

# HEALTHY AGING AND OTHER TITLES BY LEUNG PING CHUNG

Annals of Traditional Chinese Medicine - Vol. 4

## HEALTHY AGING

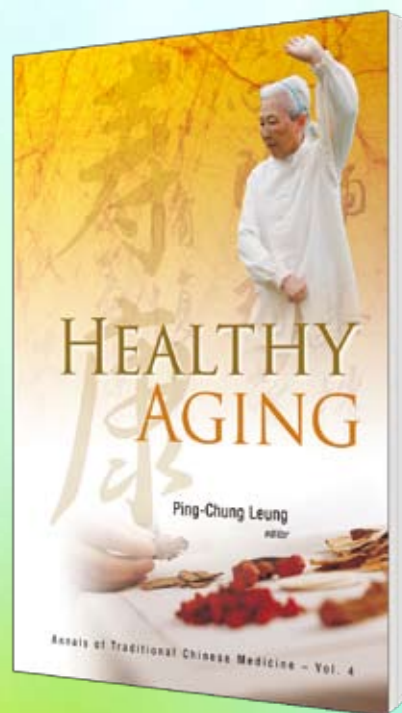
edited by **Ping-Chung Leung** (*The Chinese University of Hong Kong, Hong Kong*)

Recent advances in modern medicine have contributed to a longer lifespan for human beings. However, this does not directly translate to healthy living. Modern medicine's major success lies in specifically targeting orientated pathologies. It, however, does not promise healthy longevity.

Healthy longevity requires an absence of life-threatening diseases and maintenance of good quality of life. Oriental medicine emphasizes on the promotion of physiological balance and internal harmony, which are integral for longevity in life. This book defines aging, approaching from the perspective of the frontier bioscientist as well as that of the traditional practitioner. On the international front, Oriental practices are extensively recommended, including herbal supplements and specific training exercises. This book, compiled with the aim of offering solutions to healthy aging, provides an excellent reference for both the elderly and their caregivers.

**Readership:** Public health specialists; health policy and public health departments in ministries of health and universities, Traditional Chinese Medicine practitioners, Chinese medicine educators, clinical and basic Chinese medicine researchers and health science students (particularly Chinese medicine students), herbalists, gerontology researchers, nutritionists, clinicians in Western medicine, medical researchers, professionals at the World Health Organization and affiliated institutions, and pharmaceutical companies.

<b>350pp</b>	<b>Nov 2010</b>	
<b>978-981-4317-71-9</b>	<b>US\$108</b>	<b>£67</b>
<b>978-981-4317-72-6(ebook)</b>	<b>US\$140</b>	



Annals of Traditional Chinese Medicine - Vol. 5

## EVIDENCE-BASED ACUPUNCTURE

by **Ping-Chung Leung** (*The Chinese University of Hong Kong, Hong Kong*)

Clinical practice is always an inviting form of research. In the field of acupuncture, research concentrates on the neurological pathways of the meridians and acupoints, the neurological functional changes within the central nervous system, and innovative devices being invented, etc. It appears that there will be a long way before firm explanations can be acquired for the explanation of the physiological effects of acupuncture.

The technique of acupuncture is easily acquired although the evidence of efficacy remains subjective. Before the evidence can be sorted out through scientific explorations, confidence on efficacy can rely only on literature search and sharing of expert experiences.

This is a user-friendly book for all professionals practicing acupuncture. The contents consist of all the popular areas of clinical application viz. pain control and neuromuscular training. Each chapter is composed of two parts: clinical evidences as previously recorded in literature and personal experiences of the author. Acupuncture practice requires a thorough knowledge of the treatment choices relevant to particular conditions, as well as their modifications. This book offers quick references for this purpose.

**Readership:** Acupuncturists, practitioners, students in Chinese Medicine, physiotherapists, dentists.

<b>200pp</b>	<b>Jul 2011</b>	
<b>978-981-4324-17-5</b>	<b>US\$85</b>	<b>£53</b>
<b>978-981-4324-18-2(ebook)</b>	<b>US\$111</b>	



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## **Aims and Scope**

Traditional Chinese Medicine (TCM) is fast gaining popularity in both the Eastern and Western parts of the world. An increasing number of people are looking towards alternative therapies for common and yet difficult problems such as arthritis, asthma, allergies, insomnia, digestive disorders and alcohol addiction.

