



Pao Zhi: An Introduction to the Use of Processed Chinese Medicinals

Philippe Sionneau, Bob Flaws

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In Chinese herbal medicine, the effectiveness of any medicinal is dependent upon its correct preparation before being used in any formula. The specific functions desired of a Chinese medicinal may be maximized or selected by this correct preparation, thus insuring a more successful overall effect for the formula in which it is included. Such processing is called pao zhi in Chinese and is a very ancient part of the practice of Chinese medicine, dating back to at least the 2,000 years. This book describes specific preparation instructions and used for over 250 Chinese herbs. It is an excellent addition to any Chinese herbal practitioner's reference shelf.

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