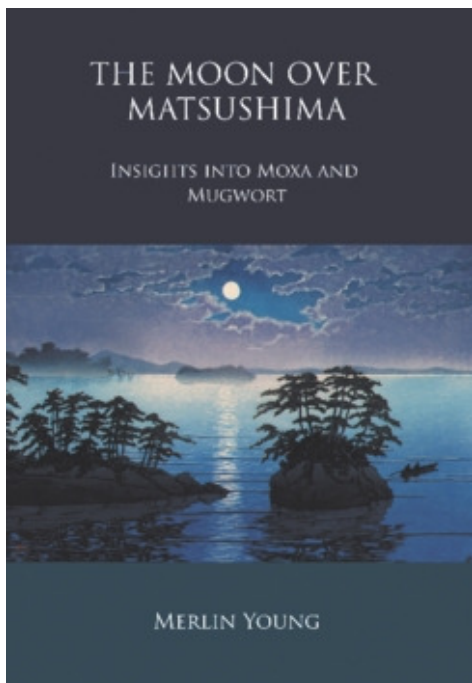


# Moon over Matsushima: Insights into Moxa and Mugwort



*YOUNG Merlin*



The Moon Over Matsushima sets out on a journey of exploration, one with unexpected twists and turns. It adds up to much more than a standard or run-of-the-mill acumoxa text, its unusual approach subtly stitching together motifs which take it outside the conventions of most books in the genre.

The book itself shifts through five parts, the title of each reflecting parts of the mugwort plant itself. "The Roots" speculatively deliberates on the history of the treatment, at times a little playfully, but always with respect. "The Stalk" explores the nature and biochemistry of mugwort. "The Branch" reviews various traditional approaches as well as offering some slightly novel takes on them. "The Stem" takes an often hard-nosed and analytical look at the therapy's possible mechanisms particularly on its well accepted effect on immune response. "The Leaves" completes the main text by reviewing the therapy in the light of how it might be adapted for best use today.

The work focuses primarily on Japanese moxibustion techniques and approaches. This focus is validated by the fact that, despite moxibustion having been taken to unique levels in Japan, these approaches have been largely ignored in the literature on the subject in the English-speaking world.

### **About the Author**

Merlin Young is an acupuncturist working in the UK, for the past 12 years studying and practicing Japanese acumoxa techniques. He is a registered academic member of the Toyohari Medical Association of Tokyo. Of specific relevance to this work, he is also co-founder of Moxafrica, the charity set up to investigate the possibilities of using small-cone direct moxa in the desperate battle to contain and even drive back drug-resistant TB in resource-poor environments, an investigation which includes scientific research into moxibustion which has never before been attempted.

**RRP \$47.30**  
**Special:**  
**\$40.20**  
*plus p&h*

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_

P/code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Fax: 02 9280 1887; Post: China Books, Shop F7, Level 1, 683 George St Sydney NSW 2000**

1.  Please bill my credit card    Visa     Mastercard     Signature: \_\_\_\_\_  
                         Exp

2.  Direct Deposit: China Books Sydney, NAB World Square, BSB #082-024 Account #55251-0842.

3.  By Cheque / Money Order