

Acupuncture Hand Points Chart

Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already present within your body—quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, Hand Reflexology guides you step-by-step through the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort. This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger – all without resorting to expensive drugs, difficult therapies or invasive surgery. You’ll also learn how to apply these health-restoring therapies to other adults, small children, even pets. Presented in clear, easy-to-understand language and accompanied by over 100 new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don’t have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure. For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China’s growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM.We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book.

If you’r a visual person, you’re going to love this book. I have put my passion for acupuncture and Chinese medicine into creating a fun publication with over 350 graphics.This book includes the following:- Intro to acupuncture theory.- All AcuPoints of the 12 regular meridians with their functions, locations, depth and angle of insertion, and my own clinical pearls.- The 8 Extra Vessels including all points of the governing and conception vessels.- Commonly used extra points.- Special points such as Back-Shu, Front-Mu, Yuan, Luo, Xi-Cleft, Ghost points and more.- Basis cupping and moxibustion.- Contraindications and cautions.

Needleless Acupuncture

A Text Book for Students

Self-Treatment Guide for 40 Common Conditions

A Guide to Self-care for Common Ailments

Chinese and Western Systems of Ear Acupuncture

Veterinary Acupuncture

Shows how to use the basic techniques of acupressure to activate the body's natural healing processes, and suggests treatment for headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, and depression

Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

An up-to-date guide to the principles and practice of Chinese and Western ear acupuncture, this book is aimed at both the student and practitioner. It includes chapters covering ear acupuncture used in the treatment of addiction and Western theories about how acupuncture works.

Acupressure's Potent Points

An Introduction to Western Medical Acupuncture

Extraordinary Vessels

Natural Ways to Improve Your Fertility Now and Into Your 40s

Handbook of Acupressure

Five Element Acupuncture Made Easy

Presents a guide to 409 acupuncture points, showing needle placement and describing the names, properties, and applications of each one.

Now in its 2nd edition, An Introduction to Western Medical Acupuncture provides a broad evidence-based approach to acupuncture when used as part of modern medicine. Illustrated throughout it gives the practitioner an essential guide for deciding where and how to treat conditions with acupuncture, and how to avoid known risks associated with it. Ultimately it provides the practitioner with a tool to develop safe and effective practice. For this edition the text has been revised, updated and extensively re-written. A new chapter brings together the understanding of how pain is recognised by the nervous system, and how acupuncture can influence these pathways. This is followed by six chapters providing detailed explanations of the effects and mechanisms of acupuncture, organised according to three recognised treatment approaches – needling to produce local changes, to generate effects at the level of the spinal segment, and to modify the overall function of the nervous system. The chapters on the evidence from research have been also updated. An explanation of the various mechanisms of acupuncture linked to how they can best be activated by needling. Learn the principles of treatment rather than any 'cook-book' approach. Clear and objective discussion of the evidence for the effectiveness and the risks of acupuncture. Thorough and detailed description of all aspects of clinical practice. Reference section for quickly reminding the practitioner of the best approach to treating many problems.

The Coiled Needle follows the immersion of Roland Pearce into the world of the seen and unseen. Pearce, an acupuncturist by trade, works with regular physical ailments, as well as, the world of the unseen such as demons, ghosts, and creatures from legend and myth. This novel is set in Portland, Oregon in 2017, but also in other areas of the Pacific Northwest. Pearce's experience questions the reality of the dominant paradigm, as he tracks patterns and learns how the current world situations influence the world of spirit and vice versa. Through his various experiences, Pearce begins to learn how these situations set the stage for the impending war between the light and the dark.

The Life of Gargantua and of Pantagruel is a pentalogy of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

Chinese Holistic Medicine in Your Daily Life

A Natural Way to Health through Traditional Chinese Medicine

Handbook Of Traditional Chinese Medicine (In 3 Volumes)

Equine Acupoint Energetics and Landmark Anatomy

Introduction to Bioregulatory Medicine

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea, tension and anxiety, insomnia,Headaches, Chronic pain, Digestive issues, Muscle and joint injury, The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

This book aims to introduce the new discipline of facial reflexology by explaining its techniques and tracing its beginnings. It is presented as a compendium based on authors practical and experienced theories and the research and studies carried out since 1978. This book is a definitive work by a renowned master in the new therapy. Around 2000 students trained by her will vouchsafe for the effectiveness of the therapy. It is hoped that the Masters students will carry on the great task of healing and at the same time devise improvements in order to enhance the quality of the therapy. The results obtained with facial reflexology are of organic, physical, chemical and neurological nature. Facial Reflexology has also proved to be very effective in the rehabilitation of patients with brain injuries and neurological problems. This third edition comes with an additional chapter containing case records for the cases treated with facial reflexology, varying from headaches to disieas as complex as cerebral palsy, with miraculous cures.

