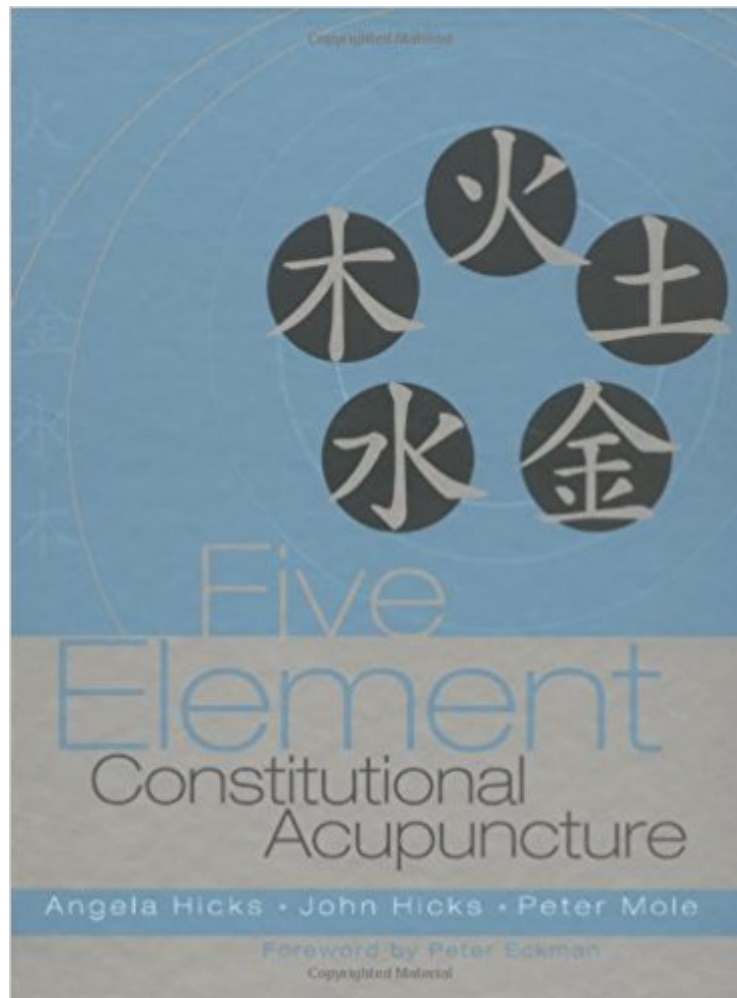




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# Five Element Constitutional Acupuncture, 1e



## Synopsis

This exciting new textbook gives a clear, detailed, and accessible presentation of the main features of constitutional five element acupuncture treatment. It covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. After examining the elements themselves, and the functions of the Organs, the book explores the basis of diagnosis in five element acupuncture, possible blocks to treatment, and the treatment itself. It puts this style of treatment into the context of other styles of acupuncture treatment • especially Traditional Chinese Medicine (TCM) as it is used in the West today. A clear and authoritative exploration of five element constitutional acupuncture. An description of the principle aspects of diagnosis within this system, ironing out inconsistencies often present in discussions of these aspects. An inspirational encapsulation of a popular style and approach in acupuncture, of interest to all schools of thought in Oriental medicine. Overall revisions keep the material in this book up-to-date. New information on calculation of sample size and effect size features material of increasing importance in the field. Updating of all references keep the reader current with the latest real-world work in the field. Additional student activities within the text offer the reader even more help in learning new material or brushing up on the latest. New appendix features an exceptional critique of a published research paper. Two-color format makes the text visually appealing.

## Book Information

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## Customer Reviews

Angela Hicks, MA, DipCHM, MBAC, MRCHM, Joint Principal of the college of Integrated Chinese

Medicine, Reading, Berkshire, UK; John Hicks, PhD, DrAc, DipCHM, MBAC, MRCHM, Joint Principal of the College of Integrated Chinese Medicine, Reading, Berkshire, UK; and Peter Mole, MA (Oxon), MAc, MBAC, Dean of Studies, College of Integrated Chinese Medicine, Reading, Berkshire, UK

Fantastic book

Very clear and straight forward.

definitely important for those inclined adds a lot of color to your knowledge base the glossary is a huge asset

Excellent. Thks.

