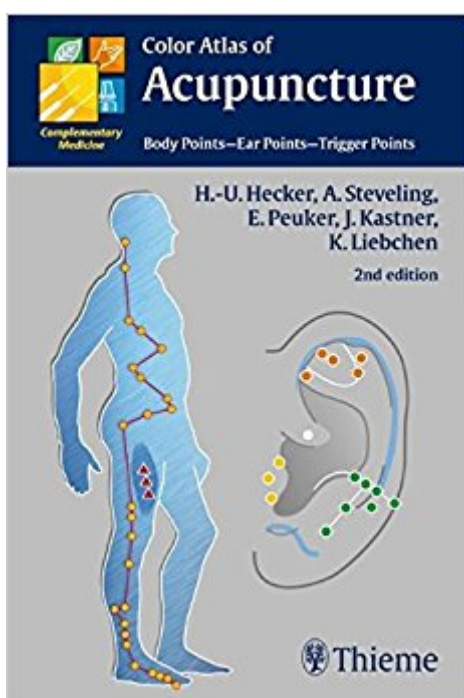


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# Color Atlas Of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback))



## Synopsis

A flexi textbook that contains information on all the major body and ear acupuncture points, as well as an extensive coverage of trigger points. The text is augmented by 126 illustrations pertaining to body acupuncture, 48 illustrations on ear acupuncture, and 114 illustrations on trigger points. The description of each point includes: exact location depth of needling indication function in TCMThe different schools of ear acupuncture(e.g., Chinese vs. Nogier), often a source of confusion for many practitioners, are presented side-by-side. While the terminology of the points follows Chinese standards for acupuncture, the body parts are named following up-to-date anatomical nomenclature, and the description of trigger points also mentions the respective muscle and pain projection zones. Illustrations include color photographs and clear full-color drawings.

## Book Information

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## Customer Reviews

"[Five stars] Richly illustrated and logically written...will be of unique benefit...to busy clinicians...[and] students...a valuable reference...This sophisticated and comprehensive book synthesizes many divergent acupuncture and trigger point schools...handy and easy to use...recommend[ed]."--Doody's Review"An excellent reference for the busy, well-trained practitioner....a concise, convenient pocket atlas...well-formatted....very user-friendly...recommended."--Medical Acupuncture

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The basics presented here will help the targeted preparation for an exam and will also serve the actively practicing physician as a quick reference for orientation. The experienced acupuncturist will find interesting details for precise point localization as far as anatomical guiding structures are concerned. The major trigger points are described in connection with acupuncture points according to practical relevance. Gnathological aspects are particularly emphasized as they play a major role within the holistic approach. --This text refers to an out of print or unavailable edition of this title.

If you are looking for a fairly complete illustration and description of meridians and acupuncture points, this is not the book for you. If you order this atlas, you are getting a handy 5 x 7 inch, 328-page paperback in which only 117 points clearly marked with indications and actions. Also, there is no complete picture of a body with all meridians labelled. It's sort of like getting an atlas of the world that only shows one continent at a time and then leaves out Antarctica, Botswana and Khazakstan because, in the opinion of the editor, they don't contribute all that much to the rest of world. If you're just a beginner or intermediate delving into this topic, there are probably other, better, much cheaper guides. The book does, however, do some things well. For instance, it describes the anatomy that underlies certain acupuncture points, suggests needling depths and gives a description of cun measurement that may be helpful. It also shows some points on the meridians on an actual photographs of people. An entire section is devoted to showing various points on musculature. It also has a whole section devoted to trigger points and their relationships to various acupuncture points. The indexes are very handy. I can't comment on the ear point section, as that is something with which I am not familiar enough to give a good review.

I have found this book very useful for certain points. Unfortunately the Body Acupuncture Points section only covers about 117 points and does not cover all the points I need. For example, for the Lung Channel it only includes Lu-1, Lu-5, Lu-7, Lu-9, and Lu-11. The Pericardium Channel only includes Pc-3, Pc-6, and Pc-7. The Kidney Channel covers Ki-3, Ki-6, Ki-7, and Ki-27. The drawings and pictures, as well as the information provided on these points, are very good. I like the fact that not only do they have drawings but actual human body pictures locating the points, and it does

show most of the points on these pictures, even though it does not name or describe them. Some additional points are shown in Section 3, Trigger Points, but that section is basically by muscle or section and the points come incidental to treatment and are not listed in the index so it is not easy to find them. Also the information on these points is limited to a diagram and a brief description of location so it is useful only for treating the particular trigger point. This section is the largest section in the book and covers 35 muscles or muscle groups. The information provided in this section appears to be very good. Part 2 of the book, Ear Acupuncture, is very good and probably would rate five stars. I would probably buy this book again because it is very good for the covered areas with useful concise information, but it is limited. If it covered more points, it would definitely be a five star book.

If you want an acupuncture book with all the points described then this book is not for you. If you are looking for a high standard acupuncture book with much good from the Chinese side as well as from the Western side [with tips from the late Prof Bischof [Vienna] with many practical tips then the book is highly recommended. Don't buy the Kindle edition if you want to study the book because the search function and the possibility to search for annotations is still "miserable" with and seems not to hurry to change anything in this area. The big thing of Kindle books is that they have the very kind policy of letting you download the whole book for a week and you then can decide to buy to keep the book or to return it with a full refund if it does not fit! This is GREAT! All the study books of are not worth buying as Kindle in my opinion at the moment until decides to work at the search function. If you just want to read an e-book, no problem of course! The e-book can be bought from Thieme if you want to use it as a proper e-book. [with excellent annotation and search functions] I bought both the book itself AND the Kindle edition and with pleasure I would return the Kindle edition if they would allow this. Wasted the money on the e-book [Kindle]. To end: I highly appreciate the service of and urge them to change the mentioned point or they may lose their Kindle book position on the market, concerning study books.

Very professional and great resource. Small enough to fit in pocket of white coat. Glad that bought book for practice of acupuncture. Also has trigger points for injection.

Sometimes I wish I had less work and more time to study acupuncture and Chinese medicine. But I can't stop working because I need to buy books on my favorite subjects. Learn how simple and complex our ears represent our organs. This book has been very helpful and easy for me to follow.

There are parts that have to be read twice maybe more times.

briefly than I expected with regard to body points and auricular points, but very well illustrated, clear drawings and photos allow to pinpoint placement. descriptions concise and good. A valuable addition to my shelf. fast delivery and the book in superb shape. Thank you yet again .

This is a book which makes easier your understanding of the connection between the acupuncture points and the trigger zones. Descriptions are simple and effective. The drawings are good. Basilar the comment. Plus in this book there is a central section dedicated to the ear acupoints: this only worth the price, essential points of the ears are described and drawn enabling you to recognize their location with good approximation. I suggest you to buy it.

I use trigger points to relieve pain and this book has pretty pictures and gives you very nice descriptions and photos to let you know how to relieve some painful areas. Of course, if you haven't gone to school you won't understand the depth descriptions and so forth, but the pictures make this book worth the money.

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