This revision reflects major updating, expansion of hot topics, and coverage of trends, current areas of research interest, and controversies in veterinary acupuncture. The book begins with the history and concepts of acupuncture and continues with the anatomic and neurophysiological basis of acupuncture, research on acupuncture, practical techniques, instrumentation, and point selection. Part two covers acupuncture in small animals, including a canine atlas, avian acupuncture, and chapters that focus on disorders grouped by body systems. Part three is devoted to acupuncture in large animals. It begins with three different equine atlases, followed by equine acupuncture treatment according to body system, and concludes with acupuncture in cattle and a porcine acupuncture atlas. Part four covers failures in veterinary acupuncture and veterinary manipulative therapies.

The most detailed exposition of the vessels in the English language.

Combine Acupressure, Herbal Remedies & Qi Gong for Integrated Natural Healing

Hand Reflexology & Acupressure

A Brief Explanation of 361 Classical Acupuncture Point Names and Their Multilingual Comparative List

A Proposed Standard International Acupuncture Nomenclature

A Natural Way to Health Through Traditional Chinese Medicine

Auriculotherapy Manual

I've been fortunate enough to work hand in hand, day in and day out with six different Traditional Chinese Medicine doctors for 5 years in China. In fact, I got the very first License to Practice Medicine as a Foreigner Doctor in the county I worked. Over time I was able to craft the most common acupuncture points that got results for 40 different conditions. What really surprised me was how often patients would come directly to our department for conditions besides neck and back pain; of course not every one got better. This book is not about the history of acupuncture nor an almanac of all the points in the body. What you get are the protocols (actual acupuncture points) needed to try a no needle acupuncture version at your own home for 40 common conditions in as little as 25 minutes. I'll tell you what to use to stimulate the points as well. Look, this book has a reference list of all the points you will need, descriptions on how to find them written for non-doctors and pictures of each point for each condition on actual human diagrams. As in, the headache blueprint has several pictures on a page with the acupuncture points and names clearly shown. You can now go find a description of each point in a different section of the book to make sure you are on the exact spot. Plus, there are quick reference charts for each condition and the acupuncture points listed underneath. Get it today. I even added auricular "ear" points for 30 of the conditions as a bonus Needleless Acupuncture is for you **EVEN IF:** You tried acupuncture in the past but the bills got to high before you could experience relief. You prefer a natural approach to dealing with your health concerns. There's not an acupuncturist within an hours drive . You need a health tune-up at least every month and it's time to do it with self-care. You already tried chiropractic, physical therapy and massage but you didn't get the results you expected. You might be taking medication but are worried about the side effects and long-term consequences. You are too busy during the day to spend two hours getting treatment at the local clinic. Your health is your priority and you want to try and take care of this on your own. *Doctor's can't make promises and guarantees on results and this book can't either. If any of these sensational headlines about what is inside this book resonate with you and your health, then it should be in your hands. My "Stop Commuting 90 Minutes One Way To Find An Acupuncturist Now So You Can Start Reaping The Rewards Of Time Savings (And Also Get Health Improvements From Your House)." The "Save So Much Time You Can Finally Stop Asking Your Boss To Take Off Work For 2 Hours A Day & Make It To Your Kids Game" Blueprints. The "Inferno To Doing Any and All Activities You Want" Method. The Cold, Hard Truth I Call My "Actually Written By A Chiropractic Espac Who Understands And Sees It In Action" Blueprints Book. The "Practical, Useful, Implement-This-Now Treatment Protocols Pulled Right From The Minds Of Multiple TCM Doctors in this East Meets West" System. My "Hope This Is NOT Washed Up Information That You've Seen Before...100% Unique & Invaluable" Acupuncture Points Selection. Look, this book has a reference list of all the points, descriptions on how to find them written for non-doctors, pictures of each point for each condition on actual human diagrams, a bonus section on ear points and what tools to use instead of needles. Get it today.

