







ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM





ArborVitae Year 3 Book List

Required Books


-  Herbal Constituents (Ganora) (about \$40 – *to be purchased from ArborVitae*)
-  Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies (Stargrove, Treasure, & McKee)
-  The Foundations of Chinese Medicine (Maciocia) Livingstone **older editions preferred*
-  Western Herbs According to Traditional Chinese Medicine: A Practitioner's Guide (Garran)

Recommended Books



Flower Essence Therapy: *Recommended for studies & for application in clinic*

-  Stars of the Meadow (Dalton) Steiner Books, 2006
-  Bach Flower Remedies: Form and Function (Barnard), 2004
-  Collected Writings of Edward Bach: The Man Who Discovered the Bach Flower Remedies (Bach, Barnard) 1998
-  Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being (Kaminski & Katz), 1994



Ayurveda: *Recommended for studies & for application in clinic*

-  Ayurvedic Medicine (Pole) Singing Dragon, 2012 **Strongly Recommended*


Traditional Chinese Medicine: *Recommended for studies & for application in clinic*

-  Chinese Medical Herbology & Pharmacology (Chen & Chen)
OR (more affordable) Chinese Herbal Medicine: Materia Medica (Bensky & Gamble)
-  Western Herbs in Chinese Medicine: Methodology and Materia Medica (Garran)

Tongue diagnosis resources

-  Atlas of Chinese Tongue Diagnosis (Kirschbaum)
-  Tongue Diagnosis in Chinese Medicine (Maciocia)


Pulse diagnosis resources


-  Pulse Diagnosis (Li Shi Zhen)




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 **Chinese Pulse Diagnosis** (Flaws)

 **Handbook of Contemporary Chinese Pulse Diagnosis** (Hammer & Bilton) **Note: More extensive information**

Traditional European Medicine: *Recommended for studies & for application in clinic*

 **Traditional Western Herbalism and Pulse Evaluation: A Conversation** (Wood, Light, Bégnoche) 2015

Children's Medicine: Recommended for studies & for application in clinic

 **Herbal Treatment of Children: Western and Ayurvedic Perspectives** (Mcintyre) Elsevier 2005

 **Encyclopedia of Natural Healing for Infants and Children.** (Bove) Keat's Publishing, 1996

**Students beginning in the third year of the program are also expected to have all texts from years one & two (or equivalent texts). The recommended books in all three years are also strongly suggested in the area of energetics and applications one uses in clinic. (i.e. if one uses Traditional Chinese assessment the corresponding books are particularly helpful, likewise, for Ayurveda, Traditional European Medicine, Flower Essence Therapy and Nutrition. Questions about this should be directed toward Claudia Keel and Richard Mandelbaum.

