

## Wan's Clinical Application of Chinese Medicine: Scientific Practice of Diagnosis, Treatment and Therapeutic Monitoring

**Giorgio Repeti**

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According to author and licensed acupuncturist Giorgio Repeti, there's a proven way for practitioners of Chinese medicine to simplify and streamline their practices and improve the results for their patients. His handbook for practitioners will open their eyes to a little-known expert, Dr. Wan, who is Repeti's teacher and also founded something called the 3E Method.

Wan died in 1997, in the author's fifth year of study with his Grandmaster. Wan's system, derived from his wealth of experience in Chinese Medicine along with his studies of Taoism and Buddhism, gives practitioners the guide for creating healing results for patients using the fewest possible points during the acupuncture treatments.

So what are the 3Es? "Dr. Wan insisted that any good therapy must contain these three ingredients: Easy. Economical. Efficient." (It's a concept that Western medicine might benefit from considering.) The author elaborates on the plan, saying, "Simplicity requires deep understanding of the fundamentals and the ability to do less to have a more profound effect."

The book addresses the fundamentals of diagnostics based on Wan's principles, along with the pulse diagnosis, a concept unique to Chinese medicine. The use of acupressure also distinguishes Wan's system, as Repeti observes, "... an essential tool and adjunct in acupuncture therapy. It is sometimes underestimated and frequently not used at all." Wan's method recommends this noninvasive supplement for most acupuncture treatments. The first part of the chapter on acupressure offers the most user-friendly and accessible information in what is primarily a technical reference for practitioners.

Wan's essentials for acupuncture make up the heart of the book. While Repeti acknowledges that the "information seems at first basic and easy," it's just such a fundamental approach that sets Dr. Wan's ideas apart from the overly complex instructions that typically characterize the practice of Chinese Medicine.

By far the longest section in the book is the last chapter – more than fifty pages – with extensive detail on herbal medicine and tips for understanding the cold and hot syndromes.

It should be noted that this book is a supplement to a full program or reference text in Chinese Medicine. It does not stand alone and assumes readers have a degree-level familiarity with the material. And although not for a general audience, this concise guide is packed with valuable perspectives for practitioners of Chinese Medicine and is an ideal supplement for collections in Oriental Medicine.

BOBBYE MIDDENDORF (April 28, 2011)

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