Written by international experts in the field, this book provides a comprehensive introduction to the fundamental principles and clinical practice of bioregulatory medicine. It opens with an overview of core concepts in homotoxicology, including the human body's defense and regulation systems, followed by a chapter on the development and evolution of illness. The authors cover the different preparation groups and discuss in detail the basic principles of antimototoxic therapy: drainage and detoxification, immunomodulation, and cell and organ support. The final chapter focuses on the practical aspects of bioregulatory treatment, including the selection and availability of medications, indications, contraindications, and therapeutic strategies for a variety of common diseases.Highlights: Insights from renowned experts in homotoxicology Poster-size version of the Disease Evolution Table (DET), a key tool in daily practice Plant-, mineral-, and organ-based medications—how they work Practical information on various treatment methods, such as ointment dressings, injection therapies, and biopuncture 80 high-quality illustrations and diagrams that demonstrate key concepts Introduction to Bioregulatory Medicine is a valuable textbook for medical students, medical doctors, naturopathic physicians, homeopaths, and other health care professionals who wish to expand their knowledge in this field.

A novelty to the international market both in concept and realization, this pocket atlas allowed the reader to both effectively learn and quickly reference ear acupuncture points. Clear, simple images accompany concise and "to-the-point" texts creating an educational tool for the localization of ear acupuncture points. The resourcefulness of the book is increased by the inclusion of the projection of the body meridians onto the auricle according to Bahr. Besides, "prescriptions" of point combinations according to some indications are included. The reader will profit from the extensive international teaching experience of Beate Strittmatter. Through her former teacher, Frank Bahr, who cooperated directly with Dr. Paul Nogier, she stands in the direct tradition of the founder of Western auriculotherapy.

Discover a self-care approach for treating specific ailments and enhancing wellness. This book shares the foundational concepts of Chinese medicine and shows you how to integrate acupressure, herbalism, Qi Gong, diet, and lifestyle so that you can achieve optimal health outcomes. The ancient wisdom and practical techniques in this guide will help prevent the onset of disease, improve your day-to-day wellness, and promote longevity. Chinese medical physician Steven Cardozo provides integrated healing prescriptions for dozens of common conditions, including: Pain, Insomnia, Arthritis, Common Cold, Headache, Poor Memory, Angina, Impotence, Motion Sickness, Asthma, Flu, Menstrual Disorders, Abscesses, Hemorrhoids, Dry Skin, Hepatitis, Allergies, Fatigue, Bronchitis, Morning Sickness, Hernia, Poor Appetite, Prostatitis, Eczema, High Blood Pressure, Nausea, Hives, Praise: "The conceptual basis of Chinese medicine isn't simple, but it has availed countless people over the course of centuries. If you want to employ TCM as a potent tool in your own health arsenal, Chinese Holistic Medicine in Your Daily Life can help."-Energy Times

A Precise Pocket Atlas Based on the Works of Nogier/Bahr

ACUPRESSURE CHIKITSA (BANGLA)

Foot Reflexology & Acupressure

Acupressure and Reflexology For Dummies

Atlas of Acupuncture

This is the first book to set out a full range of research strategies for evaluating the clinical practice of acupuncture. Leading acupuncturists and researchers with international reputations share their expertise. They illustrate their descriptions with practical examples of what has worked and what has not. It outlines many of the key challenges in the field. These challenges relate to the nature of acupuncture and the gap between current research evidence and the actual experiences of acupuncturists in the field. By focusing the chapters on key research questions, rather than methods, the book has a user-friendly feel. Each chapter is easily accessible with brief explanations of research designs as well as vignettes of relevant past research. The book is based on a deep understanding of acupuncture, with its inherent complexity in practice, whether based on traditional principles or more modern concepts. By incorporating a more sophisticated understanding of the field, this book details a range of strategies aiming to develop the evidence base with the utmost rigour. It is the first book on acupuncture research to take this unique view, integrating the very best of evidence-based medicine with a genuine sensitivity to the discipline of acupuncture, from its traditional and holistic roots to its more modern interpretations.

