

# Sources & TCM Foundations

This document lists core references that inform the Traditional Chinese Medicine perspectives shared across Radiant Shenti articles, video lessons, and educational materials. Individual articles may reference additional, topic-specific sources.

## Core Traditional Chinese Medicine Texts

The Foundations of Chinese Medicine: A Comprehensive Text (3rd Edition) — Giovanni Maciocia

The Web That Has No Weaver — Ted J. Kaptchuk

Between Heaven and Earth — Harriet Beinfield & Efrem Korngold

Fundamentals of Chinese Medicine — Nigel Wiseman et al.

Contemporary Introduction to Chinese Medicine — Xie Zhu Fan

Life Cultivation & Rehabilitation of Traditional Chinese Medicine — Wang Xudong (Compiler)

A TCM Way to Be Healthy, Inside and Out — Liqun Zhang

## Emotional Health & Mind–Body Connection

Managing Your Emotional Health Using Chinese Medicine — Zhang Yifang

Breathing Spaces — Nancy N. Chen

## Dietary Therapy, Food Energetics & Nourishment of Life

Healing with Whole Foods — Paul Pitchford

The Tao of Healthy Eating — Bob Flaws & Honora Wolfe

Live Well Live Long — Peter Deadman

Chinese Food Life Care — Yang Hua & Guo Wen

Healthy Smoothies: TCM Inspired Recipes — Kimberly Ashton

Your Guide to Health with Foods & Herbs — Yifang Zhang

## Herbal Medicine

70 Essential Chinese Herbal Formulas — Bob Flaws

Chinese Herbal Cures — Henry C. Lu

Curing Insomnia Naturally with Chinese Medicine — Bob Flaws



## Women's Health, Pediatrics & Family Care

Obstetrics and Gynecology in Chinese Medicine — Giovanni Maciocia

Outline of Female Medicine — Lorraine Wilcox (Translator)

A Handbook of TCM Pediatrics — Bob Flaws

Acupressure and Acupuncture During Birth — Claudia Citkovitz

## Acupuncture, Acupressure & Manual Therapies

Chinese Acupuncture and Moxibustion — Cheng Xinnong

Methods of Traditional Chinese Health Care — Zeng Qingnan

Foot Therapy for Common Diseases — Ji Qing Shan

Health Care at Home: A Family Massage Manual — Chen Zhao Guang

Hand Therapy: Traditional Chinese Remedies — Wang Sheng

Dr. Wu's Head Massage — Dr. Bin Jiang Wu

## Gua Sha & Facial Therapy

Gua Sha: A Complete Self-Treatment Guide — Clive Witham

Facial Gua Sha (Revised Edition) — Clive Witham

## Qigong, Daoist & Energy Cultivation Practices

Chinese Medical Qigong Therapy — Jerry Alan Johnson

The Way of Qigong — Kenneth S. Cohen

Qigong Through the Seasons — Ronald Davis

Taoist Qigong for Health and Vitality — Sat Chuen Chuen Hon

The Complete System of Self-Healing — Stephen T. Chang

Qigong Empowerment — Shou-Yu Liang & Wen-Ching Wu

Mastering Miracles — Hong Liu & Paul Perry

The Master Key — Robert Peng

The Five Element Orchard — John & Mary Rachel Platt



## Mudras, Yoga & Complementary Practices

Mudras: Yoga in Your Hands — Gertrud Hirschi

Mudras for Healing and Transformation — Joseph & Lilian Le Page

## Feng Shui & Environmental Harmony

The Practical Encyclopedia of Feng Shui — Gill Hale

## Stone Medicine & Chinese Mineral Traditions

Stone Medicine — Leslie J. Franks

Discovering Chinese Mineral Drugs — Weidong Yu & Harold D. Foster

Healing Stones for the Vital Organs — Michael Gienger & Wolfgang Maier

The Story of Stone — Jing Wang

## Integrative & Modern Nutrition Perspectives

The China Study — T. Colin Campbell & Thomas M. Campbell II

