

Manual Of Acupuncture Point Cards

Acupuncture and the chakra energy system have both become increasingly mainstream in the West, but rarely have the two approaches been joined into one practice. *Acupuncture and the Chakra Energy System: Treating the Cause of Disease* does just that. By comparing the traditional approaches of Chinese medicine and modern Western acupuncture with the chakra energy system of Ayurvedic philosophy, author John Cross offers clinically proven strategies for treating the causes of conditions, not just the symptoms. The book describes the seven major and twenty-one minor chakras in detail and explains how each is related to the body's aura, meridians, Key points, endocrine glands, autonomic nervous system, and varying symptomatology. Focusing on how to use the chakras in the treatment of chronic physical and emotional conditions—osteo-arthritis, rheumatoid arthritis, low back pain with sciatica, insomnia, hypertension, depression, menopausal symptoms, and frozen shoulder, among others—Cross's clear, in-depth explanations make his techniques easy for anyone to follow. Including appendices on how to use the chakras with copper and zinc needles and biomagnets, as well as which types of patients respond to such treatments, *Acupuncture and the Chakra Energy System* is a well-rounded guide for acupuncturists and other practitioners as well as interested students.

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 exciting new edition covers the theory of traditional Chinese medicine and acupuncture, and discusses in detail the function of the acupuncture points and principles of treatment.

A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

Teachings from the Chinese Enrichment of Life Tradition

Handbook of Acupressure

Pictorial Atlas of Acupuncture

Acupuncture Points Handbook

Live Well Live Long

Basic Microcurrent Therapy Acupoint & Body Work Manual

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

Practiced for more than 2,000 years, acupuncture was once restricted to the realm of alternative medicine. It was thought to be based on mythical elements and not easily understood by those in the scientific community. *Acupuncture: An Anatomical Approach, Second Edition* dispels these notions and brings this once backroom therapy into the forefront—explaining it in terms that can be easily comprehended by all medical professionals. Presenting a scientific, anatomical approach to acupuncture, this volume discusses: The basics of the nervous system Acupuncture points located in the head and face, formed by the cranial nerves The cervical plexus, which forms acupuncture points in the neck region Acupuncture points formed by the brachial plexus in the upper limbs, spinal nerves in the body trunk, and the lumbar-sacral plexuses in the lower limbs The anesthesia effect of biochemical substances in the nervous system The measurement and quantification of pain Applications of acupuncture in clinical practice, from cases easy to treat to those more challenging Theories on the future of acupuncture The treatment of pain, in general, is controversial, as many therapies have unintended consequences and side effects. Acupuncture provides a therapy that is quick, easy to perform, and requires no medications. This volume enables physicians, osteopaths, pain specialists, chiropractors, and other health professionals to perform this effective treatment for their patients who experience both chronic and acute pain.

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.

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.

The Concise Book of Dry Needling

Grasping the Wind

Medical and Dental Expenses

A Guide to Self-Care for Common Ailments

Four Paws, Five Directions

The Practice of Informed Touch

A straightforward learning resource, covering the different acupuncture points in the body and their functions. Perfect for visual learners, it shows the primary meridians, extraordinary meridians and known extra points, in an easy to understand format with blank charts for students to make their own notes.

This concise pocket-sized acupuncture guide is what professionals have been asking for! It is the first pocket atlas to cover all the major body and ear acupuncture points, including extensive coverage of the trigger points. Detailed descriptions of the localization, needling depth, indications, and functions of each point are provided. The different schools of ear acupuncture (e.g., Chinese vs. Nogier), often a source of confusion for practitioners, are presented side by side, usually in full-page illustrations, enhancing this book's usefulness as a daily reference guide. The presentation of three acupuncture therapy systems follows a clear didactic concept: All points are shown in text and image, and the localization of the points is aided by means of anatomic drawings and photographs. Coming from diverse specialties, the authors provide you with the most complete, useful, and accurate information available. Acupuncture points are described using the "visual-didactic processing system," which is rapidly gaining praise and recognition for its easy-to-use format. The clearly written text is augmented by high-quality color images. Hecker's Pocket Atlas of Acupuncture and Trigger Points is ideal as a quick reference in your daily practice or as an exam preparation guide. This wealth of information makes it invaluable to experienced practitioners and to novices alike.

Learn the functions of acupuncture points by colouring and doodling your way through the sequence of images on the twelve primary and eight extra channels. Imaginative illustrations will help students from a wide range of schools and traditions to remember point names, with handy text providing a quick cross reference of their main functions.

