herbal formulas of the 4 000 year old Oriental Materia Medica also known as ben cao The book contains 11 sections documenting the therapeutic applications dosages precautions and modern research findings of 138 of the most popular medicinal herbs In addition this resource provides 101 of the most frequently prescribed master recipes by famous ancient physicians including their origin ingredients actions indications and modern clinical uses The Healing Power of Chinese Herbs and Medicinal Recipes offers an in depth education on tonic herbs herbs that adjust the yin and yang of the body herbs that invigorate circulation of vital energy qi and blood herbal tranquilizers herbal diaphoretics herbal expectorants antitussives and antiasthmatics herbal pain killers herbs which regulate digestion and elimination herbal diuretics herbal antipyretics antimicrobials and detoxicants antitumor herbs The Healing Power of Chinese Herbs and Medicinal Recipes provides up to date information on the effectiveness of traditional Chinese medicine as well as how to use Chinese medicinal herbs in conjunction with Western conventions This comprehensive reference will benefit healthcare practitioners who want to include Oriental medicine in their practice and anyone who is interested in Chinese herbs or patients for whom conventional medicine has offered no relief *Adaptogens* David Winston, Steven Maimes, 2007-03-22 The definitive guide to adaptogenic herbs formerly known as tonics that counter the effects of age and stress on the body Reveals how adaptogens increase the body s resistance to adverse influences Provides a history of the use of these herbal remedies and the actions

properties preparation and dosage for each herb We all deal with stress every day and every day our bodies strive to adapt and stay balanced and healthy In Adaptogens authors David Winston and Steven Maimes provide a comprehensive look into adaptogens non toxic herbs such as ginseng eleuthero and licorice that produce a defensive response to stress in our bodies Formerly known as rejuvenating herbs or tonics adaptogens help the body to adapt to the many influences it encounters They increase stamina and counter the normal effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and other stress related disorders Winston and Maimes present the historical uses of these herbal remedies in India Russia China and the Americas and explain how they work and why they are so effective at combating stress induced illness Monographs for each adaptogen also present the latest scientific research and include the origin traditional use actions properties preparation and dosage for each herb **You Got Sick—Now What?**

Tom Ingegno, 2011-08-22 Everyone hates coming down with a cold or worse yet the flu With symptoms such as a sore throat stuffy nose fever and body aches these diseases are uncomfortable even at their mildest But what if we were able to take control of our health using safe and effective traditional cures that have the potential to eliminate or at least shorten the course of seasonal illnesses In his guidebook You Got Sick Now What licensed acupuncturist and oriental medicine specialist Tom Ingegno introduces basic tools from traditional Asian healing modalities that will help alleviate the severity and shorten the duration of annoying cold and flu symptoms Tom shares a variety of holistic techniques that encourage healing the natural way While encouraging heat therapy the intake of a variety of medicinal soups breathing exercises massages with a Unique tool and acupuncture Tom presents home remedies that have been used safely and often in conjunction with modern medicine for thousands of years You Got Sick Now What provides alternative ways to heal from a cold or flu allowing anyone to throw off those covers get back on their feet quickly and begin living life fully once again

Nutrition•Immunity•Longevity Dr. Jau-Fei Chen, 2016-09-28 Nutrition aside there are other interesting topics worth exploring in the pursuit of health Can cancer be prevented Why doesn't everyone live long healthy lives What is the relationship between cardiovascular disease and the immune system How does the immune system affect overall health Which is a healthier food option natural and wholesome plant foods or animal based foods How do our lifestyles affect our health Good health is not a secret To achieve good health we must first understand it By drawing links between diet health and the immune system this book provides fascinating insights into the preventive science of Nutritional Immunology The Power of Herbs La Stellaire, This book gives you a simple guide on what the nature has to offer you and your daily needs It contains over 80 pages covering remedies for issues and conditions related to skin body brain mind hair such as memory blemishes rosacea metabolism hair growth detox cleanse sleep and focus **American Book Publishing Record**, 2003

Pharmacodynamic Basis of Herbal Medicine Manuchair Ebadi, 2006-09-06 Continuing the tradition of the acclaimed first edition this book examines in detail the physiologic effects of food supplements vitamins and herbal remedies

Considering the site mode and mechanism of action the author explains the desired and adverse effects and interactions of each herb drug and food and either endorses or debunks popular conceptions with pure scientific data Paying particular attention to diabetes cardiovascular disease and obesity as well as incorporating current research on the role of chronic systemic inflammation and the cumulative effect of free radicals on the aging process the author answers today's naturopathic questions Deconstructing the interaction among herbal properties physiology and di

Healing Herbal Soups Rose Cheung, Genevieve Wong, 2021-09-21 Soothe your soul and boost your immunity with these easy and delicious soup recipes that incorporate Traditional Chinese Medicine Combining the trends of culinary medicine and seasonal eating and adding a dash of Traditional Chinese Medicine TCM *Healing Herbal Soups* is the first book of its kind to focus on boosting immunity and weathering the seasons by a mother daughter Chinese American duo Rose and Genevieve have been making Chinese herbal soups in their kitchens all their lives They made broths to help their bodies adapt to the seasons and now for the first time they're translating these traditional recipes all of which have been vetted by Dr Shiu Hon Chui a preeminent TCM doctor researcher and professor into English *Healing Herbal Soups* provides a complete herbal encyclopedia and more than fifty tasty recipes with full color photographs that mix herbs with meat and vegetables to create healing broths These easy to follow recipes are here for you whenever you feel unwell or if you're just looking to add healthy soups to your weekly meal rotation Armed with an introduction to TCM and special sections on tea ginger and ginseng as well as at last you can feel less dependent on Western concoctions of drugs and chemicals and start using traditional Chinese herbs right in the comfort of your own home

