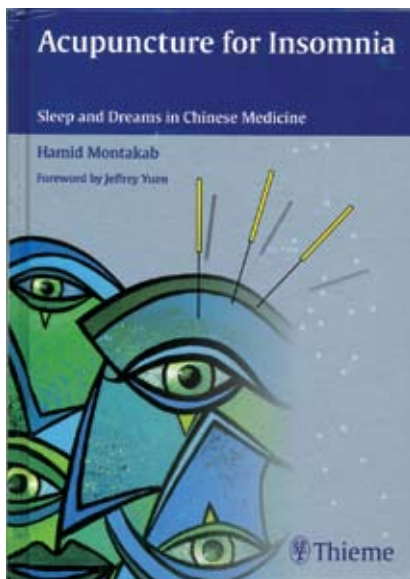


BOOK REVIEWS



ACUPUNCTURE FOR INSOMNIA - SLEEP AND DREAMS IN CHINESE MEDICINE
 by Hamid Montakab, Editor, Foreword by Jeffrey Yuen. George Thieme Verlag, Stuttgart, Germany, 2012, 149 pages, 19 tables, 40 figures, 2 appendices, bibliography, index; size 17.5x24.5 cm, hardback.

Science has not yet been able to answer the question of why we need to sleep. Is it a way to recover from everyday activities or prevention of getting tired? Insomnia as a sleep disorder involves 30%-40% of adult population and even up to 25% of children, affecting alertness and memory with consecutive emotional and physical fatigue. It increases the risk of depression, cardiovascular disease, hypertension, and other diseases.

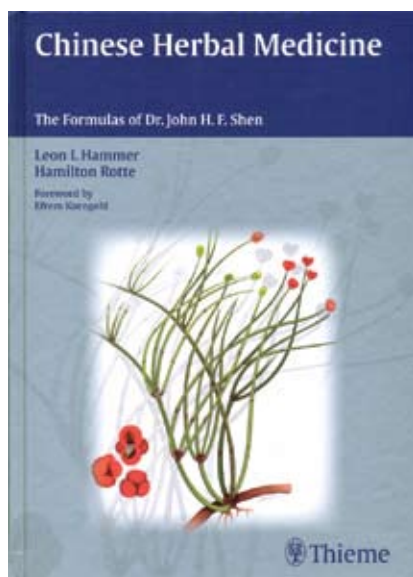
Dr Hamid Montakab graduated from the Medical School of Paris. He founded the Academy of Chinese Healing Arts in Switzerland in 1985, and was co-founder and president of the Swiss Professional Organization for Traditional Chinese Medicine (TCM)

in 1995. He was commissioned in 1994 by the Swiss National Science Foundation to conduct a scientific research study to evaluate the effects of acupuncture on insomnia. In his book entitled *Acupuncture for Insomnia*, he presents a highly effective treatment for chronic and acute sleeplessness using therapeutic strategies from both TCM as well as classic Chinese medicine.

Acupuncture is a living medicine with a long and complex history of development. The book describes many facets of acupuncture and TCM theory from the foundations of Qi, Yin and Yang to the treatment of modern western medical conditions. It provides complete information related to the acupuncture meridians and individual points along with their clinical usages, information related to the diagnostic tools used in clinical practice, as well as complete treatment protocols for a variety of sleep disorders. First chapter offers information on the physiology, causes and treatment of sleep disorders, with parallels between Western and Chinese medicine. Next chapters describe the significance of dreams in Chinese medicine and energy fluctuation in sleep and wake state. Final chapters give information how to perform clinical evaluation on acupuncture and insomnia. At the end of the book, there is an appendix with a summary of acupuncture points used in different sleep disorders. Also in the text, there is explanation how to incorporate dreams into modern psychotherapy. In all chapters, the text is followed by very useful tables and figures for practitioners.

The book has a unique perspective of a physician who is also trained in TCM and classic acupuncture and therefore summarizes information about sleep disorders in terms of Western medicine as well as TCM and classic acupuncture. From this point of view, this book provides precious information on the implementation of optimal treatment for patients with sleep disorders.

Vanja Bašić Kes



CHINESE HERBAL MEDICINE - THE FORMULAS OF Dr. JOHN H. F. SHEN
 by **Leon I. Hammer and Hamilton Rotte, Editors,**
 Foreword by **Efreim Korngold.** George Thieme
 Verlag, Stuttgart, Germany, 2013, 293 pages, 24
 figures, 300 formulas presented in the form of
 tables, 2 appendices, bibliography, Index; size
 17.5x24.5 cm, hardback.

Traditional Chinese medicine (TCM) includes a broad range of treatment methods that have been developed in China and are based on a tradition of more than 5000 years, including various forms of herbal medicine, acupuncture, massage (Tui na), exercise (qigong), and dietary therapy. Chinese herbal medicine is a major aspect of traditional Chinese medicine, which focuses on restoring the balance of energy, body and spirit to maintain health rather than treating a particular disease or medical condition. Chinese herbal medicine is not based on the mainstream Western concepts of medical diagnosis and treatment. It treats the patients' main complaints or patterns of their symptoms rather than the underlying causes. Practitioners attempt to prevent and treat imbalances caused by a large variety of diseases with complex combinations of herbs, minerals, and plant

extracts. In China, more than 3200 herbs and 300 mineral and animal extracts are used in more than 400 different formulas. Herbal formulas may contain 4 to 12 different ingredients, to be taken in the form of teas, powders, pills, tinctures, or syrups. Chinese herbal remedies are usually made up of a number of herbs and mineral and animal extracts. Typically, 1 or 2 herbs are included that are said to have the greatest effect on the problem being treated. Other ingredients in the formula are supposed to treat minor aspects of the problem, direct the formula to specific parts of the body, and help the other herbs work better. Dr. John H. F. Shen was born in Shanghai in 1914, in one of the wealthiest families in China. During his life, he became a famous Chinese medicine practitioner trained prior to the TCM system and he was widely recognized as one of the greatest diagnosticians and herbalists of the 20th century.

Leon I. Hammer is founder of the Dragon Rises College of Oriental Medicine (Gainesville, Florida); he is the author of the leading book on the topic, Chinese Pulse Diagnosis: A Contemporary Approach. Hamilton Rotte is a practitioner and Leon I. Hammer coworker at the Dragon Rises College of Oriental Medicine (Gainesville, Florida).

The book is organized in two sections; the first part describes diseases by means of medical system ranging according to functional systems, and the second part gives information how to treat the same diseases in different life cycle stages. This text offers insights into the etiology, pathophysiology and clinical picture of each disease. In the management of diseases, the authors combine pulse diagnosis and herbal treatment build up on the prominent Ding-Menghe lineage in Chinese medicine, dating back to the early 1600s.

For Chinese medicine practitioners, this book is of great importance for everyday practice as a complete source of knowledge build up on the modern medicine and traditional Chinese medicine. This book offers a pragmatic approach to herbal Chinese medicine in everyday practice and it is of great importance for each practitioner practicing TCM.

Iris Zavoreo