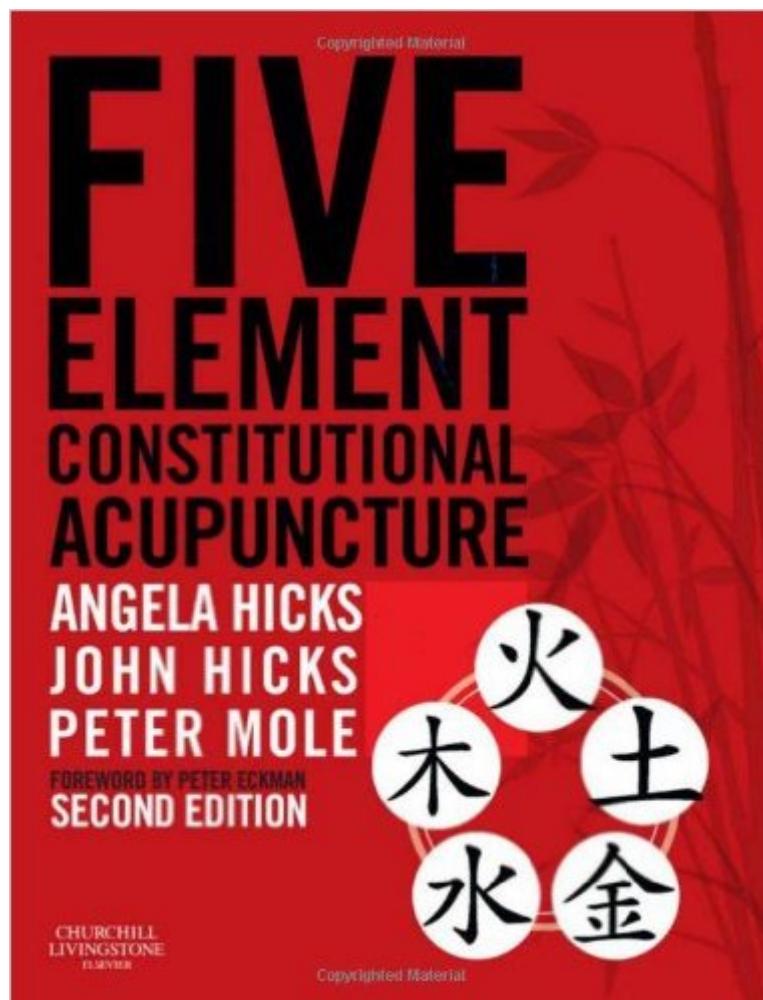


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# Five Element Constitutional Acupuncture, 2e



## Synopsis

This exciting new edition of Five Element Constitutional Acupuncture gives a clear, detailed, and accessible presentation of the main features of constitutional Five Element acupuncture. It covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. After examining the Elements themselves and the functions of the Organs, the book explores the basis of diagnosis in Five Element acupuncture, possible blocks to treatment and the treatment itself. It puts this style of treatment into the context of other styles of acupuncture treatment • especially Traditional Chinese Medicine (TCM) as it is used in the West today. Features The Five Elements referred to in the title are Wood, Fire, Earth, Metal, and Water. Gives a clear, detailed and accessible presentation of the main features of Five Element Constitutional Acupuncture treatment. Covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. Includes an unambiguous description of the principle aspects of diagnosis within a system, ironing out inconsistencies often present in discussions of these aspects. This edition has been thoroughly revised throughout. Quotes from the foreword to the first edition by Peter Eckman, San Francisco: "...the authors have shown how their approach can even integrate with TCM findings to treat patients more completely and rapidly. As the case histories illustrate, Five Element Constitutional Acupuncture is a style of practice that is second to none, and this innovative text is an excellent resource for learning it"

