

Chapter 1 : Barefoot Doctors: Barefoot Doctors Manual

*A Barefoot Doctors Manual: The American Translation of the Official Chinese Paramedical Manual [John E. Fogarty] on calendrierdelascience.com *FREE* shipping on qualifying offers.*

Website Newsletter Explore Living Healthy Naturally Explore living healthy naturally using the best of modern science and the ancient wisdom of Traditional Chinese Medicine. Living a healthy, vigorous life should be an adventure. Come explore with us all the many enjoyable ways of living healthy naturally. Explore new dietary delights, make an adventure of healthy eating. Find new ways get the exercise you need and have fun doing it. Enjoy specific healing exercises from china. Learn to alleviate your own aches and pains with the powerful healing secrets of Traditional Chinese Medicine. Choose from many different self help techniques tested over thousands of years that can help you cure, relive and prevent many common ailments. What is a Barefoot Doctor? A time honored tradition in Chinese Medicine, the Barefoot Doctor chijiao yisheng refers to ordinary people and health professionals interested in prevention rather than cures. In ancient times many barefoot doctors were from the Martial Arts as the study of traditional arts were closely linked with the practice of Chinese medicine. These health promotion specialists lived in the community they served, focused on prevention rather than cures and were trained in basic western public health measures combined with traditional medical practices to educate people and provide basic treatment. Past, Present, and Future The Running Press, Cambridge University Press, National Public Radio, 4 Nov. This ancient attitude toward self-healing embraces modern theories of self-efficacy and planned behavior in teaching small steps of mastery, role modeling ancient masters, social persuasion and attitudes. Self-efficacy the Exercise of Self-Control: New York, Freeman, Get expert advice from internationally recognized experts in healthy aging. Using modern communications to provide a supportive social environment to encourage healthy lifestyles.

Chapter 2 : Mao's Barefoot Doctors: The Secret History of Chinese Medicine

'A Barefoot Doctor's Manual' is an excellent general health manual, divided into sections such as 'Understanding the Human Body, 'Hygiene' Therapeutic Techniques, 'Birth Control and Diagnosis' and 'Treatment of Common Diseases.'

Promoters of alternative medicine claim that this ancient wisdom was and is in common use throughout China, and the Western world is becoming aware of its value. Skeptics of this position point out that alternative medicine was only used in Chinese rural areas where conventional treatments were not available, and it became popular because it was inexpensive, not because it was effective. The actual history brings some interesting perspective onto both of these points of view. They lived largely unaware of what was happening in science and technology, and their worldviews were dominated by local traditions. Medicine was rarely seen by any of these populations; when someone was ill, traditional treatments based on centuries of unscientific beliefs were what was known and applied. Chinese oncologists prescribed chemotherapy for cancer just like in other parts of the world. Patients in great pain would be given opiates. One difference that you would have seen between Chinese hospitals and those in other nations was the use of acupuncture, which was and still is in relatively wide usage; however, with an important proviso. In China, acupuncture is only used for pain relief, never as a treatment, and always in conjunction with conventional painkiller medications whenever available. One of the national problems that Red Flag addressed was healthcare. What healthcare there was had been mainly provided by traveling teams of doctors who would spend a few weeks in the outlying provinces, but would then return to their hospitals in the cities where they could receive a decent income. The problem grew more pronounced with the increasing spread of schistosomiasis, a parasitic disease that caused infection and organ damage, and is most notably characterized by swelling in the abdomen. Schistosomiasis came to be something of an iconic symbol for the lack of healthcare in China. Mao planned a fix. Farmers were recruited from all over China, given free training, and sent back to their own villages to serve as medical professionals. Within just a few years, some , doctors and , paramedics â€” half a million workers to serve over half a billion patients â€” were at work throughout the country. They became known as the barefoot doctors. Candidates were required to be high school graduates. Most received three to six months of training at the nearest hospital, and when they worked as doctors in their villages they accumulated work points just as they did for their normal farming work. Barefoot doctors worked no more than half-time as medics; they were still required to continue their agricultural work to prevent productivity from suffering. Many barefoot doctors went on to later attend medical school and became licensed doctors. By , China boasted a great army of half a million paramedics. They were trained and they were stationed throughout the country where they were most needed. But there was still a problem, a very large problem. There were almost no resources to equip the barefoot doctors with medical instruments, supplies, or drugs. There was a medical treatment available for schistosomiasis, but there was no money for the barefoot doctors to provide it. So they employed the one resource China had always had plenty of: Schistosomiasis is caused by worms, and these worms are spread by infected snails through a local water supply. Throughout China, barefoot doctors directed workers to clear ponds and streams, and eradicate the snail population. It was quite successful; within fifteen years, this simple technique reduced the incidence of schistosomiasis from ten million per year to just over two million, and in some areas, it was nearly completely eliminated. Another significant part of their training was in first aid, to address injuries and other medical emergencies. Pre- and post-natal care was also taught, as well as basic hygiene like washing hands before eating. The barefoot doctors were taught to recognize the symptoms of conditions requiring medical treatment, and were trained to refer such patients to the nearest hospital. But what about everything in between; illness not serious enough to warrant hospitalization, wellness care, and simple treatable conditions? Barefoot doctors were enabled to prescribe medications, but the problem was that medication was hard to come by and often too expensive for peasants. So, he provided an alternative. The manual is amazingly comprehensive, giving instructions for how nearly any expected illness can and should be treated. It covers basic anatomy, birth control, hygiene, and diagnosis. Interestingly, it also anticipates the likely unavailability of needed medical therapies. So as a supplement, the bulk of its content is about medicinal

