

A Clinical Materia Medica: 120 Herbs in Western Use

By Jeremy Ross

FOREWORD

As a Western trained medical doctor, I was very glad in the mid 1980's, to have found, at last, two reliable guideposts, two gates that opened to me the vast land of Chinese medicine. One of them was *Foundations of Chinese Medicine* by Giovanni Maciocia, the other one was *Zang Fu*, written by a certain Jeremy Ross.

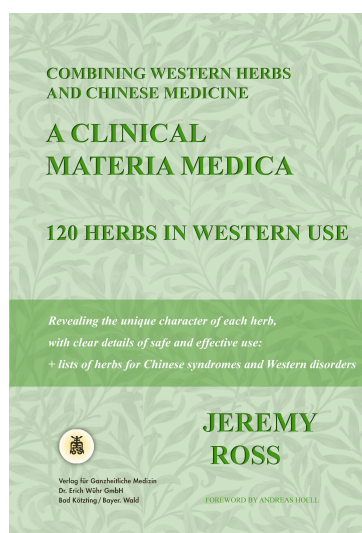
In 1992, I heard him lecture for the first time at a congress in the Netherlands, and I was fascinated by the clarity of his teaching and by his sense of humour. I couldn't know then that he was already working on his great endeavour, the integration of Western phytotherapeutical knowledge and Chinese medicine. I realized this only when I was entrusted with the honourable task of translating his first book on this topic into German.

I think that this is the most important project of Jeremy's professional life. Nevertheless I believe that it will take some more generations of scientists and practitioners of Chinese medicine to merge the Western and Chinese approaches to this complex field.

Undoubtedly, Jeremy Ross is the foremost Western pioneer in this field. With tenacious perseverance he unearths the Western knowledge on healing plants, wisdom that goes back to antiquity and for so long seemed to be buried and lost.

His scientific training enables Jeremy to merge chemical and botanical knowledge and traditional descriptions of plant properties into a vivid picture of the plant.

This is followed by the most significant step: Jeremy Ross is far from being a pure theorizer, he has been working for many



years with this therapeutic approach. He knows about success and failures in therapy, which gives likeable authenticity to his publications and, above all, to his lectures.

Jeremy Ross is not a purist in the field of Chinese medicine. He is sometimes accused of producing a uniform blend of Chinese herbal medicine and Western phytotherapy. My opinion is different. It's not a pulp from the kitchen blender that he presents to us, but rather he sets a big table with a rich choice of dishes for us, well ordered and easily accessible.

Some, like myself, may decide to stay with the Chinese knowledge on healing plants. But if our Chinese colleagues show interest in incorporating Western herbs into their therapies, why shouldn't we do this ourselves?

From its beginnings Chinese medicine has been living on the interchange between tradition and renewal.

Jeremy's forward-looking vision, supported by his hard and sometimes exhausting work, has opened yet another door.

And that is what I want to thank him for.

Andreas Höll