



# Acupuncture Patterns & Practice

*By Zhao Jingyi, Li Xuemei*

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Acupuncture Patterns & Practice is a practical, clinically oriented exposition of traditional Chinese diagnosis and acupuncture therapy. The book consists of nine series of cases, each devoted to a type of disorder that is commonly seen in the acupuncture clinic: common cold, cough, dizziness, headache, lower back pain, painful obstruction (bi), wind-stroke, insomnia and palpitations. In each of the 40 illustrative case histories the authors provide a step-by-step method for applying the traditional Chinese diagnostic art of differentiation of patterns to these clinical problems. More than 80 charts graphically illustrate the material in the case histories, and each chapter concludes with a diagnostic master chart.

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## **Editorial Review**

### **Review**

Well-organized, functional and detailed . . . Provides an easy-to-follow method for developing a TCM diagnosis by the use of differentiation of patterns. --American Journal of Acupuncture

An excitingly fresh approach to TCM diagnosis and acupuncture therapy . . . Highly recommended. --Pacific Journal of Oriental Medicine

Ideally suited to the needs of both students and developing practitioners . . . A demanding standard for clinical teachers to follow. --The Journal of Chinese Medicine

### **About the Author**

Zhao Jingyi is a 1982 graduate of the Beijing College (University) of Chinese Medicine, where he is now a professor. Dr. Zhao is also a practicing physician and teaches diagnosis in Chinese medicine to Chinese and Western students. In addition to the books that he has written with Li Xuemei *Acupuncture Patterns & Practice* and *Patterns & Practice In Chinese Medicine* he has published teaching materials for his students and has conducted much clinical research in this field. Li Xuemei (Anna Lee) is a medical doctor and specialist in both acupuncture and Chinese herbal medicine. She completed her studies in Chinese and Western medicine at the Beijing College (University) of Chinese Medicine in 1982. She then worked as a clinical specialist at the teaching hospitals associated with the university, where she taught many Chinese and Western students. Dr. Li has lectured in China, Canada, Switzerland, Slovenia, Croatia and Ireland, where she now lives and practices medicine.

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