

Rogers, C. (1997). *An introduction to the study of Traditional Chinese Medicine: The Five Keys* (3rd ed.). Acupuncture Colleges Publishing.

Commented [SA1]: Bibliographic Details: given at the top of the annotated bibliography. APA 7th referencing style is used here. Always check which referencing format to use for each assignment.

The purpose of this text is to offer introductory information to students entering into the study of Traditional Chinese Medicine (TCM). The book examines the fundamental theories of TCM and regularly stresses its differences with the modern medical perspective. Much of the theory is supported by clear and concise diagrams and the language used throughout is informal, which makes it more accessible for non-academics. On the "Five Flavours", Rogers illuminates the meaning behind a quote in the *Huang Di Neijing* which explains how they are produced and disseminated by the stomach and spleen. However, the details are vague and do not specify the function or relevance of the Five Flavours in theory or practice from a TCM viewpoint. Furthermore, although the existence of herbal treatment in TCM is mentioned, basic concepts and applications are never revealed throughout the text. While this manuscript may be useful for a layperson being introduced to the key fundamental concepts of TCM theory and acupuncture practice, it could be unsuitable for academic study due to the informal language and the lack of supporting evidence for some historical claims. This book does not contain sufficient detailed information on the Five Flavours theory; however, it has been useful in providing direction for further research regarding the relationship between the Five Flavours and the mechanisms involved in their production within the human body according to TCM theory.

Commented [DS2]: Introduction: explains what the text is about and its aim or purpose.

Commented [SA3]: Scope: indicates the main areas of focus explored in the text.

Commented [DS4]: Usefulness: explains how this text is valuable to a specific field of research or to a particular topic.

Intended Audience: mentions the suitability of the work to a certain reader.

Commented [SA5]: Limitations: explains and rationalises the weaknesses of the published work.

Commented [DS6]: Conclusion: provides a summary of the book or article in terms of relevance or usefulness to the research topic.

Commented [SA7]: Reflection: provides an overview of how this book or article sheds light on your topic or how it relates to what you are researching.