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Relationships among the Zang and Fu Organs; 1. The relationship between the Zang organs; 2. The relationship between the Fu organs; 3. The relationship among Zang Fu organs; Chapter 3 Qi, Blood and Body Fluids; I. Qi; 1. The concept of Qi; 2. The formation of Qi; 3. The physiological functions of Qi; 4. The movements of Qi and the forms of movements
5. The distribution and classification of Qi
II. Blood; 1. The concept of Blood; 2. The formation of Blood; 3. The functions of Blood; 4. The circulation of Blood; III. Body Fluids; 1. The concept of Body Fluids; 2. The formation, distribution and secretion of the Body Fluids; 3. The function of the Body Fluids; IV. The Relationships among Qi, Blood and Body Fluids; 1. The relationship between Qi and Blood; 2. The relationship between Qi and Body Fluids; 3. The relationship between Blood and Body Fluids; Chapter 4 Meridians and Collaterals; I. Brief Introduction; Meridian theory
II. The Concept of the Meridians and Collaterals and Their Composition
1. The concept of the meridians and collaterals; 2. The composition of the meridians and collaterals; 3. The functions of the meridians and collaterals; III. The Twelve Main Meridians; 1. The nomenclature of the Twelve Main Meridians; 2. The regulation of the running courses and cyclical flow of Qi; 3. Distribution; 4. The cyclical flow of Qi in the Twelve Main Meridians; 5. Exterior-interior relationships; 6. The courses of the Twelve Main Meridians; IV. The Eight Extra Meridians; 1. Concept; 2. Function
3. The Governor Vessel

Sommario/riassunto

Traditional Chinese medicine has a complex history, yet the basic principles at the heart of practice have remained the same for hundreds of years. Without a solid understanding of these fundamental theories, effective practice is impossible. This book provides a complete introduction to everything that students and practitioners need to know.
