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This completely updated revision of Richard Lucas's best-selling guide brings you scores of safe, natural herbal remedies that have been used by the Chinese for thousands of years to relieve disease and pain—*without dangerous side effects!*



SECRETS  
of the  
CHINESE  
HERBALISTS

REVISED EDITION

RICHARD LUCAS

# [eBooks] Secrets Of The Chinese Herbalists

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**Secrets of the Chinese Herbalists**-Richard Lucas 1987 These safe, effective Chinese herbal remedies have worked for thousands of years to heal disease and relieve suffering - and, in this landmark book, author Richard Lucas offers documented proof that they can work as well for you today.

**20,000 Secrets of Tea**-Victoria Zak 2009-12-23 Fight Colds and Flu Lower Cholesterol Beat Depression Banish Fatigue Enhance Memory Lose Weight And More! An ancient Chinese legend: Once there was a man who knew 100,000 healing properties of herbs. He taught his son 80,000 secrets. On his deathbed, he told his son to visit his grave in five years, and there he would find the other 20,000 secrets. When the son went to his father's grave, he found, growing on the site, the tea shrub.... Teas are the gentle, natural, most beneficial way to absorb the healing properties of herbs--easily and inexpensively. A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules, tinctures, or infusions. Feeling tired? Rose hip tea will rev you up and beautify your skin. Need some help with your diet? Ginger tea will provide the boost you need and help aching joints too. Hot or iced, these pure and simple drinks offer delicious ways to stay healthy and revitalize you from the inside out. This unique guide offers: An A-Z listing of common ailments followed by the teas best used to treat them Instructions on how to create your own medicinal kitchen Advice on creating your own

tea blends Descriptions of the top 100 herbs and their secret healing properties And much, much more!

**Chinese Tonic Herbs**-Ron Teeguarden 1985 Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature.

**The Chinese Herbalist's Handbook**-Dagmar Ehling 2006 This guide to traditional Chinese herbs and formulas discusses over 500 formulas organized for easy clinical reference after a diagnosis has been established. Each formula is detailed with Pinyin, English and commercial extract formula names, ingredients, dosages, indications and contra-indications, and special preparation methods. Over 400 individual herbs from traditional categories are organized here into clinically relevant subcategories. It will guide the practitioner in modifying formulas for individual patient's needs.

**A Handbook of TCM Patterns & Their Treatments**-Bob Flaws 1996 This book is the second, revised edition of a practical handbook of Chinese medical patterns with their disease causes and mechanisms, signs and symptoms, treatment principles, guiding formulas, main modifications, and

acupuncture treatments. It is meant for both the student and the clinical practitioner. The authors have included numerous patterns previously not described in the English language literature as well as many complex patterns which are commonly seen in real-life practice in the West. It also includes a symptom-sign index and a formula index for easy reference. All medicinal names in this new edition conform to Bensky et al.'s Chinese Herbal Medicine: Materia Medica 3rd edition, and all Chinese medical terminology corresponds to Wiseman and Feng's A Practical Dictionary of Chinese Medicine. Ingredients in Chinese medicinal formulas begin with their pinyin names and are listed down for easier reference. In addition, this new edition contains a number of case histories for use in problem-based learning (PBL) along with suggested answers, thus making it even more useful in the classroom.

**Chinese Herbal Secrets**-Stefan Chmelik 1999 Discusses body type, nutrition, exercise, feng shui, and self-diagnosis; lists herbs and their uses; and shares recipes for herbal creams, tinctures, and infusions

**Karma Herbs**- 2018-05-30 Karma, neither luck nor fate, is an active choice to do no harm, to improve our self, help others and be gentle with the earth. Karma Herbs written by natural health expert and Media personality, Letha Hadady, D.Ac., and beautifully illustrated by her mother Letha Elizabeth Hadady, engages the reader in a journey of self discovery and natural healing using herbal medicines which are part of Nature's innate balance and bounty. Adapting medical theories originating in China, India and Tibet, we may view the body/mind/spirit as vital energy and life force. In Karma Herbs, self observations and modern medical research elucidate energy patterns that impact our daily health and wellness. Individualized diet and safe, time-tested vegetarian herbal treatments using easily available pills and teas, provide for a wide variety of health issues such as weight loss, chronic pain, depression, anxiety, colds and flu, menstrual and menopausal discomforts, poor immunity to major illnesses, chronic fatigue, memory problems, and sexuality. Guidelines for monitoring health improvements throughout the book help the reader to become an active participant in self-healing. Up to date sources for herbal products are provided: Trusted Internet herbal sources are live links in the eBook. Karma Herbs, based on