This new book could make a difference in the life of a patient when no other therapies will help. The authors, who have a combined 60 years of experience using Chinese scalp acupuncture, have composed a thorough clinic manual for practical clinical applications of scalp acupuncture to treat patients who suffer from seriously debilitating conditions such as the sequelae of stroke, phantom limb pain, PTSD, Meniere's syndrome, multiple sclerosis, herpes zoster, seizures, essential tremor, and Parkinson's Disease. The authors begin with an introduction to the neuroanatomy and neurophysiology of the brain and scalp for non-Western medical practitioners. They review Chinese medical theories supporting the use of scalp acupuncture, provide thorough explanations of area locations and uses, and include details of needling technique specific to scalp acupuncture. There are over 40 case studies with treatment details, as well as excellent illustrations of each treatment area.

For Pain-Free Movement

The Acupuncture Points Functions Colouring Book

Your Guide to Complete Knowledge

Clinical Handbook of Internal Medicine

Acupuncture Point and Channel Energetics

Trigger Point Therapy for Myofascial Pain

This presentation uses anatomically precise, computer-generated reconstructed images of the human body for three-dimensional presentation of acupuncture points and channels. The CD component is fully interactive and allows the user to see through tissue layers, remove tissue layers, and rotate structures so that specific acupuncture points can be v

A guide to the treatment of pain from common sports injuries and other physical activities • Contains at-home techniques to promote healing and self-awareness of the body's musculature • Explains how to relieve pain using manual massage in conjunction with small physio balls • Includes an illustrated treatment reference section organized by region of the body The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care. Injuries of this type are generally too minor to warrant splinting, casting, or medication and often do not prevent participation in physical activities. They do, however, produce noticeable discomfort and, over time, frequently lead to more severe injuries. In Trigger Point Self-Care Manual Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. In the fully illustrated reference section, organized by body part, she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and

stretching the muscle in order to release it.

"A manual for understanding and treating chronic pain associated with trigger points, the tender, painful nodules that form in muscles and connective tissues"--Provided by publisher. Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture. It includes:

- Comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns
- Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques
- Dedicated section on the acupuncture treatment of tendinopathy
- Vital information on palpation and correct needling techniques
- Practical guidance on best practice, safety and treatment planning
- Overviews of the history and key principles of Traditional Chinese medicine and acupuncture
- Up-to-date research on the effect of acupuncture in the treatment of MSK conditions, myofascial pain, trigger points (MTrPS), fascia and pain.

The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health professionals incorporating, or looking to incorporate dry needling into their treatment programme, will also find this book an invaluable resource.

Advanced Acupuncture a Clinic Manual

The Treatment of Disease With Traditional Chinese Medicine

An Illustrated Manual of Acupuncture Points

A Manual of Acupuncture

The Acupuncture Points Functions Charts and Workbook

Acupuncture and the Chakra Energy System

The first book of its kind, the Advanced Acupuncture Clinic Manual contains detailed protocols for the application of the Complement Channels of acupuncture: the Sinew, Luo, Divergent and Eight Extraordinary Vessels. The book includes over one hundred drawings, diagrams, theory of the Complement Channels, guides for diagnosis, needling techniques, and much more. 466 pages.

Suitable for animal lovers seeking an alternative to Western medicine, and students of veterinary science, this book places special emphasis on uncomplicated approaches to acupressure and diet that can be done by the reader at home. The book colour portraits which accurately chart the meridians and acupressure points.

A Reese Witherspoon x Hello Sunshine Book Club Pick and a New York Times bestseller '[An] impressive debut...Couples searching for ways to better manage their families and achieve a balance of domestic work will benefit from Rodsky's actionable strategy' - Publishers Weekly 'A must read for every busy woman out there' - PopSugar's Best Books of Fall Before it was making lunches, paying bills, remembering birthdays; now there's the around-the-clock home schooling and caregiving while working remotely during a global pandemic. Are you fed up with being the 'she-fault' parent responsible for the bulk of this unpaid, invisible and time-consuming work? Organisational specialist Eve Rodsky realised that simply identifying the issue of unequal labour on the home front wasn't enough - she needed a solution to this universal problem. Fair Play is the result: a time- and anxiety-saving system that offers couples a completely new way to share the domestic and emotional load at home. Drawing on 500 interviews with men and women, Eve has figured out what the invisible work in a family actually is and shows you how to get it all done efficiently. With its fun, game-like format, four easy-to-follow rules and 100 household tasks for you to share, Fair Play will help you prioritise what's important to your family and help you work out who should take the lead on everything from the laundry to homework to dinner. With your home life re-balanced and your relationship reignited, you'll have time to develop the skills and passions that keep you interested and interesting.

