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Materia Medica for Martial Artists

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The only text of its kind, this reference on Chinese herbs is designed directly with the martial artist and athlete in mind. Specifically chosen herbs which are relevant to these fields are covered. Each herb is provided with both the relevant classical functions and important notes about each herb, special processing, pharmacological actions and chemical compounds, formulas the herb appears in, and useful notes. As injury and conditioning formulas, training wines, and longevity tonics continue to proliferate throughout the martial arts, this reference work will help guide you through understand the functions of herbs in formulas and arm you with knowledge that has been unpublished until now.

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