

## How to use this Book

This book is a collection models, schemas, tables, forms and summaries. It provides you as a student with key information about the content it describes.

Every chapter has the same layout:

- Goals of this chapter – describe what this chapter will teach you.
- Learning Goals – are the goals for you. This is what you have to know.
- Introduction – an introduction to the subject described in the specific chapter.
- Assignment – pages you have to read, to study, or assignments you have to perform.
- The specific content of the chapter.
- Knowledge test – questions you have to make in order to test your knowledge level. In order to pass examination you have to be able to answer all questions.
- References – important reading which supports the chapter.
- Bibliography – information sources used and useful for further reading.

The models in this book are made in such a way that it is easy for you to extent them with your own notes. This keeps all relevant information together and facilitates effective studying of the subject at hand.

## How to read the models

Chinese Medicine is heavenly dependent on the relationship between all kind of concepts, things, etc. The models used in this book, reflect this.

Further, when studying books you have to find your way through a lot of pages with lots of text. For our brain this is a task without challenge and creativity. Therefore it often is hard to remember things, even if you read then more than once.

The models in this book are associative. The same way our brains work. The models will help you:

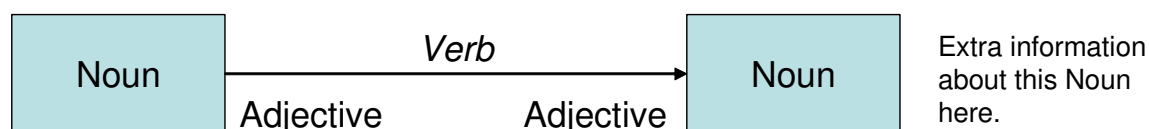
- to focus on the subject
- to see connections and relationships more easily
- to easily extent the models with your own knowledge
- to shorten the time needed to study difficult subjects
- to give your brain a challenge and creativity
- etc.

When extending the models with your own 'notes', use colours and pictures. This will make it easier for your brain to store and distinguish between the piles of information it al ready contains.

In the models you will find the following structures:

- Noun – describe a topic of interest, like an organ system, Qi, disease, etc.
- Verb – describes a form of relationship two or more nouns have.
- Adjective – tells more about the noun. For instance: Pí-Qì. Pí is the noun, and Qì the adjective.

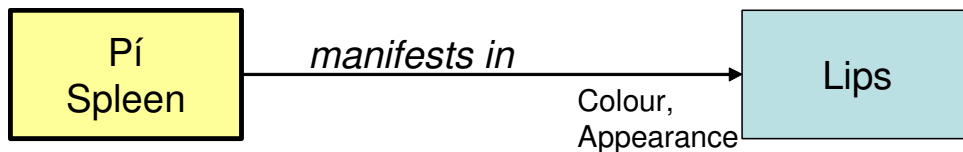
The figure below illustrates this.



Given the following text:

Pí-Spleen manifests itself in the colour and appearance of the lips.

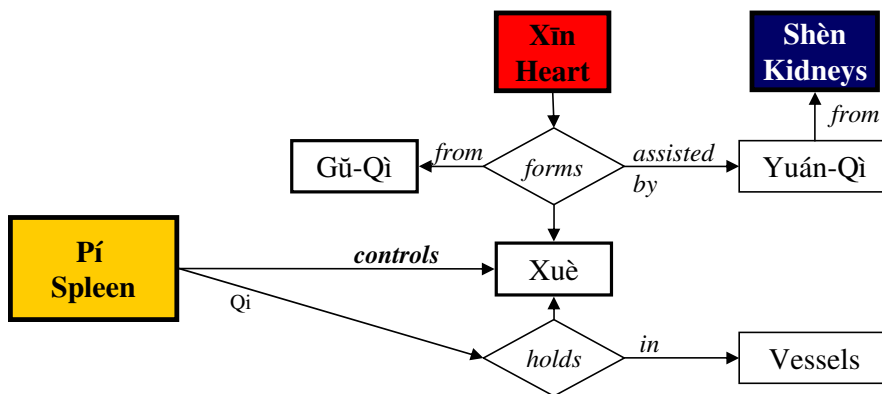
Then the model is as follows:



All organ systems and vital substances have a box with a thicker line. Organ systems have the colours of their phase in the five phases.

It is also possible to model more complex relationships. For example: Pí-Spleen controls Xuè. Xīn-Heart forms Xuè from Gǔ-Qì assisted by Yuán-Qì. Pí-Qì holds Xuè in the vessels.

The model is:



General guidelines:

- read the models from left top to right bottom.
- read the models from left to right.
- follow the text above the arrows or in the diamond-shapes.
- use common sense.

Have fun!