

HHA TCM STUDY

Extra Study Resources:

The following are extra resources for studying to augment our course material. Review is not mandatory but will be helpful to the overall integration of basic Traditional Chinese Medicine concepts to a Western Herbal Medicine practice.

LINKS TO BASIC PRINCIPLES

<http://www.itmonline.org/arts/understand.htm>

<http://www.itmonline.org/arts/essence.htm>

http://www.itmonline.org/articles/four_seasons/four_seasons.htm

<http://www.itmonline.org/arts/taoism.htm>

<http://shen-nong.com/eng/principles/holism.html>

<http://shen-nong.com/eng/principles/yinyang.html>

(all the links on this page)

<http://shen-nong.com/eng/principles/propertiesyinyang.html>

<http://shen-nong.com/eng/principles/applicationyinyang-human-body.html>

<http://shen-nong.com/eng/principles/applicationyinyang-physiological.html>

<http://shen-nong.com/eng/principles/sevenemotions.html>

<http://shen-nong.com/eng/principles/fiveelements.html>

(all of the links on this page)

<http://shen-nong.com/eng/principles/qibloodbodyfluids.html>

(all of the links on this page)

Article on Wind

Focus on the introductory theory: the herbs and acupuncture points are extras.

<http://www.itmonline.org/articles/feng/feng.htm>

External Pathogenic / Pernicious Factors:

http://www.itmonline.org/articles/six_qi_six_yin/six_qi.htm

<https://www.sacredlotus.com/go/foundations-chinese-medicine/get/causes-illness-6-evils>

EPF flash cards

<https://quizlet.com/98266880/6-epf-tcm-flash-cards/>

The Organs

<http://shen-nong.com/eng/principles/bodyorgans.html>

Causes of Disharmony

<http://shennong.com/eng/principles/sixevilssevenemotions.html>

Eight Principles

<https://www.sacredlotus.com/go/diagnosis-chinese-medicine/get/differentiation-syndromes-8-principles-ba-gong-tcm>

Eight Principles

https://en.wikipedia.org/wiki/Eight_principles

Organ function flash cards

<https://quizlet.com/333276110/organ-functions-in-tcm-flashcards/>

emery  herbals

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