TCM relies on a strong tradition of healing philosophy and practice consisting of wide varieties of herbal preparations and manual therapy, including acupuncture. It is based on a unique system of theories about health which is built on the belief of a harmonious well-being of internal balance. Loss of the balance leads to ill health. Treatment therefore targets not at the exact pathology of modern medicine, but instead, aims at a restoration of the internal harmony.

It is assumed that modern medicine, which originates from deductive science, could become even more successful if it accepts a broader, holistic approach.

The Annals of Traditional Chinese Medicine aims to publish original papers which provide state-of-the-art accounts of clinical and laboratory research on TCM, as well as current concepts and philosophy on TCM education. Evidence-based medicine will be more emphasized.

## **Areas of particular interest encompass:**

- TCM Research: epidemiology, diseases treated and the results of the treatment, biological activities of herbs and herbal products, authentication
- TCM Education: including undergraduates and postgraduates
- TCM Profession: demographic data about the profession and the regulatory bodies concerned
- TCM Industry: regulatory framework, quality control, manufacturing, and safety of TCM products
- International policies and regulations
- Future trends
- Major issues to be addressed
- International conference proceedings and publications, and useful contacts.

Annals of Traditional Chinese Medicine - Vol. 3

## ALTERNATIVE TREATMENT FOR CANCER

edited by **Ping-Chung Leung** (*The Chinese University of Hong Kong, Hong Kong*) & **Harry Fong** (*University of Illinois at Chicago, USA*)

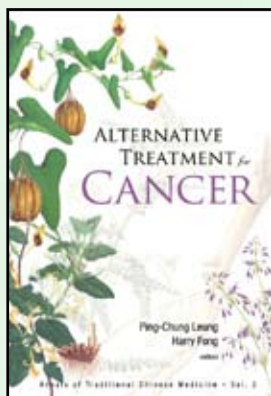
Cancer treatment has enjoyed half a century of healthy development, relying mainly on surgery, cytotoxic therapy and radiation. Achievements and successes are well reflected in the longer survival period and better quality of life. Nonetheless, cancer still spreads locally, recurs, metastasizes and remains one of the top killers.

Instead of concentrating on cancer removal, it has become obvious that supportive measures are also important. These include the means to improve quality of life during treatment and to contain tumor growth. To this end, herbal medicine appears to offer holistic support via as yet unknown pathways.

This volume reveals the practice of cancer treatment using herbs from all over the world, including China, India and Japan. It provides comprehensive information about the herbs commonly used, the logic of using the herbs, some of the mechanisms of action and other means of palliative treatment. While cancer victims have a thirst for choosing their own supplementary treatment, health providers have a duty to explain to them the justifications and the options.

**Readership:** Practitioners, educators, clinical and basic researchers, and health science students in traditional Chinese medicine; herbalists; cancer researchers; oncologists; clinicians in Western medicine; medical researchers; and pharmaceutical companies.

**384pp** **Nov 2007**  
**978-981-270-929-5** **US\$139** **£96**  
**978-981-270-930-1(ebook)** **US\$181**



Annals of Traditional Chinese Medicine - Vol. 1

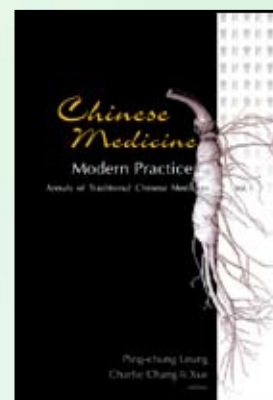
## CHINESE MEDICINE — MODERN PRACTICE

edited by **Ping-Chung Leung** (*The Chinese University of Hong Kong*) & **Charlie Chang-Li Xue** (*RMIT University, Australia*)

The inaugural volume of this series, *Chinese Medicine — Modern Practice*, contains chapters on Chinese Herbal Medicine (for AIDS, cancer, cardiovascular disease, cerebral haemorrhage and Alzheimer disease), Acupuncture (for drug withdrawal, anaesthesia and analgesia), Research Methodology and Chinese Medicine Education.