Excellent book as I'm sure i will enjoy it even more after my 5 element weekend coures with UF Medical College

Since I bought it I am waiting to every moment of timeTo learn this bookI am happy when People are late for meetingsSo I have time to get great deatailed knowledgelt is very deatailed well explainedEverything became so clear to meThank you Angela HicksI bought it when my dog had a disc irruption screaming from painIt was a weekend and I used information from this book-he is a water element-To help him with the knowledge I already havelt is one of those books I will learn and read many times

The Hicks, Hicks and Mole book is nothing but a caricature of the beautiful system of medicine practiced over 50 years by Dr. Worsley. I purchased this book with alot of enthusiasm but was soon disappointed, even horrified by some of what I read. As a practitioner, it offered nothing to increase my knowledge of Classical Five Element Acupuncture, and in fact, would sorely mislead anyone wishing to study and practice this medicine. I would hope that students of acupuncture would go directly to the Master's books for information regarding Classical Five Element Acupuncture: Traditional Acupuncture, Volumes 1 and 2, and Volume 3, The Five Elements and the Officials, by J.R. Worsley. All of his books are available through , are filled with Dr. Worsley's words and the true spirit of his work, and will enrich your practice and life.Diane McCormick, M.D.

I studied Five Element acupuncture at the Traditional Acupuncture Institute in Maryland as well as the College of Traditional Acupuncture, UK with JR Worsley. I also studied at TSITCA in Stamford, CT. Some years ago, I gave up my acupuncture practice in order to be a full-time parent to a child with a disability. Now, after many years, I am studying to re-take my acupuncture board exams so that I can resume my practice. Although only a small portion of the exam covers Five Element Acupuncture, since this was my foundation, I decided to start here, and use this book for review. This is an extremely helpful book for two groups of readers. The first group would consist of practitioners who have never studied the Worsley tradition of acupuncture. Although Worsley is mentioned briefly and with gratitude at the beginning of this book, it is not made clear enough that the method described therein is definitely "Worsley School Acupuncture." Just as in ancient China, Japan, and Korea, different masters evolved their own "schools" of medicine, so J.R. Worsley took the best of the ancient teachings and applied them brilliantly, sensitively, and wisely to the needs of the modern western world. While not giving Worsley's adequate credit appropriate from a student to a master, the book is an admirable introduction to his methodology. However, the most important feature of Worsley's method was-- again, in keeping with classical tradition-- the personal transmission from teacher to student. Whether it is gaining rapport, identifying "golden keys" in a patient's story, identifying the person's color, sound, odor, or emotion, or determining in what level their imbalance resides, none of this is possible to transmit through the medium of a book. That would be an absolute fraud. It would be to use this book as the "Cliff's Notes" of acupuncture. J.R. himself wrote several excellent books, but would be the first to acknowledge that these skills simply cannot be learned from a book. They are learned by seeing many, many patients with the guidance of a master practitioner, such as himself. It would be a travesty if a practitioner from a different tradition used this book to attempt to self-teach these skills. However, such a person might be inspired by reading this book to study this tradition of medicine further at one of the few schools that teach it. If so, that would be a wonderful result from this book. The second group consists of people like me who would use this book for review or reference. For me it is a reminder of the teachings that I received, almost like "class notes" but never, ever replacing the class itself. With all of that said, and giving due honor to J.R. Worsley who was an incredibly loving and gifted teacher and practitioner, others have made the point that J. R. doesn't "own" five element acupuncture, and that his students, and their students, have the right to take his teachings and elaborate on them, expand upon them, incorporate their own wisdom and experience. That is absolutely true; Chinese medicine has always evolved, and different practitioners and schools give different emphasis to different

aspects, as well as making innovations of their own. This means that the authors do have the right to take J.R.'s teachings and incorporate their own experiences to arrive at a slightly different "version" of 5 Element acupuncture. However, it is clear to me that the vast majority of this book derived directly from J.R.'s thought and methodology. Perhaps the primary original contribution of the authors was a section on integrating 5 Element and 8 Principle acupuncture. Actually, I was almost disappointed to see that section, because it is almost a statement that 5 Element isn't "enough." But perhaps that section might make this text more accessible to practitioners from other traditions. All told, if one were to create a "textbook" of 5 element acupuncture, this book would be as close as one might come to achieving that. But, 5 element acupuncture should never, ever be taught from a textbook.

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