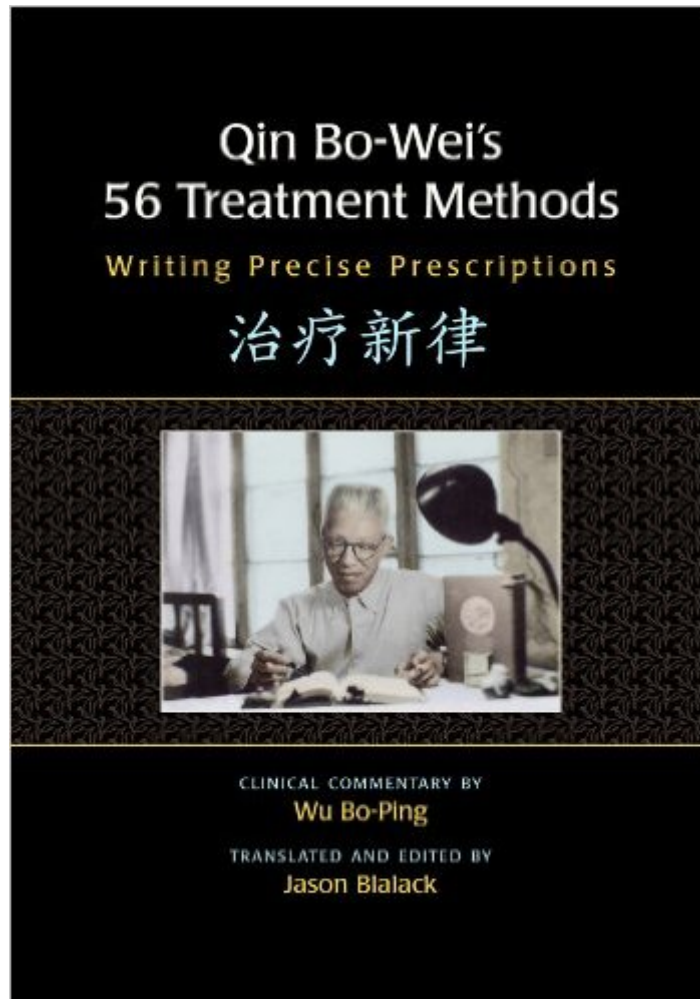


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# Qin Bo-Wei's 56 Treatment Methods: Writing Precise Prescriptions



## **Synopsis**

In the spring of 2007, Jason Blalack asked his mentor, Wu Bo-Ping, what was the most important Chinese medical text to translate into English. After a few moments of thought, Dr. Wu presented Jason with a tattered paperback copy of the original edition of Qin Bo-Wei's New Guidelines for Treatment (c. 1953), a manuscript that for all intents and purposes had been lost during the Cultural Revolution. That is the text that forms the framework of this exciting new book. Qin Bo-Wei (1901-1970) was among the most important physicians of the modern era. As a prominent clinician, educator, and scholar, he worked to integrate classical schools of thought and created one of the most coherent systems for understanding Chinese medicine during a critical time of intense turbulence in China's history. Wu Bo-Ping was one of Dr. Qin's students and is among the few who are still living today. Translated and presented to a Western audience for the first time, Qin's original work is enriched by Dr. Wu's extensive commentary, which transforms it into a hands-on guide on how to effectively practice herbal medicine. An excellent clinical manual, this book primarily teaches a method of thinking that serves as a foundation for a lifelong approach to herbal medicine. An understanding of how to use the core concepts presented here allows one to effectively treat the majority of diseases seen in the contemporary clinic. The text itself is unique in its presentation and differs from other clinical manuals in a number of ways: Organized by treatment method. Teaches a way of emulating the thought underlying a prescription without being tied to its specified ingredients or original indications, thereby reflecting the thinking of Chinese medicine's greatest clinicians. Ultimately, this approach opens up treatment possibilities that are often ignored in conventional textbooks. Small number of ingredients. Dr. Qin's prescriptions contain a small number of precisely combined ingredients, administered in small doses. Explains how to use processed medicinals. The book provides detailed explanations about how to use processed medicinals. Based on influential lineage. This text imparts a wealth of clinical knowledge rooted in the tradition of an influential Chinese medicine lineage.

## **Book Information**

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## Customer Reviews

This wonderful book presents in an easy to understand fashion the ideas of Qin Bo-Wei, one of the most important practitioners of Chinese medicine in the 20th century. As a teacher of Chinese herbs for over ten years I highly recommend this book to anyone wishing to deepen their knowledge of herbal medicine and apply the principles presented in this book in their clinical practice. It's a must read for students and experienced practicing herbalists alike.

I love pretty much everything about this book. The way the info is given according to treatment methods is a brilliant way to teach and share the knowledge. If you think to yourself, "this is probably just a re-hash of what we learned in school", i really dont think it is. Well, some of it is, of course, but a lot of it is not. We get to see some of Dr Qin's modifications of classic formulas, which alone is worth the price of the book. But, the explanations surrounding some of the do's and don'ts of formula modifications is valuable. For instance, in regards to modifying Xing Su San, it is suggested that if the cough is strong, one should NOT add stop coughing medicinals such as kuan dong hua, or pi pa ye, as this could constrain the pathogen. Sort of common sense, but sort of not. Then reasoning is given for the inclusion of qian hu, which is that since it uniquely stops cough while releasing the exterior, it will not cause constraint of the pathogen. He then goes on to explain why ban xia was omitted from the formula. All in all, the book provides keen insight into precise herb prescribing, and it can therefore double as both a reference book, and as a course in refining one's skills in prescribing. Just as importantly, this is a highly readable book

Having been trained in Qin Bo Wei's ingenious methodology by Jason Blalack using this as our study textbook, I have found that around 45 core formulas, even with little or no modification, are sufficient to cover the range of clients I have treated so far. 'Qin Bo-Wei's 56 Treatment Methods: Writing Precise Prescriptions' is a wonderful book on Chinese herbology. Qin Bo Wei's unique perspective on herbs is internally consistent, and grokking his basic principles has given me so

much confidence in compounding and prescribing. I feel like I can accomplish with six herbs what would normally require a dozen in a 'classical' formula. Qin Bo Wei's system highly emphasizes a buffering system inherent to each method that makes it hard to go wrong, even if the formula and diagnosis aren't a precise match. Thanks to Jason's well-conceived design and editing, this book is well organized, pared down, and easy to navigate, all the while leaving nothing essential out. Besides being a pleasant read, this book is a superlative reference - I have put a plastic cover on my copy to keep it from falling apart, as I am constant all up in it, as I now almost exclusively prescribe Qin Bo Wei-style formulas to my clients.

If you went to TCM school outside of China you need this book. Great insights onto phlegm and modern diseases.

My kudos to Jason Blalack for pursuing this project. This book is one that I would have loved to have when I was in school, as Qin Bo-Wei developed a method that more resembles my western problem-solving process. The book has added commentary from Wu Bo-Ping, which helps when Dr. Qin was less verbal on particular subjects. Very good book.

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