The book will be of interest to clinicians in western medicine, mainstream medical researchers, other healthcare professionals, Chinese medicine educators, clinical and basic Chinese medicine researchers, and health science students, particularly Chinese medicine students. It will also be an important resource for TCM regulators to obtain reliable and critical information concerning the evaluation of quality, efficacy and safety of clinical modalities of Chinese medicine.

**252pp** **Feb 2005**  
**978-981-256-018-6** **US\$151** **£104**  
**978-981-256-586-0(ebook)** **US\$196**



Annals of Traditional Chinese Medicine - Vol. 2

## CURRENT REVIEW OF CHINESE MEDICINE

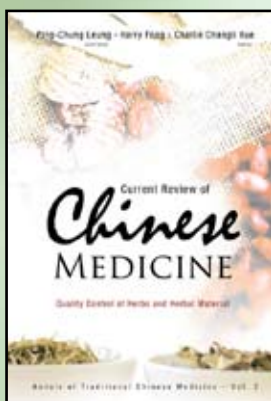
### Quality Control of Herbs and Herbal Material

edited by **Ping-Chung Leung** (*The Chinese University of Hong Kong, Hong Kong*), **Harry Fong** (*University of Illinois at Chicago, USA*), & **Charlie Changli Xue** (*RMIT University, Australia*)

The second volume of this book series on the modern practice of Chinese medicine continues with the focus on evidence-based TCM research. It is focused on detailed information about the best sources of herbal supply and its quality control required for research and drug development purposes. Herbal quality has always been a major concern for TCM researchers because it is difficult to know which is of the best quality. Some other popular topics are also entertained.

**Readership:** Clinicians in Western medicine, medical researchers, Chinese medicine educators, clinical and basic Chinese medicine researchers and health science students, particularly Chinese medicine students.

**308pp** **May 2006**  
**978-981-256-707-9** **US\$117** **£81**  
**978-981-277-401-9(ebook)** **US\$152**



## A COMPREHENSIVE GUIDE TO CHINESE MEDICINE

by **Ping-Chung Leung** (*The Chinese University of Hong Kong, China*), **Charlie Changli Xue** (*Royal Melbourne Institute of Technology, Australia*), & **Yung-Chi Cheng** (*Yale University, USA*)

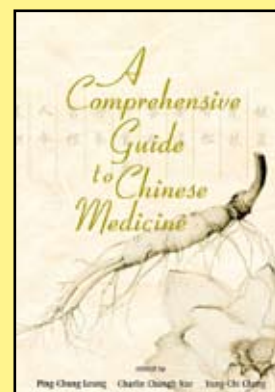
*"This book provides a wealth of information in a style that avoids jargon and remains accessible to the non-specialist at all times ... It provides a unique insight into the enduring intellectual currents that drive the modernization of Chinese medicine within the overseas Chinese community."*

### East Asian Science, Technology, and Medicine

This invaluable book is aimed at those who are concerned about Chinese medicine — how it works, what its current state is and, most important, how to make full use of it. The audience therefore includes clinicians who want to serve their patients better and patients who are eager to supplement their own conventional treatment.

**Readership:** Clinical practitioners and scientists; professionals in complementary/alternative medicine; intellectuals seeking complementary care; teachers and students in complementary/alternative medicine.

**372pp** **Nov 2003**  
**978-981-238-604-5** **US\$122** **£84**  
**978-981-238-670-0(pbk)** **US\$62** **£43**  
**978-981-279-498-7(ebook)** **US\$159**



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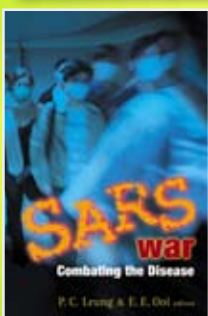


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