

**Book Review by Ellen Teeter, AP**

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**Integrated Pharmacology**

by Dr. Greg Sperber with Bob Flaws

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452 pages - \$99.95

If you use Chinese herbs in any form in your practice you need this book!  
If your patients are taking western pharmaceuticals this information is invaluable.

The writing style is easy to understand, medical terms are either defined as you read along or given in side notes very nearby with an excellent glossary. Biochemical mechanisms are explained simply and clearly with helpful figures supplied. All this helps clarify the action of the drugs for someone who has no background in western pharmaceuticals. Possible herb interactions (and drug-drug interactions) are given by individual generic drugs within each class of pharmaceuticals and solid explanations about their possible action.

I'm not a fan of multiple indexes, and this book has many, but I did find the indexes and glossary to be complete and very useful. If you are uncertain whether the drug you are researching is the generic or brand name you may have to search two indexes to find the right one. This is a small inconvenience for an awesome resource.

Chapter 3: "Drug Herb Interactions" has a very good overview of the ways which herbs (and pharmaceuticals) can interfere with each other. Section 6 of that chapter has an excellent stepwise approach to treating patients already taking western drugs. It also has very good socio-economic talking points regarding the evidence that combining Chinese herbs and western drugs achieves better therapeutic results than western drugs alone.

Chapter 13 "Provisional Chinese Medical Descriptions of Western Drugs by Category" gives excellent TCM pattern analyses of the symptoms and side effects of the drug families. That chapter helped solidify for me a lot of TCM theory!

**Five stars \*\*\*\*\* excellent book for a clinical practice**