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.

Auriculotherapy Manual

Atlas of Acupuncture

A Manual of Neuro-anatomical Acupuncture: Musculo-skeletal disorders

The Concise Book of Trigger Points

A Manual for Practice and Research

Chinese Scalp Acupuncture

A novelty to the international market both in concept and realization, this pocket atlas allows 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.

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

A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable. Because Sharkey explains why so many

people have unresolved chronic pain and provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers. With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In Acupressure's Potent Points, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

Ear Acupuncture

Point Cards

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

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

The Foundations of Chinese Medicine

Interactive Medical Acupuncture Anatomy

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.

Want to know what microcurrent can do? Wonder what settings to use? This book is intended to be an inviting introduction for the beginner or a thorough brush up for the intermediate user. From simple body patterns that relieve pain to a simplified system of auricular therapy to an interior look into the body through meridian balance, it offers a spectrum of approaches. The techniques which have revolutionized sports medicine--EMR (Enhancing Muscle Reeducation), ETR (Enhancing Tissue Repair), and GTO (Golgi Tendon Organ)--are explained and illustrated with diagrams of the physiology involved. A new simplified method of charting meridians, the neurological basis of auricular therapy with the progression of diseases, and an entire chapter on Korean hand acupoint therapy in three levels: Corresponding Points, Basic Points, and Meridian Points. This is a hands-on manual that guides the reader step-by-step through the basics of microcurrent therapy. Details of instrumentation, applicable bodywork patterns, microcurrent inferential, auricular treatment procedures, meridian therapy, Akabane, interpretation protocol, five phase, Luo, sedation, and supplemental points, source, master, and association points, Korean hand therapy, and a variety of miscellaneous point treatment strategies are all covered in this ambitious and useful book.

Point names, the traditional means of identifying acupoints, have meanings that are hard to grasp. This text promotes understanding of each point's use in acupuncture practice by considering the meaning, context and significance of each. The 363 points covered are listed according to the system currently in use in China.

A companion to A Manual of Acupuncture, there are 384 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.

A Reese Witherspoon x Hello Sunshine Book Club Pick

Fair Play

A Comprehensive Text for Acupuncturists and Herbalists

Bridging the Gap

Trigger Point Self-Care Manual

A Guide to Chinese Medicine for Cats and Dogs

This pioneering book unites both western and traditional Chinese medicine to present a step-by-step methodology for evaluating and treating depression with acupuncture. Using research-oriented trials, it addresses fundamental issues in acupuncture research and offers guidelines for the design of acupuncture treatment studies. Provides guidelines for developing appropriate treatment principles, and selecting and combining the correct acupuncture points Offers clinical guidelines for treating people with depression, including dealing with acute symptoms, assessing the risk of suicide, and when to make a prompt referral Presents case histories, both successfully and unsuccessfully treated Reviews definitions of depression in western psychiatry and psychology, including epidemiology, etiology, differential diagnosis and conventional treatments

Describes the causes and progression of depressive symptoms from a Chinese perspective Outlines each specific pattern of imbalance encountered in depression, how to differentiate signs and symptoms according to Traditional Chinese Medicine Gives a comprehensive overview of research issues in acupuncture, outlining advantages and disadvantages of different treatment study design The design and result of the authors' pilot study, funded by the NIH, are given to illustrate a model for acupuncture treatment research.

This book is organized around the 'four pillars' of TCM diagnosis: inspection, inquiry, listening and smelling, and palpation. In this text, each aspect is explained in a clear and systematic manner, with generous use of tables and illustrations. This is followed by a series of review questions for deeper understanding. A comprehensive self-examination consisting of 200 multiple choice questions, with a separate key to the answers, tests the reader's understanding of the important points of each aspect of diagnosis. These questions, many of which are presented in case study format, will help students prepare for the board exams.

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

An Introduction to Western Medical Acupuncture

Pocket Atlas of Acupuncture and Trigger Points

Acupuncture in the Treatment of Depression

Extraordinary Vessels

Treating the Cause of Disease

Acupuncture