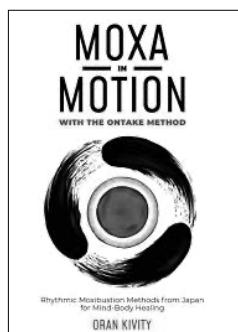


躁 zàng zào), depletion-taxation and constraint syndrome. Their proposals of classical formulas are well explained and differentiated. More formulas are described in the following section, which takes into account contemporary disease categories, such as depression, gynaecological pain, post-partum psychosis, insomnia, anxiety and dementia. Acupuncture is mentioned briefly as a list of points in an appendix.

In my opinion, if a book leads to discussion it means it is worthwhile reading. This book has a slim but very dense body and mind, and for those with a clinical interest in psychological disorders, it will be good to keep close.

Elisa Rossi



MOXA IN MOTION with the Ontake method

By Oran Kivity
Softback, 340 pages, £24.99/
Kindle edition £7.99

The ontake or warm bamboo - a piece of bamboo full of burning moxa - is a new method of moxibustion that is growing in popularity. In the title of this book, Oran Kivity emphasises that ontake represents a dynamic change to the relatively static classical approaches to moxibustion. In the book he shows the reader how to use ontake to increase clinical efficiency and flexibility.

The book is organised into four parts: the Basics, Root and Branch, Going Holographic and Bamboo Shoots. In

the first chapters the author introduces the origin and characteristics of this method of moxibustion, and shows the reader step by step how to perform it. Throughout the text the author's experience in the field of acupuncture is obvious, especially in the Japanese tradition. Acupuncturists will gain great benefit from his clear and practical explanations of theory, influenced by Yoshio Manaka, Stephen Birch and the Toyohari approach to acupuncture. Indeed, an important aspect of this book is Manaka's method of using frequencies to balance the channels. Kivity had the idea of applying these frequencies by rhythmically tapping the patient's channels with the warm bamboo. Through clinical experience, he has developed a map of all the tapping zones related to the channels and their associated frequencies.

In the second part of the book, the author discusses channel assessment through palpation. He also describes with the help of clear photos the different techniques that can be applied to the body with the warm bamboo. He correlates them with their clinical effects to help the practitioner choose which technique is needed in each case. There is a chapter dedicated to all the techniques for improving the flow of qi and blood, as well contraindications and directions on how to perform a safe ontake treatment. The author proposes a 'non-pattern-based root treatment', which he calls 'Bamboo Max', complemented by branch treatments to help many different conditions such as sinus problems, shoulder pain, back pain, anxiety, hot flushes, insomnia and constipation (based on cases successfully treated in his clinic). To finish the second part, Kivity exposes an interesting discussion about dosage and the level of stimulation, what 'over-treatment' means and how to moderate dosage with ontake.

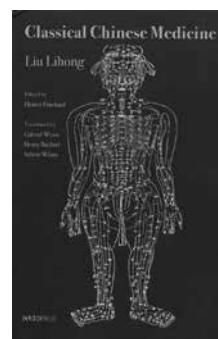
Those of a practical persuasion will love the third part of the book. There,

Kivity describes how to use ontake for pain relief. He proposes a simple three-step method to get optimal results treating pain with ontake based on the holographic models developed by Dr. Tan.

The fourth part of the book explains the integration of ontake with Dr. Manaka's protocols, and gives strategies for structural treatment by combining ontake with stretching, sotai (movement therapy) and Hirata's Zone Therapy. Kivity's explanations trigger the reader's interest to discover more about the Japanese ideas on acupuncture and moxibustion and the clinical possibilities of this special tool. To finish, he presents developments from other practitioners using ontake.

This book introduces a new tool to the acupuncture and moxibustion world. It is written by a practitioner with huge experience in the field. Readers will discover a new way of understanding and enjoying moxibustion. Without doubt, this is the next tool to have in your therapeutic pocket.

By Felip Caudet



Classical Chinese Medicine

by Liu Lihong
Chinese University Press,
hardback, \$90.00

Despite being slightly intimidated by the austere (yet rather beautiful) front cover of this book, the lofty

reputation of the author and the formidable editorial/translation team (Heiner Fruehauf, Gabriel Weiss, Henry Buchtel and Sabine Wilms) were so compelling that I immediately resolved to read it. I am glad that I did.

