

YEAR ONE

Eastern School of Acupuncture Traditional Herbal Medicine Booklist

CLASS: [MM] MATERIA MEDICA I & II (Materia Medica Theory)

Required Book(s)

1. Materia Medica, 3rd Edition, Dan Bensky.
2. Fundamentals of Chinese Medicine, Wiseman & Ellis.

Additional Supplies

Herb Study Samples

CLASS: [FM] FORMULAE I & II (Formulas)

Required Book(s)

1. Formula and Strategies, 2nd Edition; Dan Bensky.

CLASS: [DTM] CHINESE DIETARY THERAPY & MAC (Asian Nutrition & Macrobiotics)

Required Book(s)

1. Ancient Wisdom, Modern Kitchen; Recipes from the East for Health, Healing and Long Life, Yuan Wang, Warren Sheir, and Mika Ono
2. Chinese Nutrition Therapy; Dietetics in Traditional Chinese Medicine, 2nd Edition, Thieme

CLASS: [CT] CLASSICAL TEXTS (Shang Han Lun/Wen Bing, SPRING 2010)

Required Books(s)

1. Shan Han Lun, Mitchell & Craig.
2. Theory of Warm Diseases: Wen Bing, Lui Huang & Gao.