herbs: What they look like, how to collect and prepare them, and what conditions they are believed to treat. But the book provided a somewhat flawed introduction. It did not provide an insight into what was happening in Chinese hospitals, nor even what most fully licensed medical doctors would have practiced. Westerners got a slanted perception of Chinese medicine from the book. For example, the manual describes the treatment for Japanese encephalitis. It recommends the use of acupuncture, mud packs, a compress using extracts of toad, and herbal teas. But it also gives the list of conventional drugs that should be given intravenously. Throughout the manual, almost every disease listed includes the conventional medical treatment that should be given whenever available, and the traditional treatment to be given otherwise. However, I found out something quite interesting when I tried to verify this. I was intrigued when I saw that the page counts varied widely. Some are as short as pages, some as long as Note that word "concise". Beginning in , The Running Press used to publish a longer version of the book, which is now out of print. By scanning through brief snippets of the original full-length text available on Google Books, I found that the complete conventional medical treatment for Japanese encephalitis was given. But searching through the "concise" edition, which I bought, all such mentions of conventional medicine have been deleted. Some pages of sound medical information were cut from the book for Western audiences. What remains is essentially a list of Chinese traditional treatments, with nothing to inform the reader that the barefoot doctors ever relied on anything else. The edition was not simply made concise; it was carefully edited to give a skewed and untrue impression of what Chinese medicine is. The publishers changed it from a responsible paramedical manual into a promotion for alternative medicine under the guise of "ancient Chinese wisdom". And so, when we look at the history as a whole, we find that alternative medicine did not represent what knowledgeable Chinese doctors would have prescribed, at least not since the dawn of science-based medicine; and so the argument that alternative medicine is valid because the Chinese use it, is false. And we also find that the skeptical claim that Mao promoted alternative medicine through the barefoot doctor plan because it was cheap is not quite true either. The plan was an honest attempt to provide the best available medical care, and it only fell back upon alternative therapies when nothing else was at hand

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Chapter 4 : A Barefoot Doctor's Manual by

MCROFICME CE. A project of Volunteers in Asia A Barefoot Doc+,gr'z &W&&L Published byz Center for John E. Pogarty International Advanced Study in the Health Sciences Building 38A, Room National Institute of Health Bethesda, MD USA of a Paper copies are \$9; this is a translation manual frcm the People's Republic of China.

Chapter 5 : Explore Living Healthy Naturally

A Barefoot Doctor's Manual has 23 ratings and 5 reviews. else said: This contained less first aid than I was expecting from a 'field manual', and I must.

Chapter 6 : NPR Choice page

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Chapter 8 : A BAREFOOT DOCTOR'S MANUAL

Barefoot doctors (Chinese: 赤脚医生; pinyin: chǐjiǎo yīshēng) are farmers who received minimal basic medical and paramedical training and worked in rural villages in China. Their purpose was to bring health care to rural areas where urban-trained doctors would not settle.

Chapter 9 : Barefoot doctor - Wikipedia

Barefoot Doctor answering viewers questions live with Danny Greene The eternal candle flame If you're even vaguely aware of the news, albeit difficult to discern what's what amidst the huge degree of disinformation, distortion and exaggeration, you'll know levels of disquiet, dissatisfaction and fractiousness are high and rising.