The first thing one notices is the distinctiveness of the authorial voice. Liu Lihong writes with just the kind of lively and forthright style one might expect of a *laoshi*. Classical in content but modern in its eclecticism, the author is as likely to cite Richard Dawkins as the Communist songs he used to sing during the Cultural Revolution ('Sailing the great sea we rely on the helmsman...'). He weaves his exposition from references from *Crouching Tiger, Hidden Dragon*, Mozart - even Lady Gaga. At times curmudgeonly ('personally I detest oversleeping'), but charmingly engaging, thankfully the author's individualism has not been edited out of his prose, which provides a helpful counterbalance to the density of some of the more academic material. Stylistically, it is clearly written for an east Asian readership - for instance the tendency to end sections with an emphatic exclamation ('the *Treatise on Cold Damage* must mediate our delight and our highest praise!'), or when the author finally understands a profound teaching: 'I wanted to do as Huangdi had done ... and "choose an auspicious day and store it in the chamber of the Spiritual Orchid so that it could be preserved and transmitted." (p.275)

As readers we benefit from Liu Lihong's extensive exposure to Chinese medicine as well as his generosity in sharing his hard-won medical knowledge. His examination of the theoretical framework of Chinese medicine is forensic. He mines traditional theory for its profound wisdom, giving etymological and philosophical explanations of single terms such as '*bing*' or '*li*' according to the tradition of 'biting language and chewing characters'. As well as being a

solid immersion into classical Chinese medicine theory, this text has filled in some of the lacunae in my knowledge that have thus far passed me by. Whilst there are too many examples to comprehensively list, these include: the difference between a *jing* (classic) and a *lun* (treatise), how the traditional *taiji* symbol represents nothing of the sort (it represents yinyang rather than the 'supreme ultimate', which would more sensibly be represented by a simple circle), the significance of the 19 disease triggers of the *Neijing* (unfortunately absent in my education thus far) and why the pulse in spring is wiry (yang qi fettered by the residual cold of winter). I particularly valued his explanation of the yin and yang of dampness and dryness and their treatment with herbs: dampness involves the steaming action of yang qi, and bitter-cold herbs dry dampness by descending yang qi (the action of qi in Autumn), whilst pungency moistens dryness by opening and causing yang qi to steam upward (the action of qi in Spring and Summer). At times the content can border on the abstruse, although such material has merely left me with intriguing glimpses into areas of study to develop, such as *I Ching* theory, or the temporal influences on qi in each year (according to the heavenly stems and earthly branches) and how this contributes to disease.

As well as the more dense theoretical expositions, the text is replete with the clinical experiences that have informed the author's understanding. These golden clinical nuggets frequently come from the practice of his teacher Li Yang, who clearly had a Sherlock Holmes-like intellect and command of his art. Highlights include a classical explanation of the use of *Bai Zhu* for bone spurs, how *Xiao Chai Hu Tang* (Minor Bupleurum Decoction) plus *Ping Wei San* succeeded where morphine failed in a case of severe cancer pain, how a patient was saved from erroneous surgery for a tumour

(it was actually a case of worms), or Sun Bingyan's speciality treating cancer via various purgative methods. Another clinical vignette describes how teacher Li had taken the pulse of his friend's father during winter and noticed a flooding pulse; predicting a problem the following Summer (without the checks and balances on his qi from the storage of Winter), he prescribed a simple formula of *Shi Gao* and *Su Mu*; unfortunately the patient, a stubborn old veteran cadre member who trusted the clean bill of health he had received from his orthodox doctor, ignored the advice, only to experience a fatal cerebral haemorrhage when Summer came.

Liu Lihong's great passion for practising classical Chinese medicine in the way it was intended shines through the lines of this text. The esteem in which he holds the classics is unmistakable ('faith cannot be easily acquired, but once one has attained it, it cannot be easily shaken'). In many places the text mounts a vigorous defense against the assault on traditional medicine from the withering opinions of orthodox medics, and frequently emphasise the problems of the demotion of the importance of the classics in modern Chinese medicine education.

This is a valuable book, especially for practitioners educated solely in the West. It exposes the reader to the mind of eminent doctor with an authentically classical perspective, elucidating how clinical medicine can be practised according the fundamental context of yin and yang. Whilst not an easy read, commitment to this text will be repaid many times over in the clinic.

Daniel Maxwell



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