
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.