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The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the "Bamboo Curtain" was lifted in the early 1970s. Now, in Between Heaven and Earth, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfield and Efre­m Korngold, pioneers in the practice of acupunctu­re and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese ...

Between Heaven and Earth: A Guide to Chinese Medicine ...

Between Heaven and Earth is a well-written, clear exploration of the Chinese Five Element theory as it is applied to the body's systems, to acupunctu­re, herbs and the overall balance and health of the body/mind/spirit.

Between Heaven and Earth by Harriet Beinfield

Now, in Between Heaven and Earth, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfield and Efre­m Korngold, pioneers in the practice of acupunctu­re and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do.

Between Heaven and Earth: A Guide to Chinese Medicine ...

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Between Heaven and Earth : Harriet Beinfield : 9780345379740

Between Heaven and Earth: A Guide to Chinese Medicine was a serious struggle for me at first. Much of the first 150 pages read like poetry, almost ephemeral and quite challenging for me to understand. In the chapter on Five-Phase Theory, the authors included a quiz to help you determine your own dominant energetic type.

Between Heaven and Earth by Harriet Beinfield and Efre­m ...

Between Heaven And Earth is an extremely readable exposition of the philosophy behind Traditional Chinese Medicine and its practical healthcare applications. It is a well-known and widely respected volume that begins by introducing basic principles and methods before going a little deeper into five phase theory, and concluding with a discussion of acupunctu­re, herbalism and nutrition.

Between Heaven And Earth: Beinfield, Harriet, Korn, Efre­m ...

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