Veterinary Herbal Medicine Susan G. Wynn, Barbara Fougere, 2006-11-29 This full color reference offers practical evidence based guidance on using more than 120 medicinal plants including how to formulate herbal remedies to treat common disease conditions A body systems based review explores herbal medicine in context offering information on toxicology drug interactions quality control and other key topics More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals supporting studies and dosing information Includes special dosing pharmacokinetics and regulatory considerations when using herbs for horses and farm animals Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine Explores the evolutionary relationship between plants and mammals which is the basis for understanding the unique physiologic effects of herbs Includes a body systems review of herbal remedies for common disease conditions in both large and small animals Discusses special considerations for the scientific research of herbs including complex and individualized interventions that may require special design and nontraditional outcome goals

MSS 2999 Kitab Tib Abdul Ghani Hussain, 2015

Clinical Herbalism - E-Book Rachel Lord, 2021-06-17 The only textbook of its kind *Clinical Herbalism* Plant Wisdom from East and West is an ideal resource for anyone interested in herbal therapy With comprehensive clearly written coverage of Western and Chinese herbs for each body system this brand new text offers case

histories along with easy to understand instructions for preparing tinctures percolations dual extractions and much more Integration of Western and Chinese herbal therapeutics presents health challenges from an energetic context making it especially useful for those with minimal Chinese Medicine training Complete coverage addresses a wide variety of topics including theory wildcrafting apothecary herbal remedy making client interaction and creating and dispensing formulas Compendium of Western and Chinese herbs covers usages contraindications and herb drug interactions with an emphasis on herbal safety Comparison of Western diseases and Chinese syndromes helps pinpoint which herbs and formulas best match a person s health condition Case histories present specific therapeutic principles and suggested formulas on conditions commonly faced by herbalists Explicit instructions detail how to make salves lotions and syrups plus tinctures percolations and dual extractions including calculations proportions and worksheets Functional medicine principles address the root causes of common chronic Western diseases *Choice* ,2005 Chinese Herbs with Common Foods Henry C. Lu,1997-01-01 This text provides explanations of the effects of Chinese herbal formulas how to prepare them and how their properties can be enhanced through combinations with everyday foods **Cumulative Book Index** ,1998 A world list of books in the English language *Ancient Herbs, Modern Medicine* Henry Han, O.M.D.,Glenn Miller, M.D.,Nancy Deville,2003-01-01 The best of Eastern and Western medicine in an integrative healing system for the mind body and spirit Now for the first time a Western physician and a doctor of Oriental medicine combine the unparalleled technological advances of the West with the unmatched wisdom and healing touch Chinese herbal medicine provides for many diseases and conditions that elude modern medicine Ancient Herbs Modern Medicine demonstrates the many important highly effective ways Chinese medicine and Western medicine can complement each other in treating everything from allergies and insomnia to mental illness and cancer This accessible comprehensive guide offers many informative and enlightening case studies and up to the minute information on How integrative medicine combines the best of Western pharmacology and Eastern herbology How integrative medicine helps fight the diseases and illnesses of our time including allergies asthma and chronic fatigue syndrome and eases and even reverses symptoms of arthritis diabetes depression osteoporosis AIDS heart disease and cancer often without side effects How Chinese medicine can help you recognize signs before an illness becomes a crisis The importance of Western techniques in diagnosing serious diseases Why Chinese medicine offers the most effective treatment for many chronic recurrent illnesses Restoring essential balance to the Five Energetic Systems the Heart Lung Spleen Liver and Kidney Energies The Eight Strategies of Herbal Therapy how herbs work in your body Plus illuminating discussions of the basic principles of Chinese medicine as well as food remedy recipes diagrams glossaries of medical terms and herbs resource listings and much more to help you tailor an integrative health regimen that is right for you Subject Guide to Books in Print ,2001 **Books for Inner Development** Cris Popenoe,1976 **Parapsychology, New Age, and the Occult** ,1993 The Empty Vessel ,2000

This book delves into The Healing Power Of Chinese Herbs And Medicinal Recipes. The Healing Power Of Chinese Herbs And Medicinal Recipes is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into The Healing Power Of Chinese Herbs And Medicinal Recipes, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 2: Essential Elements of The Healing Power Of Chinese Herbs And Medicinal Recipes
 - Chapter 3: The Healing Power Of Chinese Herbs And Medicinal Recipes in Everyday Life
 - Chapter 4: The Healing Power Of Chinese Herbs And Medicinal Recipes in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of The Healing Power Of Chinese Herbs And Medicinal Recipes. The first chapter will explore what The Healing Power Of Chinese Herbs And Medicinal Recipes is, why The Healing Power Of Chinese Herbs And Medicinal Recipes is vital, and how to effectively learn about The Healing Power Of Chinese Herbs And Medicinal Recipes.
 3. In chapter 2, the author will delve into the foundational concepts of The Healing Power Of Chinese Herbs And Medicinal Recipes. The second chapter will elucidate the essential principles that need to be understood to grasp The Healing Power Of Chinese Herbs And Medicinal Recipes in its entirety.
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 6. In chapter 5, this book will draw a conclusion about The Healing Power Of Chinese Herbs And Medicinal Recipes. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of The Healing Power Of Chinese Herbs And Medicinal Recipes.

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