

**Certificate in Chinese Herbal Medicine Program**  
**Term 1, Fall 2014 Booklist**

**HM911 MATERIA MEDICA & CLASSICAL FORMULAS 1:**

***Required:***

**Chinese Herbal Medicine Materia Medica, Bensky and Gamble, Revised edition, Eastland Press, Inc., 2003. ISBN-13: 978-0939616428, Amazon price: \$105.79**

**Chinese Herbal Medicine Formulas and Strategies, Bensky, Scheid, Ellis & Barolet, Eastland Press, 2009. ISBN-13: 978-0939616671, Amazon price: \$101.78**

***Recommended:***

**The Divine Farmers Materia Medica: A Translation of the Shen Nong Ben Cao Jing, Yang Shou-Zhong, Blue Poppy Press, 1998. ISBN-13: 0936185961, Amazon price: \$19.60**

**Chinese Medical Herbology and Pharmacology, John & Tina Chen, Art of Medicine Press, 2004. ISBN: 0974063509, ISBN-13: 9780974063508, Amazon price: \$58.96**

**Herb Sample Kits: *Herb identification is now part of the NCCAOM Certification Exam in Chinese Herbology. It is recommended that all students have an herb sample kit as a study tool. Custom kits can be purchased or you can create one yourself. Your instructor can provide you with a list of herbs to include in your kit. Sources include:***

D&A Herb House, 20635 E. Valley Blvd #D, Walnut Creek, CA 91789, phone: 909-444-988  
Cost \$120

China Herb Company, 750 South 15th Street Philadelphia PA 19146, p 215.546.5870  
www.chinaherbco.com • info@chinaherb.com  
Cost \$200. Purchase with classmates and save! Order 10 kits: Save \$10

**HM912 INCOMPATIBILITIES, CONTRAINDICATIONS & INTERACTIONS**

***Required:***

**Chinese Medical Herbology & Pharmacology, John & Tina Chen, Art of Medicine Press, 2004. ISBN: 0974063509, ISBN-13: 9780974063508, Amazon price: \$58.96**

**Chinese Herbal Medicine Materia Medica, Bensky and Gamble, Revised edition, Eastland Press, Inc., 2003. ISBN-13: 978-0939616428, Amazon price: \$103.17**

**HM913 ESSENTIAL OILS:**

***Required:***

**Materia Medica of Essential Oils (Based on a Chinese Medical Perspective) by Jeffrey C. Yuen  
***Available for purchase at Daoist Traditions: \$45.00.*****

***Optional:***

**Aromatherapy for Health Professionals 3rd Edition, Edited by Shirley Price, Len Price, Churchill Livingstone 2007. ASIN: B008WDTX4Q, Amazon price: \$296.80**

Aromatherapy for Healing the Spirit: A guide to restoring emotional & mental balance through essential oils, by Gabriel Mojay. ISBN-10: 0805044965, ISBN-13: 978-0805044966, Amazon price: \$18.99

**HM914 FOOD THERAPY:**

*Recommended:*

The Divine Farmer's Materia Medica, a translation of the Shen Nongs Ben Cao Jing, by Yang Shou-zhong, Blue Poppy Press, 1998. ISBN-10: 0936185961 / ISBN-13: 978-0936185965

Compendium of Materia Medica (Bencao Gangmu), by Lishi Zhen, Foreign Language Press, 2003 first English translation. ISBN-10: 7119032607 / ISBN-13: 978-7119032603

Treatise on the Spleen and Stomach, by Li Dong Yuan a translation of the Pi Wei Lun, Bob Flaws, 1990. ISBN-10: 0936185414 / ISBN-13: 978-0936185415

Healing with Whole Foods, by Pitchford, North Atlantic Books, NY, 2003. ISBN-10: 1556434308 / ISBN-13: 978-1556434303

Longevity- the Tao of Eating and Healing, by Aileen Yeoh, 1989. ISBN-10: 997165234X / ISBN-13: 978-9971652340

The Book of Jook- Chinese Medicinal Porridges- a Healthy Alternative to the Typical Western Breakfast, Bob Flaws, Blue Poppy Press, 2001. ISBN-10: 0936185600 / ISBN-13: 978-0936185606

**OB911 HERBAL DISPENSARY:**

*Required:*

Materia Media: Chinese Herbal Medicine. Bensky, Clavey, and Stoger. Eastland Press, Inc., 3rd ed., 2004. ISBN-13: 978-0939616428, Amazon price: \$103.17

Daoist Traditions Clinical Manual

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**READING ASSIGNMENTS TO BE COMPLETED PRIOR TO SESSION 1**

**HM911 Materia Medica & Classical Formulas, September 26:**

Chinese Herbal Medicine Materia Medica, Bensky and Gamble - p. xiii-xxxi

Chinese Herbal Medicine Formulas and Strategies, Bensky, Scheid, Ellis & Barolet – p. xvii-iii

**HM912 Incompatibilities, Contraindications & Interactions, September 27:**

Chinese Medical Herbology and Pharmacology, John & Tina Chen, Part 1- Chapters 6-8