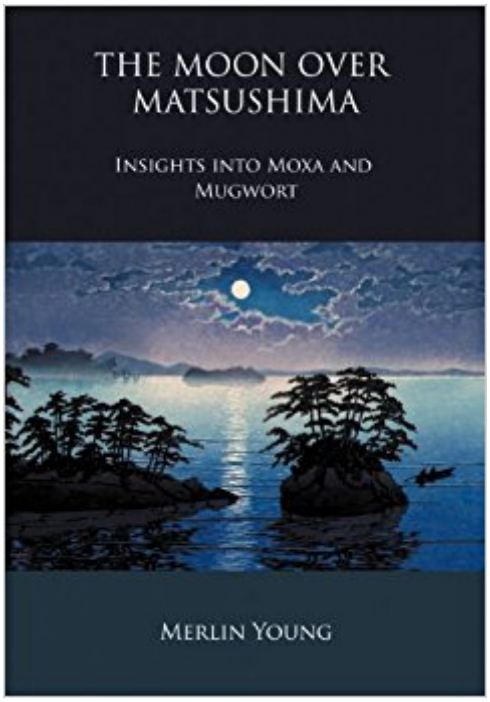
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The Moon Over Matsushima - Insights Into Moxa And Mugwort



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Synopsis

THE MOON OVER MATSUSHIMA sets out on a journey of exploration, one with unexpected twists and turns. It begins by unveiling the earliest relationship between acupuncture and moxa, and then explores the nature and biochemistry of mugwort. It reviews various traditional treatment approaches and then examines their possible mechanisms. An appendix offers an essential and extensive list of treatment options for a wide range of disorders. Most importantly of all, perhaps, the book proposes extraordinary possibilities for this humble treatment in the current era.

Book Information

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Customer Reviews

I developed a passion for moxibustion while studying Japanese Meridian Therapy as a student of Oriental Medicine. Since then, I have experimented with its use on my own as I find that there is not a great deal of resources out there for practitioners who desire to incorporate moxibustion (particularly direct moxibustion) into their practice. When I saw this book I knew I had to have it. When I started reading it I couldn't put it down. The Moon Over Matsushima is a brilliant book for many reasons. I love that it combines the history of moxibustion with modern day clinic research and the practitioners own clinical experience. For me, that is a trifecta of perfection. Merlin Young's writing style is graceful and conversational. It makes for an easy but profoundly effective read. Finally, the information presented in the appendixes is a dream come true. If you are at all interested in moxibustion therapy, this is a must read.

As a practitioner of Oriental Medicine for over 30 years, I have read many texts and books on this ancient art.... The Moon Over Matsushima is one of those books you find that is quite a pleasant surprise.... Merlin's style of writing is relaxed, humorous and informative.... I highly recommend this to any practitioner who is interested in deepening their knowledge and skill in moxibustion.

Great, in-depth resource

Anybody interested in Moxa, should read this book. It is in my opinion the best documented book about Moxa, its history and its application. It covers a wide field, interesting for scholars of Chinese medicine as for those who are interested in the history of medicine in Asia. It is written in a very nice way, which makes this book easy to read even though it is very profound.

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