forty years of work in alternative medicine, replaces Letha's best-selling pre-internet book Asian Health Secrets: the complete guide to Asian herbal medicine. Karma Herbs eBook offers simple home treatments, many entertaining case studies and encyclopedic information on rare and common herbs and spices. It may be a useful tool to facilitate communication with Asian healers who until now have been unable or unwilling to share their knowledge. Karma Herbs translates the ancient, esoteric medical systems of the East making them accessible for modern use. About Letha Hadady:"Hadady is an ambassador between curious North Americans, trying to overcome their ignorance of alternative medicine, and Asian herbalists, who are uneasy about opening their customs to the scrutiny of outsiders."-Newsday, L.A. Times syndicate"The tall, slender herbalist found her calling after a life-threatening illness. . . Her encyclopedic knowledge of health and beauty is evident."-Daily News"Letha unearths the wisdom of the ancients."-New York Post"Letha has all natural ways to change your life. And she looks so young!"-Barbara Walters, "The View" ABC television

**Chinese Healing Secrets**-Bill Schoenbart 1997

**5 Secrets of the River Qi**-Karen Jones 2014-12-07 5 Secrets of the River Qi is a fun and easy-to-understand primer on the nature of life, the Chinese philosophy of the 5 Elements, and Healing. Drawing on 24 years of experience as an acupuncturist and artist and the love of all things whimsical, Ms. Santi wrote and illustrated this 22 page coloring book/primer on the 5 Elements. It is a fun read as well as a coloring book: it explains what exactly are the 5 Elements, the building blocks of nature, and how they manifest in the human body at conception to become the body's energetic and organ systems. "5 Secrets" describes the properties of nature as inherent in the human body as well, giving us insight into our personalities, our thoughts and feelings, and health. Written for ages 9 and up, "5 Secrets of the River Qi" for people wanting to understand the nature of life, for healers looking for a basic entertaining description of the 5 Elements and Chinese Philosophy- Acupuncturists, Herbalists, Spirit Plant Medicine workers, for coloring aficionados, small-print book lovers, lovers of detailed pen and ink drawings, and people who like to laugh.

**Chinese Traditional Herbal Medicine**-Michael Tierra This Materia Medica and Herbal Reference has been organized and developed to make Chinese herbology accessible to the Western reader or practitioner. The book also includes extensive use of Chinese herbal formulae and specific treatment of disease conditions. There are a number of useful index listings including Latin name, Chinese name, Chinese herbal formulae and a general index.

**Secrets of Native American Herbal Remedies**-Anthony J. Cichoke 2001 Describes the Native American concept of healing, which stresses the balance of mind, body, and spirit; offers an alphabetical listing of therapies and their recipes; and discusses other healing practices.

**Herbal and Traditional Medicine**-Lester Packer 2004-08-30 Responding to the increased popularity of herbal medicines and other forms of complementary or alternative medicine in countries around the world, this reference reviews and evaluates various safety, toxicity, and quality-control issues related to the use of traditional and herbal products for health maintenance and disease prevention and treatment. With over 3,550 current references, the book highlights the role of herbal medicine in national health care while providing case studies of widely used herbal remedies and their effects on human health and wellness and the need for the design and performance of methodologically sound clinical trials for the plethora of herbal medicines.

**Herbal Remedies for Women**-Amanda McQuade Crawford 2011-02-02 More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M.N.I.M.H, has used her clinical expertise to develop Herbal Remedies for Women. "[Amanda] is not afraid to speak the truth about women's health issues and how herbs can

help," said Deb Soule, author of The Roots of Healing: A Woman's Book of Herbs. "Her words of wisdom and capacity for caring are a gift to women everywhere." Herbal medicine is, in fact, fast becoming the alternative medicine of choice. Included in Crawford's book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, Herbal Remedies for Women is designed to offer readers natural and effective therapies for an array of women's issues including: ·Problem of Menses ·Healthy Reproduction ·Infections ·The Change of Life Crawford also divides each chapter into subheads which cover: definition of the syndrome, symptoms and signs, cause, conventional medical care, herbal treatment, and nutrition. Whether or not they have previous experience with herbal medicine, Herbal Remedies for Women provides readers with simple but effective remedies for self-healing.

