

The Essential Book of Traditional Chinese Medicine



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出版者:Columbia University Press

出版时间:1988-04-15

装帧:Paperback

isbn:9780231103572

For more than four thousand years, Chinese scholars and medical practitioners have documented ways of maintaining health and treating illness, from theories of yin-yang and the zang-fu organs to the use of herbs and acupuncture. The Essential Book of Traditional Chinese Medicine marks the first time such concepts have been made accessible to Westerners in a comprehensive form.

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