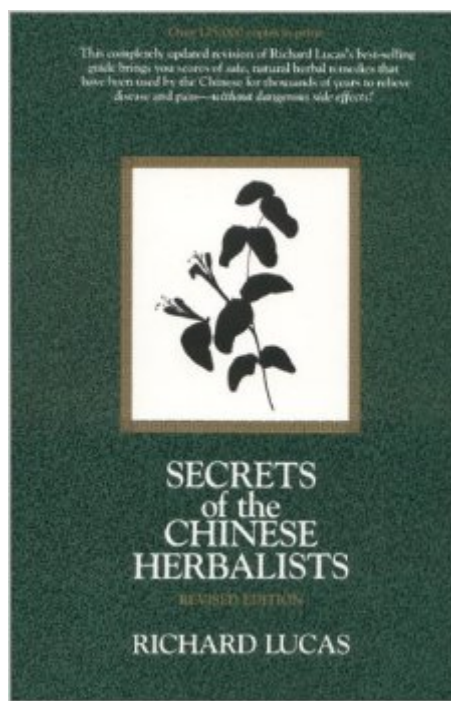


The book was found

# Secrets Of The Chinese Herbalists



## Synopsis

These safe, effective Chinese herbal remedies have worked for thousands of years to heal disease and relieve suffering - and, in this landmark book, author Richard Lucas offers documented proof that they can work as well for you today.

## Book Information

Hardcover: 252 pages

Publisher: Parker Publishing Company; Rev Sub edition (January 1986)

Language: English

ISBN-10: 0137978790

ISBN-13: 978-0137978793

Product Dimensions: 9.3 x 6.4 x 0.9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,548,442 in Books (See Top 100 in Books) #69 in [Books > Medical Books > Pharmacology > Reference](#) #2427 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

## Customer Reviews

A "half-way" manual for those who want a step up from the Chinese Food Cures book. Black and white botanical plates, with focus on traditional Chinese use of medicinal herbs. The book is organized by complaint, with medicinals listed by Chinese names in no discernable order. This makes it harder for Americans to use, but gives a better understanding of the Chinese theory of healing.

I bought this book 20 years back and have never ceased using it as a quick reference for health issues. It is not a book on complex TCM recipes but rather one on single herbs. And that's where it excels as being highly useful for the ordinary user. The author Richard Lucas apparently had put in a lot of hard work investigating Chinese herbs way back in the 70's when TCM was not so well-known then. He painstakingly interviewed Chinese herbalists and people who have tried those herbs and benefited from them. Richard Lucas wrote about single herbs like garlic and white oak bark that are not even included in TCM recipes prescribed by herbalists in the Orient - even today. Take raw garlic. It is now well-known as something of a panacea, a miracle spice for many kinds of health problems if used correctly, meaning in daily dosages based on my personal experience. Yet Richard

Lucas researched and wrote extensively about this wonder herb - more as a Chinese folk remedy than a prescription herb - in his book way back then in the 70's.

Great book that exposes some of the herbal secrets handed down over the centuries in Chinese culture. Excellent section on Ginseng. Book is well organized, with lots of references. Index could be a bit more thorough.

i liked book if had photograph both in black and white and color so you can ID the flower or plant type

Book was PERFECT!!!!!!!

[Download to continue reading...](#)

Secrets of the Chinese Herbalists The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herbalists. Second Edition The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herbalists Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Chinese Hot Pot Cookbook - Your Favorite Chinese Hot Pot Recipe Book: No Other Chinese Cookbook Can Compare 49 Awesome Chinese Recipes (The Ultimate Chinese Cookbook That Brings an Entire American Chinese Buffet to Your Dinner Table) Chinese Recipes. Delicious Chinese Recipes For All The Family: Easy & Tasty Chinese Cookbook The Chinese Cookbook: 50 Great Recipes from the Chinese Kitchen (Chinese Cooking) Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Integrated Chinese: Level 2, Part 1 (Simplified and Traditional Character) Character Workbook (Cheng & Tsui Chinese Language Series) (Chinese Edition) Integrated Chinese: Level 1, Part 2 Workbook (Traditional Character, 3rd Edition) (Cheng & Tsui Chinese Language Series) (Chinese Edition) FBA Secrets: The 25 Best FBA Secrets Revealed: Best Selling Secrets Revealed: The FBA Selling Guide ( fba, selling on ... sell on , fulfillment by , fba) Minecraft: Minecraft Secrets Handbook: 150+ Unknown Minecraft Secrets, Tips, and Tricks You Haven't Heard Before (Minecraft, Minecraft Handbook, Minecraft Secrets, Minecraft Books) This Next New Year: (Chinese-English Bilingual Edition) (Chinese Edition) Dragon New Year, the: A Chinese Legend (Chinese Legends Trilogy) Dragon Dance: a

Chinese New Year LTF: A Chinese New Year Lift-the-Flap Book (Lift-the-Flap, Puffin) Chinese  
Takeout Cookbook: Favorite Chinese Takeout Recipes to Make at Home (Takeout Cookbooks Book  
1) Essential Chinese Cooking: Authentic Chinese Recipes, Broken Down into Easy Techniques  
Chinese Technique: An Illustrated Guide to the Fundamental Techniques of Chinese Cooking

[Dmca](#)