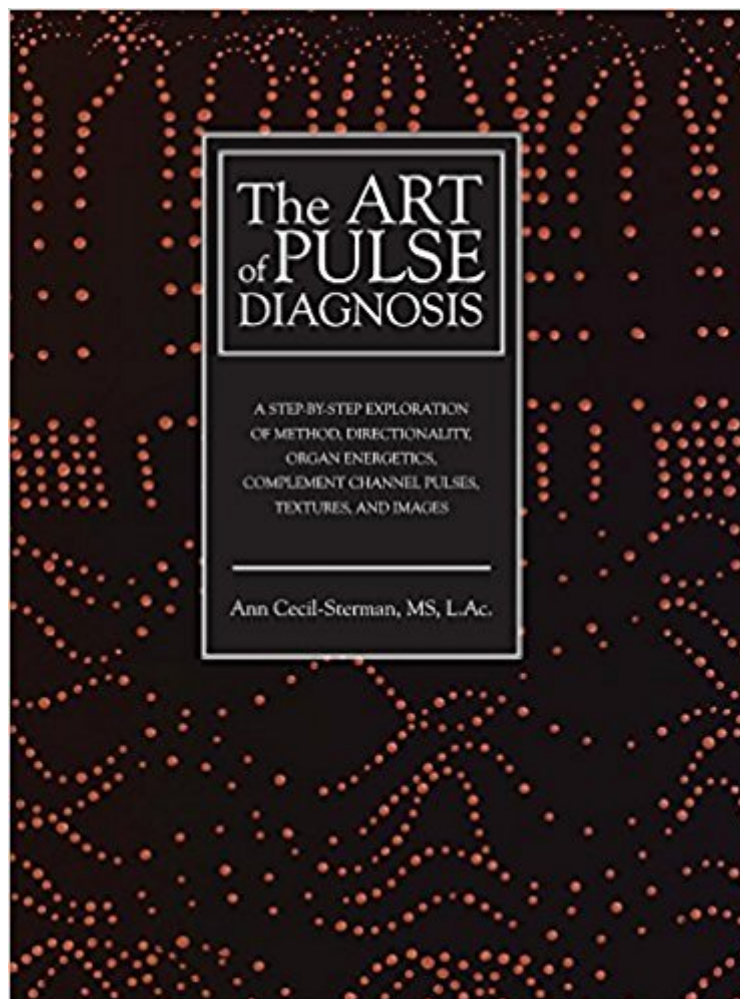




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# The Art Of Pulse Diagnosis: A Step-by-Step Exploration Of Method, Directionality, Organ Energetics, Complement Channel Pulses, Textures, And Images





## Synopsis

**DESCRIPTION** The first book of its kind, *The Art of Pulse Diagnosis* contains a detailed step-by-step exploration of method for the practice of Chinese Medical pulse diagnosis. Includes descriptions of pulse qualities/images, organ function as described in the pulses, the concept of dynamic and directional pulses and pulses for all the channels of acupuncture. (This book includes the entire text, *Dynamic Pulses* by the same author, introducing the ancient, remarkable practice of Dynamic Directional Pulses in writing for the first time.) Over 100 diagrams/illustrations/paintings. Foreword by Dr Linda Puckette. Printed in the USA, London or Melbourne. **Hard Cover, 260 pages.**

**ADVANCE PRAISE** This is a wonderful work. Ann Cecil-Sterman has been writing methodical clinical manuals assembled from her study of the oral tradition of Jeffrey Yuen and her own busy practice. This time, she focuses upon the topic of pulse diagnosis. She is clear and concise, providing a detailed approach to this method. The images contained herein elucidate many areas that have long proven to be confusing for learners. Her years of work on these oral transmissions is to be commended. At long last, this tradition will be available for generations to come.

—William Morris, PhD, DAOM, author of *Li Shi-Zhen's Pulse Studies, An Illustrated Guide*

All holistic systems of medicine contain at their core a deep awareness that the human body consists of more than just fluids and tissue and bone. Chinese medicine specifically views the body as a hierarchically organized fusion of spirit, energy and matter. No treatment should ever be administered without considering the body's energetic planes first. Among the various modalities of Chinese medicine, pulse diagnosis once reigned supreme as a direct way to perceive energetic imbalances. This book represents a practical and sensitive introduction to the complex topic of Oriental pulse diagnosis that makes this waning art accessible. Another valuable contribution to the profession by Ann Cecil-Sterman!

—Heiner Fruehauf, PhD, LAc, Founding Professor, School of Classical Chinese Medicine at the National College of Natural Medicine, Portland, Oregon.

