

Points Maridians Of Acupuncture

In this book for effective treatment, selected Important Acupuncture points are noted. Each point is identified with picture, location, indication and the respective needling pattern. This book has a detailed note on all important acupuncture points. This book will act as a guide to Acupuncture Students, and to Acupuncture Doctors for effective and efficient treatment.

Most of us have heard of acupuncture, but the truth of the matter is that for many of us, that's as far as our knowledge of acupuncture goes. We know it involves sticking needles into our body to help relieve pain. But the very idea of needles probably sounds painful. However, this is not really the case. Acupuncture is a branch of traditional Chinese medicine. This framework of medical practice begins with the belief that our body is a balance of two opposite yet inseparable forces – the yin and yang. By the same line of thinking, this applies to the entire universe. Yin represents forces such as the cold, the slow and other passive forces, whilst Yang represents heat, excitement and other active forces. It is a combination of these forces and the balance between them that determines our mental and physical well-being. Another cornerstone of traditional Chinese medicine is the concept of 'chi' (pronounced chee). Chi is the life force of the universe. In the body, it is the 'chi' that creates and animates life. We are all born with a certain amount of chi and continually acquire it throughout our lives through food, air, water and sunlight. Chi is believed to move through our body in channels

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called meridians. The quantity and quality of chi in our body depends on the state of our mental and physical balance (as represented by the yin and yang). In fact, imbalances of the yin and yang in the body block the channels through which chi travels in our body. There are twelve main meridians (channels through which chi – our vital energy – can travel) in our body, eight minor meridians and over 2000 acupuncture points or acupoints which connect these meridians. The practice of acupuncture unblocks these chi pathways, thus ensuring the constant and free flow of energy through our body for mental and physical wellbeing. Oriental medicine has some basic principles but they are not set in stone. Acupuncture and traditional Chinese medicine at large are tailored and modified to suit each patient. Furthermore there are many different schools of thought. Traditional Chinese medicine is a complete healthcare system that is capable of providing both specialized and primary healthcare. It also gives us guidelines on how to prevent illnesses. The bulk of traditional Chinese medicine's roots lie in Taoism. Taoism is both a religion and a philosophy of life. The main focus of Taoism is the natural laws of the universe and our relationship to the universe. Some of the basic principles of Taoism are listed below. They must be understood in terms of their applications to health and healing:

- Basic laws of nature govern the universe. We are a part of this universe and we must exist within that framework and abide by these laws.
- In its natural order, the universe is perfectly harmonious and perfectly organized. If humans live according to the laws of the

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universe, they will also be in harmony. • Change is the only constant. Our universe is dynamic. If we do not change ourselves in line with the universe, disharmony will prevail. It is this disharmony that will cause sickness or illness of the mind and body. • All life is interconnected and interdependent. To ensure overall well being we need to consider the whole before the parts. When curing an illness or sickness we must adopt a systems approach, that is, look at the body as a whole rather than as parts. • We are a part of the universe. We are not independent of our universe. In fact, we have an intimate connection with our environment and universe. Therefore, our spiritual, mental and physical health is affected by our environment and external factors. The word 'acupuncture' literally means 'pricking with a needle.' Acupuncture points are, in fact, the focus of acupuncture treatments. Therefore, acupuncture involves the insertion and manipulation of needles into acupuncture points on the body for restoring health and well being. Acupuncture originated in China more than 2000 years ago – making it one of the oldest and most commonly practiced medical procedures in the world. Research into acupuncture is still ongoing and practices and theories are being constantly updated. In essence, acupuncture is aimed at promoting well being and alleviating pain. The method may seem alien to many of us but it has been practiced in China and beyond for thousands of years and continues to be validated by scientists even today. Acupuncture is now practiced the world over to benefit of people of all races, ages and ailments.

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Many books are available about Acupuncture treatment. This “8 Extraordinary Meridians a Practical Approach” is entirely different. In this book the author has explained, with limited acupuncture points, how we can cure all diseases within short period by this treatment. This book is best guide to Students studying Acupuncture and Acupuncture Doctors for effective treatment.

We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment – Jing, Ying and Wei. A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. A comprehensive constitutional treatment approach A customized, modular topical herbal protocol that is enriched with the use of

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essential oils and natural cleansers, creams, etc.

Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc.

Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of "healthy aging"

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.

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

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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. Primarily a guide to point location, this work is for students and practitioners of Chinese acupuncture, and also for those working in other medical disciplines who are sympathetic to its use in the prevention and treatment of disease. An introductory section explains the terminology and laws pertaining to the use of the points. The twelve main meridians, with their command and other points, plus the conception and governor vessels, are distinguished by name, number and appropriate element and colour. Their locations are anatomically described with reference to skin surface and skeletal illustrations.

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

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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.

Acupuncture, Meridian Theory, and Acupuncture Points Pacific View Press Handbook Of Traditional Chinese Medicine (In 3 Volumes) World Scientific

This unique atlas provides the acupuncturist with an easily accessible reference to acupuncture points and meridians in relation to surface anatomy.

