

Table 1 Dr Henry C. Lu's most highly rated and reviewed books

Title (Year)	Score (Out of 5)/Number of ratings		Reviews: Keywords	
	Amazon	Goodreads	Amazon	Goodreads
<i>Chinese Natural Cures: Methods and Philosophies for Remedy of Ailments and Diseases</i> (2006)	4.4/85	4.2/64	40 reviews: very good reference book, comprehensive guide, well formatted, easy to understand, user friendly, the layout and clarity is great, font rather small, thorough and comprehensive, outstanding value, and a top-notch book	7 reviews: a big, beautiful book, an encyclopedia, fascinating; hard to follow
<i>Chinese System of Food Cures: Prevention & Remedies</i> (1986)	4.5/66	3.66/50	32 reviews: home cure, good book, found effective treatment, valuable working knowledge, the cures really do work, useful book, beginner's guide in the early 1980s, better books have been published since then	5 reviews: interesting, a great reference book, well-displayed; useful for someone who lives in China
<i>Chinese Natural Cures: Traditional Methods for Remedies and Preventions</i> (1999)	4.6/60	N/A	30 reviews: interesting but far from practical, most comprehensive, poor organization, font too small, big and heavy, informative, fantastic stories behind herbs, useless to a non-practitioner, hard to decipher, not user friendly	N/A
<i>Traditional Chinese Medicine: How to Maintain Your Health and Treat Illness</i> (2005)	4.2/29	3.73/15	18 reviews: very informative, easy to read and understand, simplicity of style, difficulty to understand, overview book	1 review: the best for a beginner
<i>Chinese Foods for Longevity: The Art of Long Life</i> (1990)	4.3/9	4/3	5 reviews: great info. simple book, not extraordinary but useful, entry level, basic understanding, a good book, very informative	1 review: mixed feelings, helpful and useful, complicated
<i>Chinese Herbs with Common Foods: Recipes for Health and Healing</i> (1998)	4.8/7	N/A	2 reviews: one of the most useful Chinese herbal references, very definitive and useful, my favorite Henry Lu book	N/A
<i>Chinese System of Natural Cures</i> (1994)	4.8/ 5	N/A	2 reviews: informative, not the best book on the subject by Dr. Lu	N/A
<i>Chinese System of Foods for Health & Healing</i> (1999)	4.8/5	N/A	2 reviews: more scientific and harder to read, good book for your health	N/A

Bibliography: List of Publications by Dr. Henry C. Lu

(Subject to further confirmation because this bibliography is based on Internet search results only)

Translations

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- 1978 *A Complete Translation of the Yellow Emperor's Classics of Internal Medicine and the Difficult Classic (Nei-Jing and Nan-Jing)*. Vancouver, BC: Academy of Oriental Heritage. (Updated versions published in 1985, 1994 and 2004)
- 1980 *A Complete Translation of Chinese Classics in Pulse Diagnosis*. Vancouver, BC: Academy of Oriental Heritage.

Books

- 1976 *Chinese Diet for Your Health*. Vancouver, BC: Academy of Oriental Heritage.
- 1977 *Chinese Health Foods: Cook it Yourself*. Vancouver, BC: Academy of Oriental Heritage.
- 1986 *Chinese System of Food Cures: Prevention & Remedies*. Book Club (BCE/BOMC) Edition. Petaling Jaya, Malaysia: Pelanduk Publications; First Edition. New York, NY: Sterling Publishing, Co., Inc.
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- 1998 *Chinese Herbs with Common Foods: Recipes for Health and Healing*. New York, NY: Kodansha America.
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- 2013 *What Foods and Herbs are Good for Your Health?* Scotts Valley, CA: CreateSpace Independent Publishing Platform.

Textbooks

TCM Theory and Terminology

- 1995 *Terminologies and Theory in Traditional Chinese Medicine*. Vancouver, BC: Academy of Oriental Heritage.

- 1998 *Principles of Traditional Chinese Medicine*. Vancouver, BC: Academy of Oriental Heritage.
- 2012 *The Art of Health and Healing in Traditional Chinese Medicine*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
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- 2013 *Terminology of Traditional Chinese Medicine*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
- 2013 *The Foundations of Traditional Chinese Medicine*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.

TCM Classics

- 1984 *Introduction to Chinese Classics in Medicine*. Vancouver, BC: Academy of Oriental Heritage.
- 1987 *The Yellow Emperor's Book of Acupuncture*. Chinese Medicine Study Series No 300. Vancouver, BC: Academy of Oriental Heritage.
- 2013 *Selected Readings from Yellow Emperor's Classics*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
- 2013 *The Original Chinese Texts of Yellow Emperor's Classics and Difficult Classic*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
- 2014 *Yellow Emperor's Classics: Inspirational Resources of Acupuncture*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
- 2017 *Classic Wisdom in Clinical Practice of Chinese Herbal Therapy*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
- 2018 *On Invasive Coldness Classic*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.

TCM Diagnostics and Therapeutics

- 1960 *Tongue Diagnosis in Color*. Vancouver, BC: Academy of Oriental Heritage.
- 1980 *The Chinese Classics of Tongue Diagnosis in Color: With Traditional and Modern Commentary*. Vancouver, BC: Academy of Oriental Heritage.
- 2013 *Advanced Diagnosis of Syndromes in Traditional Chinese Medicine*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
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- 2016 *Clinic Data-Based Diagnostics in Traditional Chinese Medicine*. Scotts Valley, CA: CreateSpace Independent Publishing Platform.
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Herbal Therapy and Formula

- 1976 *The North American College of Chinese Herbalism Intermediate Course in Chinese Herbal Therapy*. Vancouver, BC: The North American College of Chinese Herbalism.
- 1977 *The North American College of Chinese Herbalism Introductory Course in Chinese Herbalism*. Vancouver, BC: The North American College of Chinese Herbalism.
- 1977 *Use and Abuse of Ginseng*. Vancouver, BC: Academy of Oriental Heritage.
- 2001 *Chinese Medicinal Herbs*. Vancouver, BC: International College of Traditional Chinese Medicine of Vancouver.
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Acupuncture

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<https://www.amazon.com/Instruction-Manual-Mandarin-Chinese-Speaking-ebook/dp/B07BR8HXWX>.
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