*New title by the author of Cosmetic Acupuncture! Energetics is an area of growing interest and importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance. Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides relevant lines of questioning and reasoning. FEATURES *Treatments are described for over 80 different diseases. *Innovative visual 'maps' show clearly why an energy imbalance looks like * Case studies illustrate imbalanced states*

Written by two leading experts in the field, Acupuncture in Neurological Conditions aims to improve patient care by combining Western and Traditional Chinese Medicine (TCM) concepts of treatment. The language of TCM is uniquely combined with that of evidence-based clinical reasoning to provide an approach relevant to both acupuncture and physiotherapy clinical practice. All major types of neurological conditions encountered in clinical practice are examined. Chinese medical patterns relevant to the application of acupuncture are described, as well as key patterns of dysfunction based on a Western medical perspective. The place of acupuncture within the overall management of different neurological conditions is also discussed. Clinical reasoning options from both TCM and Western medical perspectives are provided, and illustrated by real cases from clinical practice forming a sound platform for true integrated medicine. Fully evidence-based Provides clinical reasoning options from TCM and Western medical perspectives Illustrates clinical reasoning with real cases from clinical practice Provides detailed examination of all major types of neurological conditions encountered in clinical practice.

This book details the ingenious use of only five major acupuncture points to effectively treat a wide variety of ills. Written by one of the most experienced and well-known acupuncturists in California, this book is a must read for students and practitioners alike. It is written in a deceptively simple, unpretentious style characteristic of its author, but readers should not be deceived. The theory it contains is profound, stemming from the Four Great Masters of the Jin-Yuan dynasties.

Energetics in Acupuncture

WHO Standard Acupuncture Point Locations in the Western Pacific Region

361 Classical Acupuncture Points, The: Names, Functions, Descriptons And Locations

Acupuncture Points Handbook

Key to Perfect Health

Report of a WHO Scientific Group

This book provides detailed information on the 361 Classical Acupuncture Points in a concise and accurate format. It is an essential working textbook for all acupuncture students. It is also designed for use in the treatment room to enable the practitioner to quickly and confidently select the most effective point(s) for the patient in front of them.The format is such that on the left hand side are found the names, functions and descriptions of each point. On the right hand side corresponding to it is the needle depth, number of moxas, a description of how to locate the point together with crystal clear diagrams illustrating their location on the body. This format is unique. It can be utilised by practitioners and students from the various acupuncture traditions including TCM, Stems and Branches, The Five Elements and the Japanese and Korean schools.

Providing clear information on the full range of acupuncture points and main channels in a systematic and clear way, this acupuncture atlas not only provides beginners with an overview of the most important acupuncture points, but can also be used by experienced practitioners to extend their knowledge.

Acupuncture has been practiced for more than 2500 years in the Western Pacific region and has become a global therapeutic method in recent decades. However, it was reported that acupuncturists differed by up to 25% in the acupuncture points they used, raising doubts and uncertainty regarding the discipline and safety of acupuncture treatment, as well as causing difficulties in the fields of acupuncture research and education. Member States therefore increasingly began to demand standardization in acupuncture point locations. Responding to this request, the WHO Western Pacific Regional Office initiated a project to reach consensus on acupuncture point locations and thus convened 11 serial meetings resulting in these guidelines. This Standard acupuncture point locations in the Western Pacific Region stipulates the methodology for locating acupuncture points on the surface of the human body, as well as the locations of 361 acupuncture points. The Standard is applicable for teaching, research, clinical service, publication, and academic exchanges involving acupuncture.

An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

Yes, You Can Get Pregnant

Facial Reflexology

Coloured Atlas of Acupressure

YNSA

Ear Acupuncture

Acupuncture Research

Includes sections such as: Acupressure / Reflexology; Shiatsu; Su Jok; Spinal Cord & Nerves; Spinal Segments; Dhyan Mudras; and, Acupuncture.