## Book Information

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## Customer Reviews

This is a beautiful and interesting book with deep insight into aspects of acupuncture practice and the human condition. I find it important to point out that Five Element Constitutional Acupuncture is the work of the authors rather than the teaching of J.R. Worsley as suggested in the introduction. The teaching of J.R. Worsley is clearly laid out in three books: Classical Five-Element Acupuncture Vol. I: Meridians and Points, J.R. and J.B. Worsley pub. Worsley Inc. (4th ed 2004) Traditional Acupuncture Vol. II: Traditional Diagnosis, J.R. Worsley 1990 pub: The College of Traditional Acupuncture, U.K. Classical Five-Element Acupuncture Vol. III: The Five Elements and the Officials pub: J.R. and J.B. Worsley 1998. Therefore I must query the following statements in the introduction: "The practice of Five Element Constitutional Acupuncture in the form described in this book is of relatively recent origin. It was developed some time in the late 1960s and 1970s by J.R. Worsley (1923-2003), an Englishman." p. IX "This is the first comprehensive textbook that explains the concepts of Five Element Constitutional Acupuncture and how to use it in diagnosis and treatment." p. XII "J.R. Worsley did not coin the phrase Five Element Constitutional Acupuncture which we use in this book. He used the term Five Element Acupuncture." p. XII It is therefore misleading to suggest that Five Element Constitutional Acupuncture is the teaching of J.R. Worsley. The following statement makes clear the intention of the book: "This book is different from other books written about this style of acupuncture. The emphasis is on enabling the practitioner to recognise how people reveal their constitutional imbalance. It also concentrates on clinical practice" p. XIII In contrast to the patterns of behaviour of each constitutional factor described in chapters 10 - 22 J.R.'s words on diagnosis of the causative factor of disease (Classical Five Element Acupuncture Vol. III) are as follows: "Volume II of this series dealt with Traditional Diagnosis and focused on the development of our senses for mainly diagnostic purposes. Only when we have begun to regain those faculties can we begin to diagnose disease and diagnose it accurately. Then we can see the signs of an imbalance in someone's energy appear clearly in a colour on the face, a sound in the voice, an odour from the body, and an inappropriate emotion which becomes predominant in someone's character and behaviour. These signs point to the Causative Factor." Vol. III Foreword: The Spirit of Nature (p. i) J.R. Worsley then goes on to warn against possible misunderstanding in diagnosis of the Causative Factor in Classical Five Element Acupuncture: "The danger, of course, is that looking at the separate parts of the unity of elements and officials will encourage people to use the framework as an analytical tool. Many students of Classical Acupuncture would be only too happy if such a book existed - a kind of reference book in which we could take a problem in a physical faculty, or moral capability, or spiritual identity, then look at an index and identify which element or official was in distress. Diagnosis would become a great deal easier - as would be the

understanding of people at large and of life itself." (p.ii)"It is because of this ignorance that I hope this book may encourage people to look with their physical eye, their mind's eye and their spirit eye at the world around them, and to use all their senses to gain a deeper understanding of the Elements within us and around us. This will then take them to the spirit of nature as it manifests everywhere..... The blueprint for this lies in nature, not in a book." (p. iv)Five Element Constitutional Acupuncture is an excellent textbook for those who wish to practice according to the teaching of the authors. It is an inspiring contribution to the understanding of acupuncture resulting from many years of study, practice and teaching. Let it not be confused with the teaching of Professor J.R. Worsley and the lineage of Classical Five Element AcupunctureClare Agnew Lic. Ac. MBAcC

I think "arguments" occur because people think one way is "right" or "pure." Most 5e practitioners I have experience with and who studied with JR Worsley or Judy Worsley do not feel their style is superior to others. In fact, JR and Judy both have said that their style isn't superior, but different, and they wanted to keep what they learned taught in its original form since its the style they know best and the style that they practice. I have taken some 5e classes myself from Worsley-based schools and found that the approach is not critical of TCM or other styles, but rather they acknowledge the benefits all different styles of acupuncture may have. Of course they are partial to the type they learned and practiced the most and saw successes with! And 5e does work well! The schools I've studied at also acknowledge its limitations.The folks who critique Hicks' book for deviating from Worsley's style are being in my opinion, well, anal. The authors do acknowledge that they deviate from Worsley's teachings and explain most of the areas in which they do and why. I believe they also give due respect to Worsley as an influential teacher and promoter of 5e style, and in no way try to say that everything in the book is what he (Worsley) taught.Anyway, the whole argument against blending styles is silly since Worsley himself studied with so many teachers and took away what was most beneficial. There is no PURE teaching. Everything changes and grows with time and place, and anyone who denies this is in for extinction. Most 5e or Worsley practitioners do not hold this absolute purist attitude, even if they choose to practice "pure" CF-EA themselves. I feel CF-EA practitioners are poorly represented by the vocal loyalists who can't go with the flow...like the Dao recommends. I just don't see anything in life that doesn't change or adapt...that survives. I think wanting to keep JR's teachings pure is great, but others should be allowed to use them and integrate them in a way that works for THEM, as this is how all medicine has evolved. People have always studied under many different teachers (Worsley included), and practice what they have seen works.Good medicine stands the tests of time.I do think the book

should have mentioned Worsley's books as well (Vol. I-III) as they are great reference books, and have been around a long time. I see this book as a place to get information about a different kind of 5e practice, and I don't think the authors try in any way to mislead readers into thinking its pure Worsley CF-EA style.

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