

Chinese Herbal Medicine Resource List

General texts:

- The Web That Has No Weaver, Ted Kaptchuk, Congdon and Weeds, 1983
- Between Heaven and Earth, A Guide to Chinese Medicine, Harriet Beinfield, Efrem Korngold, Ballantine Books, 1991
- Fundamentals of Chinese Medicine, Wiseman, Ellis, and Zmiewski, Paradigm Publications, 1985
- Chinese Traditional Herbal Medicine, Michael Tierra, Lotus Press, 1998

Chinese Diagnostic Techniques:

- Tongue Diagnosis in Chinese Medicine, Giovanni Maciocia, Eastland Press, 1995
- Atlas of Chinese Tongue Diagnosis, Barbara Kirschbaum, Eastland Press, 2000

Materia Medicas:

- Chinese Herbal Medicine Materia Medica, Bensky and Gamble, Eastland Press, 1993
- Chinese Medical Herbology and Pharmacology, John Chen, Tina Chen, Art of Medicine Press, 2004

Diet and Nutrition:

- Food and Healing, Annemarie Colbin, Ballantine, 1986
- The Okinawa Program, Wilcox, Wilcox, & Suzuki, Clarkson Potter, 2001
- Healing with Whole Foods, Paul Pitchford, North Atlantic Books, 1993

Websites:

- Sacred Lotus, www.sacredlotus.com/theory/index.cfm
- Institute for Traditional Medicine, www.itmonline.org
- Planetary Herbs, www.planetherbs.com
- Asia Natural Products, Inc., www.drkangformulas.com