

Venue:	Doody's Review Service
Title:	Book Review: Chinese medicine for upper body pain, Benjamin Apichai
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Mae Wang
Abstract (or Book Review):	<p>Description</p> <p>This book covers pain syndromes in the upper body. The content includes Chinese medicine etiology and pathology, classification, manifestations, diagnosis, and treatments.</p> <p>Purpose</p> <p>The book aims to explore pain management options, introducing treatments such as acupuncture, herbal medicine, and Tui Na (Chinese bodywork). It meets the objectives at a high level academically and clinically, as it is a valuable book to address pain in the upper body with Chinese medicine, a natural treatment.</p> <p>Audience</p> <p>The book is suitable for self-care practitioners, students of Chinese medicine practices, and patients who want to better understand and mitigate their pain. It meets the needs of its intended audience very well. The author is a credible authority on the subject, based on his credentials and the book's academic and clinical quality.</p> <p>Features</p> <p>The book concisely explains anatomy, pathology, and etiology for Western and Chinese medicine. It also provides practical, effective, and easy-to-follow self-care instructions. The book delves into depth to illustrate explicitly as well. The best aspect of the book is the inclusion of Chinese characters for reference, showing good academic authority.</p> <p>Assessment</p> <p>This is a valuable book, as it is the most inclusive in content and trustworthy academically and clinically in this area compared to other texts. To my knowledge, it is the best reference to address pain conditions in the upper body at a high level with a natural, holistic approach. I appreciate the author's academic and clinical expertise in this area. In addition, the book editing is impeccable.</p>