Now in its second edition, Standard Acupuncture Nomenclature has been extensively revised following a number of consultations with experts representing all the major traditions of acupuncture. The nomenclature covers the 361 classical acupuncture points organized according to the fourteen meridians. Each entry gives the standardized name of the point in its three elements: an alphanumeric code derived from the English language translation of the meridian name, the Chinese phonetic alphabet (Pinyin) name, and the Han (Chinese) character. The original form of the writing is shown first followed by a simplified form of the character. Each entry also provides a brief comment on the point explaining the meaning of the Han character and the significance of the point's location. Use of the nomenclature is facilitated by the inclusion of two indexes. The first lists the equivalent names and code names of the acupuncture points as used in English French Japanese Korean and Vietnamese. The second lists the Han characters for the 361 points.

A companion to A Manual of Acupuncture, there are 394 durable point reference and study cards covering all 391 of the 14 channel and extra (miscellaneous) points. Each card measures 4" x 6", and most are devoted to a single point. This second edition of the point cards offers a new terra cotta storage case, two-color cards, the addition of pinyin accents, and updated point locations and location notes to match the latest edition of A Manual of Acupuncture.

Point location book written in easy to understand terms, for the layperson.

Insights of a Senior Acupuncturist

Strategies for Establishing an Evidence Base

Ancient Art to Modern Medicine

An Illustrated Manual of Acupuncture Points

Meridians and Acupoints

Acupuncture in Neurological Conditions E-Book

Hand reflexology is now an essential part of reflexology practitioner courses. This book takes the student through the whole treatment, from taking details to follow-up homework for the client.

Both new and experienced practitioners of auriculotherapy have found this comprehensive manual to be one of the most clinically useful texts on ear acupuncture. This handbook combines the best work of Chinese and French systems of auriculotherapy. Treatment plans are listed for over 250 medical conditions.

This book differs from other texts on acupuncture points in that it is not concerned with the basic theories of TCM. Rather, it is a formulary and clinical reference developed from the clinical tradition of Ching Tan An, Tsang Tien Chi, and Tin Yau So. Dr. So related the practicality of point use and emphasises the selection of points for the treatment of particular symptoms and conditions. For each point he lists: clinical effects, disease, symptoms and energetic conditions. The book has a superb indexto aid access to information.

Acupressure is a simple medical system, which is free and often miraculous, because the pressure points of the body are far larger in effect against disease and side effects are not. The book has more than 100 drawings, in which pressure points are marked. You can support your treatment through the help of any of these images.

Pictorial Atlas of Acupuncture

Hand Reflexology

A Patient's Guide to the Locations and Functions of Over 400 Acupuncture Points

The Book of Acupuncture Points

Reflexology, Shiatsu, Su Jok, Spinal Segments, Dhyan Mudras and Acupuncture

Standard Acupuncture Nomenclature

With the unprecedented expansion of interest in acupuncture around the world, the need for a standard international nomenclature has become increasingly apparent. Practitioners and researchers every-where must speak a common language as they attempt to ascertain the clinical benefits of acupuncture and elucidate the underlying physiological mechanisms. This report records the consensus reached by a Who Scientific Group on a standard international acupuncture nomenclature which met in Geneva from 30 October to 3 November 1989. Building on the proposals of expert meetings organized by the Who Regional Office for the Western Pacific since 1981, the Scientific Group agreed that the standard international nomenclature should comprise an alphanumeric code as well as the Han character names of meridians and acupuncture points, along with their transliterations into the Chinese phonetic alphabet (Pinyin) and their English translations. The experts went on to propose standard nomenclature for the 14 main meridians, the 361 classical acupuncture points, the 8 extra meridians and the 48 extra points, and for scalp acupuncture lines.

This Manual provides an essential resource for holistic veterinary professionals, healthcare practitioners, equine bodyworkers and students of animal acupressure and acupuncture.The Manual goes into extensive detail regarding:
* Surface landmarks and includes in-depth anatomical drawings* Location, function and energetics of acupressure points* Chart and Photographic images of the 12 Major Meridians, Conception & Governing Vessels* Location, function and flow of each major meridian* How to use the Acupoint

Classifications and Key Acupoints
Atlas of AcupunctureElsevier Health Sciences
AcuPoints Made Easy
A Manual of Acupuncture
True Stories of a Demonologist: A Novel
The Coiled Needle - Yin Water