**ABOUT THE AUTHOR** Ann Cecil-Sterman, MS, L.Ac, is the author of the internationally acclaimed book, *Advanced Acupuncture: A Clinic Manual*, a required text in many acupuncture schools in the United States and widely read in Europe and Australia. She travels all over the world to teach the application and methodology of the Complement Channels, the art of pulse diagnosis, and the use of food as medicine. For many years she taught *Advanced Clinical Observation* and was a senior clinic supervisor at the school of acupuncture founded by Dr Jeffrey Yuen in 1997 in New York City. She is a long-time student of Dr Yuen, having extensively studied acupuncture, diet, Chinese medical history, herbs, qigong, essential oils, stones and philosophy with him across North

America. Ann was Director of the Classical Wellness Center in Manhattan where for many years she practiced and taught classes on advanced diagnosis and the theory and application of Classical Chinese Medicine. Currently, her patients—children and adults of all ages—come from all over the world, working through illnesses or on personal cultivation. Ann's practice features the Complement Channels of acupuncture: the Sinew, Luo, Divergent and Eight Extraordinary Channels, and is augmented with Classical Chinese dietary therapeutic guidance. She lives in Manhattan with her husband and two children. [www.classicalacupuncture.com](http://www.classicalacupuncture.com)

## Book Information

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## Customer Reviews

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supreme as a direct way to perceive energetic imbalances. This book represents a practical and sensitive introduction to the complex topic of Oriental pulse diagnosis that makes this waning art accessible. Another valuable contribution to the profession by Ann Cecil-Sterman! -Heiner Fruehauf, PhD, LAc, Founding Professor, School of Classical Chinese Medicine at the National College of Natural Medicine, Portland, Oregon.

This book should occupy an easily reachable place on every acupuncturist's bookshelf. As practitioners, we are fortunate that Ann Cecil-Sterman has undertaken such a thorough and exacting effort on behalf of our profession. The result is likely the most comprehensive and accessible resource on pulse-taking available. The format, including clearly delineated sections, commonly asked questions and answers, plus full-color illustrations and photos, provides unparalleled clarity and insight into the ancient art of the pulses. Whether a student of Jeffrey Yuen in particular, or of Chinese medicine in general, you will find this book invaluable to your understanding and practice, literally at your fingertips. Heather Spangler,

L.Ac.HS-ACUPUNCTURE.COM

In my earlier review of *Dynamic Pulses*, a extremely thin book describing dynamic pulse-taking, I noted that the author was working on a much larger exposition of pulses. At long last it is here! When I was in Pacific College of Oriental Medicine at NY's student clinic our supervisor Dr. Jonathan Daniel would always take the time to explain the many nuances of pulse-taking on each patient. I will never forget the excitement we all shared the day he rushed us over to his side of the table to feel a Leather Pulse. So, the first page I sought out in this intriguing book was the section on the Leather Pulse and I was not disappointed. This is the book we might have wished we had in school except back then there would never have been any time to digest it all. Cecil-Sterman starts with a review of the Classical Approach of feeling levels of the pulse, moves on to present in a new light the 28+ TCM pulses we mindlessly memorized for our national exams, and then opens up the whole world of Directional Pulses and Organ Communication that nicely complements the new interest in the Eight Extra Meridians and Divergent Channels as demonstrated by the recent flurry of books on these Classical Acupuncture protocols. This is the pulse-taking book we now have the time to explore. And it is time well spent. *The Art of Pulse Diagnosis* is a book to reflect on between patients and to be savored in small chunks. And best of all Cecil-Sterman has a writing style that flows smoothly from thought to thought.

If I could give this book 100 stars, I definitely would! A few moments ago, I finished reading this thorough, informative, thoughtful, valuable and beautifully written book from cover to cover. I imagine I will be digesting it for years to come. This book is a true gift that Cecil-Sterman has given to us as practitioners and laymen about the wisdom found within the pulses. The paintings she shares with us give life and feeling to the pulses that words can't solely describe. In my practice, As a TCM trained practitioner, I have found that the diagnostics found in this book have been making my classical treatments that much more effective. The directional pulse taking in itself is crucial knowledge that all practitioners should know. Ann describes directional pulse taking in depth here, along with shedding light on the basic 28 pulses acupuncturists learn in school. Each day I am in practice I apply little bits and pieces of the knowledge I have gained from her book and I imagine this book will continue to be indispensable in my practice. A must must must buy for any acupuncturist to deepen your knowledge of pulse taking! So important.

A modern day classic and work of art in and of itself, The Art of Pulse Diagnosis elucidates the intricacies of Pulse taking on both a physical and energetic level. This book is one of a kind, and is as methodical and practical as it is deep and intriguing. I imagine that Li Shi Zhen and Wang She He would both be proud.

Really? A book about the "art of pulse diagnosis"? Sorry, but this book is way too expensive, disappointing for any serious practitioner, and really is a bad joke. There are lots of mistakes, filled up with esoteric preaches, without any practical benefit. Even the original Chinese names are missing in this book about the "art" of Pulse diagnosis. Beside some nice drawings, that try to compensate the lack of content, there are many mistakes. For example, the big pulse (da mai), p. 37, is not a pulse, that is seldom seen, it is very common in febrile diseases. Next one on p. 27, cite: "The exuberant/full pulse gives you confidence that there is adequate mediumship and that the associated organs are strong." Really, that's a very bad mistake. This pulse indicates excess, a disease. Beside many other mistakes, descriptions about how the pulses are defined are very vague. It really makes me angry, that I paid a lot of money for this book. Today, Chinese medicine doesn't need to be filled up with such esoteric junk. You get much better definitions on pulses in other books.

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