**Western Herbs according to Traditional Chinese Medicine**-Thomas Avery Garraan 2008-01-22 The first book to exclusively use Chinese medical theories and terminology to guide practitioners of Chinese medicine in the use of Western herbs • Written entirely according to the theory, diagnosis, and treatment paradigm of traditional Chinese medicine (TCM) • Explains how to combine and modify the standard TCM formulas to non-Chinese herbs suitable for Western practitioners • Includes 58 monographs of common Western healing herbs, detailing how each plant is used clinically The ever-growing number of Chinese medicine practitioners in the West has brought about an amalgamation of many styles of Chinese medicine and various other forms of medicine from around the world. This book addresses the increasing demand for knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical practices in the West. It is the first in-depth guide to using Western herbs exclusively according to the theories, diagnoses, and treatments of traditional Chinese medicine that harmonizes the unique terminology and theories of TCM with other botanical medicines. The book contains 58 monographs, illustrated with full-color photographs, of herbs commonly used by Western herbalists. Each herb is grouped by the basic categorization for medicinals in Chinese medicine, such as Herbs that

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Resolve the Exterior and Herbs that Regulate Blood. The monographs detail the energetics, function and indication, channels entered, dosage and preparation, and contraindications of each plant. The author also explains how to use the herbs to modify standard formulas used in everyday Chinese herbal medicine, based on his own clinical experience. An appendix of Western Analogs for Chinese Herbs further highlights 40 Chinese medicinals that have related species growing in the West.

**Traditional Medicine in Asia**-Ranjit Roy Chaudhury 2002 This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

**Handbook Of Traditional Chinese Medicine (In 3 Volumes)**-Xutian Stevenson 2014-09-19 For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM. We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the

inspirational viewpoints discussed in the book.

**The Transnational History of a Chinese Family**-Haiming Liu 2005

Family and home are one word--jia--in the Chinese language. Family can be separated and home may be relocated, but jia remains intact. It signifies a system of mutual obligation, lasting responsibility, and cultural values. This strong yet flexible sense of kinship has enabled many Chinese immigrant families to endure long physical separation and accommodate continuities and discontinuities in the process of social mobility. Based on an analysis of over three thousand family letters and other primary sources, including recently released immigration files from the National Archives and Records Administration, Haiming Liu presents a remarkable transnational history of a Chinese family from the late nineteenth century to the 1970s. For three generations, the family lived between the two worlds. While the immigrant generation worked hard in an herbalist business and asparagus farming, the younger generation crossed back and forth between China and America, pursuing proper education, good careers, and a meaningful life during a difficult period of time for Chinese Americans. When social instability in China and hostile racial environment in America prevented the family from being rooted in either side of the Pacific, transnational family life became a focal point of their social existence. This well-documented and illustrated family history makes it clear that, for many Chinese immigrant families, migration does not mean a break from the past but the beginning of a new life that incorporates and transcends dual national boundaries. It convincingly shows how transnationalism has become a way of life for Chinese American families.

**The Making of Modern Chinese Medicine, 1850-1960**-Bridie Andrews

2014-04-01 Medical care in nineteenth-century China was spectacularly pluralistic: herbalists, shamans, bone-setters, midwives, priests, and a few medical missionaries from the West all competed for patients. This book examines the dichotomy between "Western" and "Chinese" medicine, showing how it has been greatly exaggerated. As missionaries went to lengths to make their medicine more acceptable to Chinese patients, modernizers of Chinese medicine worked to become more "scientific" by eradicating superstition and creating modern institutions. Andrews

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challenges the supposed superiority of Western medicine in China while showing how "traditional" Chinese medicine was deliberately created in the image of a modern scientific practice.

**Hildegard of Bingen's Holistic Health Secrets**-Mélanie Schmidt-Ulmann 2019 A twelfth-century German Benedictine abbess, Hildegard of Bingen is widely regarded as one of the true pioneers of holistic medicine and natural healing, developing concepts that were far ahead of their time. Introducing her 10 key principles including, preventative health advice, fasting, the mind-body connection, meditation and ecological considerations, this practical book brings her original authentic remedies to a modern audience. Discover the healing benefits of key foods and plants - plus which foods to avoid - along with recipes for plant-based balms and elixirs. There is also targeted advice for alleviating common ailments, such as digestive disorders, insomnia, migraines, skin problems, stress - and more.

**Infusions of Healing**-Joie Davidow 1999-10-05 A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

**Herbs: Culinary, Medicinal, Aromatic (Secrets and Human Happiness)**-R.K. Sud 2004-04-01

**Chinese Herbal Medicine for Beginners**-Carrie Chauhan 2020-04-07 The beginner's guide to healing and harmonizing with Chinese herbal medicine Chinese herbal medicine is a system of assessing and diagnosing the underlying causes of illnesses that has been refined over thousands of years. Taking a holistic approach, Chinese herbal medicine focuses on the whole person and emphasizes preventing illnesses by maintaining a physical, mental, and spiritual balance. Chinese Herbal Medicine for Beginners makes this vast landscape digestible for beginners and seasoned herbalists alike so you can confidently, and quickly, make soothing remedies