Previously only available as part of Stux' Acupuncture - Textbook and Atlas, the selector is now available in a package together with three new posters which depict the most important acupuncture points topographically. Photographs of the human skin were deliberately not used, as they do not allow the structures directly beneath the surface to be portrayed. To ensure a clear and exact representation, the bones have been drawn in the background. The selector presents the various categories of acupuncture points in tabular form, enabling the user to recognize the most important points

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of a meridian at a glance. An indispensable aid for every acupuncturist.

The meridian test (or 'M-test') is a powerful assessment, treatment, and self-care system that can be used to improve athletic performance and physical fitness. It simplifies the assessment of strain and injury so that even nonacupuncturists and athletes can learn to apply massage and stretching more effectively. The M-Test is one of the most popular methods of sports acupuncture in Japan. Developed by Mukaino Yoshito, M.D., of the Sports and Health Science Department at Fukuoka University, the M-Test is based on his extensive experience in physical education and sports medicine. The M-Test uses the meridian system of acupuncture to analyze the movements of multiple joints and muscles in a holistic way. The most suitable meridians for treatment are identified by evaluating a sequence of movements. Flexibility and ease of movement in relation to the meridians are assessed to identify the areas and muscles that need treatment. Based on the M-Test results, the synergistic action of the joints and muscles involved in the movements can be facilitated with acupuncture, massage, or stretching. For the acupuncturist, the M-Test provides another powerful assessment tool for the treatment of pain and compromised movement. This system is compatible with the traditional understanding of the meridians, but takes it a step further to clarify the relationship between the meridians and movement. Practitioners can render treatment with a better understanding of this relationship and identify the most effective points for treating pain

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and improving movement. The M-Test can also be used to evaluate the results of treatment or the stretching regimen so that a better strategy can be formulated if the results are unsatisfactory. Athletes can learn to perform M-Test movements before or even during competition to identify and correct abnormalities to improve their performance and prevent injuries.

Acupuncture points are the places where acupuncture needle is applied for the treatment of diseases.

Acupuncture point locations are related to Qi and Blood flowing and this energy system defined pathway from internal organs and meridians converges and disperses. Stimulation through acupuncture points can correct imbalance and blockages in the flow of energy for restoring health. This book tells you about the name and location of acupuncture points and shows you easily understandable explanation for finding the acupuncture point. This book is for Acupuncture students and practitioners.

Proceedings from the first International Symposium on Primo Vascular System 2010 (ISPS 2010) with special topics on cancer and regeneration was held in Jecheon, Korea during September 17-18, 2010. Includes coverage of new study results that have better revealed the functional aspects of PVS, including its roles in the areas of regenerative medicine and cancer.

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

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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.

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.

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

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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 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

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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.

A practical manual describing the principles and practice of modern medical acupuncture. This book frees the practitioner from dependence on rule of thumb and builds on existing clinical knowledge. Demystifying the needling process, this book demonstrates quick but effective treatment of those disorders for which acupuncture is suitable. * Demystifies the needling process * Demonstrates quick and effective treatment * Builds on existing clinical knowledge

During the recent times, there occurred a tremendous phenomenon in the field of Science. It is the growing awareness of the importance of Oriental Medicine, notably the so called acupuncture, in America, Europe and countries all over the world. Acupuncture, as a field of medicine, poses a fundamental problem. It embraces a lot of complexities which must first have a thorough knowledge of meridians and acupuncture points.

Moreover, there is a need for them to have a complete understanding of all the acupuncture parts in the human body. These can not be acquired, however, in just a day's time. Like any other field of specialization, it demands a continuous practice of learning and relearning. In this connection, I am publishing a book which will serve

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as a guide for medical students and doctors pursuing further studies in acupuncture. The entitle "Acupuncture Meridiana and Acupuncture Points" possesses distinct characteristics for easy reading and understanding. "Acupuncture Meridians and Acupuncture Points" indicates the exact position of these points. They are located in various parts of the human body; namely, bone surfaces, muscles, blood vessels and nerves. To aid readers in understanding better these points, the authors intentionally uses meridian classification, point's names and symptoms Korean and Chinese characters are also used for more depth. The findings presented in this study, however, should not be deemed by readers as conclusive and absolute. Likely and study, it assumes fallibility. In consonance to this, the author seek your advice by writing to them so that a revision may be undertaken. The author, I present any contribution it can be given to the people of today will be my honor and pressure. I like to express my thanks to wife JiHye, daughter Sandy, son Alex, and all family folks for helps and support.

