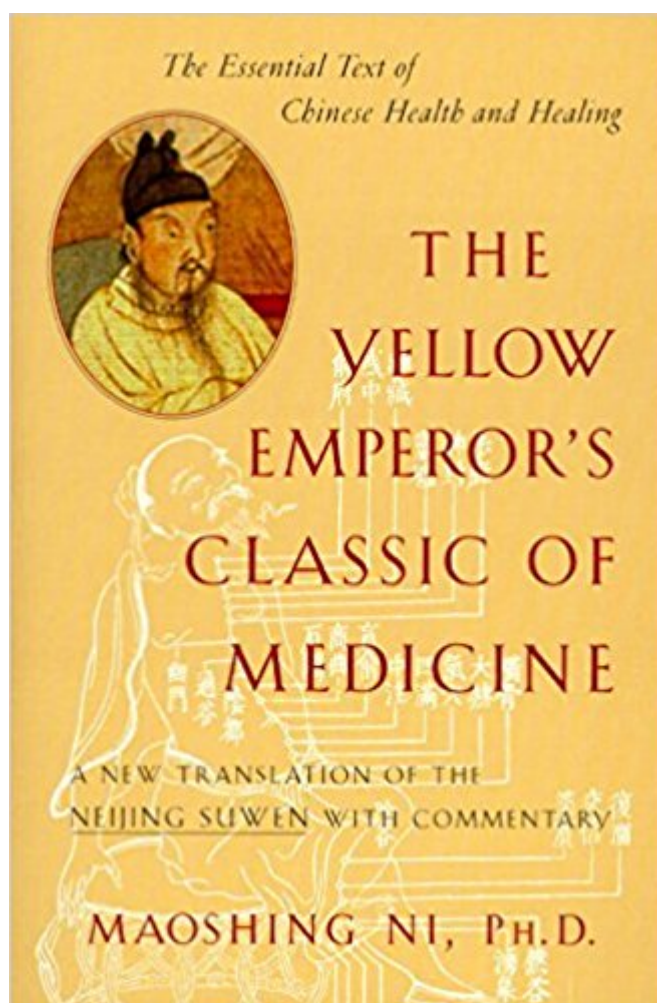


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# The Yellow Emperor's Classic Of Medicine: A New Translation Of The Nei Jing Suwen With Commentary



## Synopsis

The Neijing is one of the most important classics of Taoism, as well as the highest authority on traditional Chinese medicine. Its authorship is attributed to the great Huang Di, the Yellow Emperor, who reigned during the third millennium BCE. This new translation consists of the eighty-one chapters of the section of the Neijing known as the Suwen, or "Questions of Organic and Fundamental Nature." (The other section, called the Lingshu, is a technical book on acupuncture and is not included here.) Written in the form of a discourse between Huang Di and his ministers, *The Yellow Emperor's Classic of Medicine* contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology. All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life. The original text of the Neijing presents broad concepts and is often brief with details. The translator's elucidations and interpretations, incorporated into the translation, help not only to clarify the meaning of the text but also to make it a highly readable narrative for students as well as for everyone curious about the underlying principles of Chinese medicine.

## Book Information

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## Customer Reviews

"Pondering how best to describe this distinctly innovative translation of the Neijing, the most apt

image would be the instant clarity revealed by wiping a steam-misted mirror. Suddenly everything is clear."â " American Journal of Acupuncture

Text: English (translation) Original Language: Chinese

This book is very readable, and has great information in it. I'm currently working towards my acupuncture degree, and many of my textbooks are based on this book and others. It's greatly improved my understanding of Classical Chinese medicine to read this as a companion to my textbooks.

I am not a practitioner of Chinese medicine. I'm more of a dabbler with a slightly-more-than-casual interest, since my own health is not that great and our modern medicine system has only made it worse. This book contains thousands-year-old wisdom, and of course anyone with a serious interest in Chinese medicine should read it. I struggled with a lot of the repetitive language, and the concepts seemed vague to me and difficult to tie together.

This is an excellent and timely narrative for all who want to learn how to achieve balance in their lives. As one suffering both grief and physical health challenges right now I find this instruction along with qigong and acupuncture most helpful.

I'm so glad I bought this book! It may not be 100% accurate or scholar-worthy but its still a nice and informative read. Reading Huang Di's Neijing Suwen isn't only for people who are interested in medicine, but also for helping you live a healthier lifestyle. Understanding the ideas and taking better care of yourself, as holistic as it may seem, will help prolong your youth and lead to a healthier elderly life. Once I'm finish with this book and improve my own Chinese, I'll consider reading a more scholarly/direct translation :) For now, this is more than enough for me and the English translation is easy/smooth to read. I thought it would be more broken up or corny due to cultural differences but it's actually pretty good!

not what i expected, really made for an acupuncture doc, maybe

I love this book. I owned it before, several years ago and lost it. It is very clear and useful to anyone interested in health, especially those practicing eastern methods of fitness like tai chi. The author is

clear in his translation. The ordinary person can understand this work. I like simplicity. It is an easy book to read. After reading it several times, you can appreciate its profundity. This is great a book that speaks to .you across the centuries.Be patient and read it several times. Something new makes its appearance every time it is read.

Great book will open your eyes up to Chinese medicine. I would recommend this book. fast ship necessary for my chinese herbology class

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