of your own. Discover the principles of Chinese herbal medicine with a helpful primer on the systems that make up our bodies and what illness factors can cause imbalances. Set up your home apothecary with herbal decoctions, infusions, oils, and more using easy steps. Explore profiles on popular herbs, including their most common uses, before taking healing into your own hands with 100+ beginner-friendly recipes for Chinese herbal formulas. Chinese Herbal Medicine for Beginners includes: Bundle of energy--Get to the root of Chinese herbal medicine with an overview of our energetic systems: Yin and Yang; Essence, Spirit, Qi, Blood, and Moisture; Fire, Earth, Metal, Water, and Wood. Herbal glossary--Amazing in-depth profiles cover 35 affordable, accessible herbs--each including the herb's healing properties, temperature, and treatment category. Holistic harmony--Fortify your health with 100+ formulas and remedies for a diverse range of disharmonies, like blood deficiencies, back pain, anxiety, diabetes, colds and flus, insomnia, and more! Brew your way to better health and balance with Chinese Herbal Medicine for Beginners.

**National Library of Medicine Audiovisuals Catalog**-National Library of Medicine (U.S.) 1993

**A Tooth from the Tiger's Mouth**-Tom Bisio 2009-11-24 A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with

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strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

**Miracle Medicine Herbs**-Richard Lucas 1991 Includes instructions to make herbal medicines for such ailments as migraine headaches, persistent coughs, asthma, gastritis, and liver disease

**The Spiritual Properties of Herbs**-Gurudas 1988 Describes the spiritual effects of herbs on people, with listings for over one hundred Western and Chinese herbs.

**Acupuncture Without Needles**-J. V. Cerney 1983 Revised and updated with new detailed illustrations for a contemporary look, this book presents acupressure in terms that anyone can understand and use in the privacy of his or her own home. The author demonstrates step by step how to apply this ancient Chinese healing art of finger-pressure techniques to treat a wide variety of ailments such as fatigue, migraine, colds, tension, loss of hearing, eye problems, blood pressure problems, and many more. With new illustrations, this book lets the reader see where pain or discomfort begins, how it may show up in other parts of the body, and how to use this needleless technique to eliminate it. This is the original book on the subject and a popular alternative medicine classic that has sold successfully for more than twenty years. With over 100 clear, useful illustrations, it is the most user-friendly book on the market. Copyright © Libri GmbH. All rights reserved.

**Everyday Health Secrets for Dummies**- 2007

**Ancient Herb and Modern Herbs**-James Kedzie Sayre 2001

**Wellness**-Cris Popenoe 1977

**Herbal Healing Secrets of the Orient**-Darlena L'Orange 1998 Thousands of people have successfully used traditional Oriental herbal medicine for centuries. Acupuncturist and herbalogist Darlena L'Orange offers remedies for more than 100 common ailments and discusses the healing properties of 50 Chinese and Ayurvedic herbs. Includes an herbal resources guide and a list of educational resources. 15 line drawings.

**Treating Autoimmune Disease with Chinese Medicine**-Wanzhu Hou 2011 This book clearly describes how Chinese medicine can treat autoimmune diseases. Recommendations are given for acupuncture and herbal treatments for patients with a variety of different symptoms, blood results, and medical histories.

**Manual of Natural Therapy**-Moshe Olshevsky 1989 Examines the diseases and disorders of all the vital body systems, describing both symptoms and treatment through various alternative medical therapies

**Herbal and Magical Medicine**-James K. Kirkland 1992-01-30 Herbal and Magical Medicine draws on perspectives from folklore, anthropology, psychology, medicine, and botany to describe the traditional medical beliefs and practices among Native, Anglo- and African Americans in eastern North Carolina and Virginia. In documenting the vitality of such seemingly unusual healing traditions as talking the fire out of burns, wart-curing, blood-stopping, herbal healing, and rootwork, the contributors to this volume demonstrate how the region's folk medical systems operate in tandem with scientific biomedicine. The authors provide illuminating commentary on the major forms of naturopathic and magico-religious medicine practiced in the United States. Other essays explain the persistence of these traditions in our modern technological society and address the bases of folk medical concepts of illness and treatment and the efficacy of particular practices. The collection suggests a model for collaborative research on traditional

medicine that can be replicated in other parts of the country. An extensive bibliography reveals the scope and variety of research in the field. Contributors. Karen Baldwin, Richard Blaustein, Linda Camino, Edward M. Croom Jr., David Hufford, James W. Kirland, Peter Lichstein, Holly F. Mathews, Robert Sammons, C. W. Sullivan III

**Current Bibliography of Agriculture in China-** 1980

**NaturAfrica-**Jean Pujol 1990

**Journal of Asian American Studies-** 1998

**Alternative Medicine-** 1985

**Garlic-**Paul Simons 1986

**Healing Miracles from Macrobiotics-**Jean Kohler 1981-03 The case history of the author's recovery from cancer after following a macrobiotic diet is used along with other similar case histories to advocate and explain macrobiotic living