Comprehensively revised and expanded with vital new content, the second edition of Medical Acupuncture continues to explore the realistic integration of acupuncture into conventional medicine. Advocating the Western medical acupuncture approach (WMA), this science-based compendium provides the trained practitioner with all the latest research on the effectiveness of WMA and its associated mechanisms, techniques, clinical practice and evidence. Medical Acupuncture demonstrates a variety of needling

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techniques and clinical applications within the context of WMA and its evolution from traditional Chinese acupuncture using current knowledge of anatomy, physiology and pathology alongside the principles of evidence-based medicine. Split into seven sections the book begins by establishing the roots of WMA in the Introduction and then progresses on to describe the mechanisms of action in Section 2, including peripheral components of stimulation and evidence from neuroimaging. Sections 3 and 4 cover clinical approaches (eg, superficial needling, electroacupuncture, safety of acupuncture) and techniques related to acupuncture (TENS, laser therapy). Section 5 takes a closer look at the difficulties faced by trials and reviews while Section 6 goes on to showcase 21 clinical uses of WMA, ranging from chronic pain, mental health, obstetrics and primary care to sports medicine, respiratory conditions and neurology. The final reference section contains dermatome/myotome maps, meridian/channel charts and standard international nomenclature. Comprehensive coverage of the scientific evidence and clinical application of acupuncture in medicine Balances the genuine benefits of acupuncture against unfounded claims Presents a wide range of treatable conditions from psychiatry and palliative care through to the pain clinic and veterinary medicine Clinical points boxes highlight key knowledge and learning Illustrated with over 130 drawings and photographs Content restructure and overhaul with contributions from over 40 world leading experts Individual chapters on the use of acupuncture for a wide range of medical

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conditions including gynaecology and infertility, cancer and palliative care, drug dependence, obesity, sports medicine, dentistry and veterinary practice Updated with the latest scientific evidence Expanded information on neuroanatomical and neurophysiological considerations in relation to the mechanisms of acupuncture

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 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.

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

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

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by up to 25% in the acupuncture points they used, raising doubts and uncertainty regarding the efficacy 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. 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. Did you ever wonder how acupuncture works? This book strips away the mystery. Each acupuncture point has unique functions, which are explained in plain English for the non-acupuncturist. Acupuncture

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is a recovery technique that originated a lot of years back from Traditional Oriental Medication (TCM). This practice would depend on the theory an imbalance in energy triggers medical ailments and mental health disorders. TCM theories proves that the body contains essential life energy called chi; whenever your body and brain will work correctly, chi should undertake the body's vigour stations. These stations are called meridians and may be bought at sure factors during your body. Based on the custom, sometimes chi becomes congested in a variety of meridian pathways, leading to disease or disorders. Acupuncture functions by stimulating the discharge of endorphins, your body's natural pain-relieving chemicals, it also affects the autonomic nervous system and the release of chemicals that regulate blood circulation and pressure, reduces swelling, and calm the mind. How to do acupressure effectively to treat yourself. This book explains which points are the best to treat different ailments. Acupuncture treats pain, stress, fatigue, emotional disorders, insomnia, digestive problems, and many internal disorders. Acupuncture is a regular Traditional Chinese Medication (TCM) practice that originated long time ago. It is predicated on the premise of a blockage or disruption in the circulation of your body's life energy or "Qi"; which can cause medical issues. Relating to TCM theory, there are over 1000 acupuncture factors on your body, each

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laying on a low profile energy route, or "meridian"; each meridian is associated with a different body organ system.

The author, one of the masters of the meridian therapy movement in Japan, has selected 160 of his favorite points. He describes how to use palpation to find the points and determine whether they are 'active.' He then identifies the particular conditions for which each point is best suited.

Acupuncture therapy with single point is a strategy of killing two birds with one stone. Needling a meridian meeting point is to needle one point to treat two meridians. When the cause involves two or more internal organs, it may be treated by the meeting points of meridians. The eight meeting points between extraordinary meridians and twelve master meridians refer to the points at which energy of the eight extraordinary meridians meet with that of the twelve master meridians. Needling at such meeting points is capable of producing a double effect of the twelve master meridians and the eight extraordinary meridians. Chinese acupuncture was originated in Yellow Emperor's Classics in which 66 diseases were treated by single point. In the first acupuncture classic entitled, First Classic Of Acupuncture And Moxibustion published in 282, a total of over 800 diseases were listed for acupuncture treatment among which 728 diseases were treated by single points. It was not until the publication of Living Classic Of Acupuncture And Moxibustion in 1220 that acupuncture therapy with multiple points became popular. The first national Chinese conference on acupuncture therapy with single point was held in 1989, with 81 representatives attending and 151 theses presented at the conference; followed by the second conference in 1991, and the third

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conference in 1992. There are a few characteristics of this type of acupuncture therapy. First of all, it puts emphasis on syndromes differentiation. Take headache as an example, headache in the forehead should be treated by Li4, headache on one side of the head should be treated by Lu7. In the second place, different methods of treatment should be applied, depending on the nature of diseases, such as needling, moxibustion, point injection, and cupping etc. In the third place, different treatment strategies should be applied to deal with different syndromes of diseases, such as toning up deficiency and sedating excess, sedating the child and toning up the mother.

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.

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

Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and loneliness. The authors also explain the theory behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the flower essences of Dr. Bach to acupuncture points for

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treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches—without the use of needles. Bach flower essences can be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

A Handbook containing illustrations of all the main and secondary acupuncture meridians and accurate descriptions of the location of all the acupuncture points.

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