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By Ko Tan

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This book demystifies the basic concepts of Traditional Chinese Medicine for the Western mind. It simplifies and condenses difficult concepts so that lay people of the West can have a better understanding of this complex subject. The book is written for teachers, students, and the public. The theory section deals with historical facts and the fundamental concepts of TCM. The application section applies the theory of TCM to daily life whether for self-help or for use by the practitioner.

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Editorial Review

About the Author

Of Chinese descent from Malaysia, Ko Tan has had a passion and fascination for Traditional Chinese Medicine since his youth. As a teenager, he would run to the local Chinese herbal pharmacy and ask how to utilize different herbs and about their various purposes. After graduating with a Master's degree in Architecture from the University of Nebraska, he went back to school, studying TCM at Samra University of Oriental Medicine in Los Angeles for 2½ years. He then left the field of architecture to open his own practice. Since 1994 Ko Tan has been teaching TCM theory.

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