

## READING LIST

**First Year Textbooks: we strongly recommend buying these books at the start of the course.**

**The Foundations of Chinese Medicine** (2015) 3<sup>rd</sup> edition by Giovanni Maciocia: Churchill Livingstone/Elsevier.

Also available as an e-book.

We recommend buying this from [www.suwenpress.co.uk](http://www.suwenpress.co.uk)

Earlier editions are available as used books but are not as comprehensive as the 3<sup>rd</sup> edition.

**Five Element Constitutional Acupuncture** (2010) 2<sup>nd</sup> edition by Angie and John Hicks and Peter Mole: Churchill Livingstone/Elsevier.

Also available as an e-book.

First editions are available as used books but are not as comprehensive as the 2<sup>nd</sup> edition.

**The Trail Guide to the Body** (2019) 6th Edition by Andrew Biel: Books of Discovery.

Earlier editions are available as used books and are acceptable. You will need this book for the first year anatomy module, and also later in the course for structural diagnosis.

**The Acupuncturist's Guide to Conventional Medicine** (2017) 2<sup>nd</sup> edition by Clare Stephenson: Singing Dragon.

Also available as an e-book.

**You will need this book from the second half of your first year onwards.**

In addition, all of the theory and point location handouts for the entire course are available for you to purchase from reception in two spiral-bound, plastic covered A5 booklets for £25 each. These handouts are the ones on your VLE.

### Pre-reading for the course

Please read Part One (chapters 1 to 4) of **The Foundations of Chinese Medicine** by Giovanni Maciocia before you start your first six days. These chapters cover some of the basic concepts of Yin and Yang, Five Elements and 'the Substances' which you will be learning about at the beginning of the course.

Please also read chapters 1 and 2 of **Five Element Constitutional Acupuncture** by Angie and John Hicks and Peter Mole.

**Second and Third Year Textbooks: we strongly recommend buying these books at the start of the second year.**

**The Practice of Chinese Medicine** (2007) 2<sup>nd</sup> Edition by Giovanni Maciocia: Churchill Livingstone/Elsevier.

Also available as an e-book.

We recommend buying this from [www.suwenpress.co.uk](http://www.suwenpress.co.uk)

First editions are available as used books but are not as comprehensive as the 2<sup>nd</sup> edition.

**British National Formulary** by the Royal Pharmaceutical Society of Great Britain and BMJ Press.

Recent editions of this text may be available free of charge from a pharmacist or GP surgery. This is also available as an app for android/I-phone.

## Background Reading

**The following texts are suggested background reading and need not be purchased. They are also all available in the College Reference and Lending Libraries.**

### Introductory Books on Chinese Medicine

**The Acupuncture Handbook** (2010) by Angela Hicks: Piatkus.

A comprehensive look at acupuncture – useful for both students and patients.

**88 Secrets of Chinese Medicine** (2010) 2<sup>nd</sup> edition by Angela Hicks 2<sup>nd</sup> edition: How To Books.

An excellent book for patients, students and practitioners which covers the causes of disease, how to live a healthy lifestyle and how to keep your health and vitality.

**Healing Your Emotions** (1999) by Angela and John Hicks: Harper Collins.

A useful book that describes in detail each of the different Element types or ‘CFs’.

### Contemporary Books on Chinese Medicine

**A Manual of Acupuncture** (2007) 2<sup>nd</sup> edition by Peter Deadman et al: Journal of Chinese Medicine Publications.

A comprehensive book on both the locations and functions of the acupuncture points.

As this textbook is expensive you may prefer to buy A Manual of Acupuncture Point Cards or the digital version of the book. We recommend buying direct from [www.jcm.co.uk](http://www.jcm.co.uk)

**Diagnosis in Chinese Medicine** (2018) 2<sup>nd</sup> edition by Giovanni Maciocia: Churchill Livingstone/Elsevier.

An excellent book on diagnosis and the differentiation of symptoms. The first edition is also useful. We recommend buying this from [www.suwenpress.co.uk](http://www.suwenpress.co.uk)

**Medicine in China – A History of Ideas** (2010) by Paul Unschuld: University of California Press. An excellent and comprehensive history of Chinese Medicine.

**Atlas of Chinese Tongue Diagnosis** (2010) 2<sup>nd</sup> edition by Barbara Kirschbaum: Eastland Press, Seattle.

Detailed and practical discussion of tongue diagnosis.

**Obstetrics and Gynaecology in Chinese Medicine** (2011) 2<sup>nd</sup> edition by Giovanni Maciocia: Churchill Livingstone.

Comprehensive and detailed account of the diagnosis and treatment of gynaecological and obstetric conditions.

We recommend buying this from [www.suwenpress.co.uk](http://www.suwenpress.co.uk)

**The Web That Has No Weaver** (2000) 2<sup>nd</sup> edition by Ted Kaptchuk: Rider.

A detailed exposition of the concepts of Chinese medicine concentrating on Yin-Yang. Extensive material on pulse qualities.

**Nourishing Destiny – The Inner Tradition of Chinese Medicine** (1999) by Lonny Jarrett: Spirit Path Press.

An interesting book on the theory of Five Element Acupuncture.

**Opening the Energy Gates of Your Body** (2006) 2<sup>nd</sup> edition by Bruce Frantzis: North Atlantic Books.

An introduction to qigong in the style taught at the College.

## Conventional Medical Sciences

**The Anatomy Colouring Book** (2013) by Wynn Kapit: Pearson

Very useful in your first six months.

**Kumar and Clark's Clinical Medicine** (2020) 10<sup>th</sup> edition by Adam Feather et al: Elsevier

Also available as an e-book. Earlier editions are still useful.

A very comprehensive and authoritative source of information on the management and treatment of medical problems. This is the larger companion volume to the one described below.

**Essentials of Kumar and Clark's Clinical Medicine** (2017) 6<sup>th</sup> edition by Nicola Zammit et al: Elsevier.

Also available as an e-book. Earlier editions are still useful.

This is a clinical medicine reference guide which gives the clinical features, investigations, and management for a whole variety of different illnesses. It is based on the larger text above, but easier to read and carry around.

**Ross and Wilson's Anatomy and Physiology in Health and Illness** (2018) 13<sup>th</sup> edition by Anne Waugh and Allison Grant: Elsevier.

Also available as an e-book. Earlier editions are still useful.

This text provides a very good foundation text for those who do not have a background in biological sciences. It has clear, easy to understand language and diagrams to explain the different systems of the body and what diseases can occur within those systems.

**Fundamentals of Applied Pathophysiology: An Essential Guide for Nursing and Healthcare Students** (2017) 3<sup>rd</sup> Edition by Ian Peate: Wiley Blackwell.

Also available as an e-book. Earlier editions are still useful.

A good foundation text, this book, originally designed for nursing students, explores the systems of the body and associated disorders.

**A medical dictionary is recommended to help you make the most of your textbooks.**