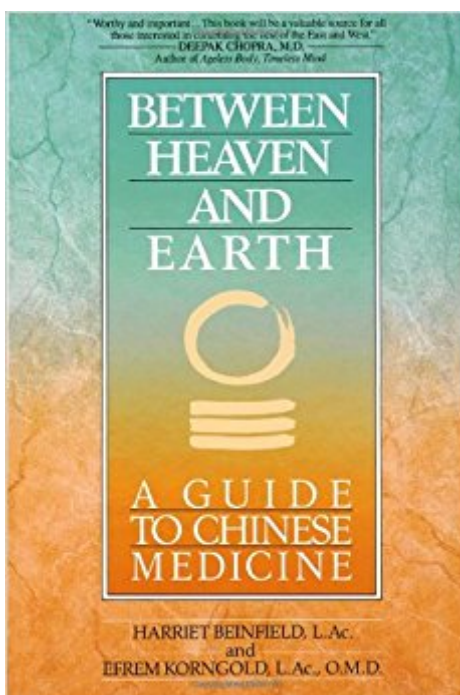


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# Between Heaven And Earth: A Guide To Chinese Medicine



## 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

For anyone seriously interested in learning about Chinese medicine, Beinfield and Korngold provide a comprehensive, though technical, look at it. The book is divided into three parts: theory; the psychology of Chinese medicine and therapy; and such treatment methods as acupuncture, herbs and diet. Licensed acupuncturists, Beinfield and Korngold stress that the models of Eastern and Western medicine are significantly different. Consequently, so are methods, emphases and outcomes. Chinese medicine, they claim, readjusts the body's balance and enhances self-healing--while Western medicine, in contrast, stresses suppressing and eliminating pathological phenomena, and crisis-intervention. The authors don't discount the need, in some instances, for Western medicine. In fact, they bring this issue up poignantly with an event close to home: their son was born with a heart deformity that required specialized surgery. To help maintain his health, his parents incorporated herbal remedies in his diet. A particularly interesting concept is "culinary alchemy" or kitchen medicine, based on the Chinese tenet "Who we are determines what is most

beneficial for us to eat." The authors provide an extensive, cross-referenced compendium of herb names, as well as information on using Chinese patent medicines and formulas for general health problems. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Chinese medicine uses a variety of diagnostic techniques, such as observation, pulse-taking, and questioning, to determine a patient's type and optimal therapy. Here, two Western practitioners describe for Western lay readers philosophy, diagnostic techniques, and possible treatments. They also show how an understanding of the five Chinese elements--wood, fire, earth, metal, and water--enables one to begin to understand one's own patterns of physical and emotional health. Beinfeld and Korngold have done a handy job of explaining this esoteric and frequently misunderstood modality. For New Age health collections in public libraries.- Judith Eannarino, Washington, D.C. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Interesting reading. We should have the west and east work together for health care. Also the Chinese should add certain western herbs to their many herbs that they don't have such as Maca root from South America for even more herbs. The west has to be open minded about something from the east, it has been used for thousands of years.

Love this bood, such a great reference and a must for your nutritional library.

good read, haven't had a chance to read through entire book, skimmed for information

Still getting into the first part of this book, but I definitely like it.

Just started a course of acupuncture and this was recommended by my therapist. Quite technical for the novice but overall a great resource.

Such a well written book for anyone interested in learning about TCM

Difficult to get thru but great as a reference.

Interesting learning guide for an entirely different branch of medicine. I feel like I need to read it again. Chinese medicine provides many new ways for thinking about health issues.

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