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It presents a scientific, anatomically-based approach to acupuncture and discusses acupuncture points, pain measurement and management, and clinical applications from easy cases to challenging. Health professionals will find here all the basics needed to understand how acupuncture works and its possibilities, especially for relieving chronic and acute pain.

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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.

While ancient concepts of yin and yang and meridians have been effective for sustaining traditional knowledge of acupuncture, contemporary clinicians need a more scientific structure to apply these complex teachings. A book that examines this Eastern medicine through the systematic principles of anatomy, physiology, and biochemistry is long overdue. Addressing acupuncture from a unique perspective, [Acupuncture: An Anatomical Approach](#) abandons the traditional Oriental medicine approach in favor of a more analytical scientific presentation. This innovative book describes the progression of chronic pain in the peripheral nervous system, demonstrating that points conducting pain impulses through the peripheral nerves become more tender to palpation throughout life in response to episodes of pain, and this happens in a predictable sequence. This sequence, expressed as a "pain quantification," has important prognostic significance to the person's response to acupuncture, as well as other treatments. The author has diminished the metaphysical aura of classical acupuncture and reinvented it as a medical science. This original contribution adds new knowledge to the understanding of the progression of pain throughout a person's lifetime.

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[Acupuncture Anatomy: Regional Micro-Anatomy and Systemic Acupuncture Networks](#) integrates Western and Eastern medicine, providing a scientific foundation to acupuncture. By correlating detailed anatomical information with specific acupuncture points, the book opens a window into understanding the physiological basis of acupuncture medicine. Each acupuncture point is described in terms of musculature, vasculature, and innervation. Special consideration is also given to the position of organs, muscles, nerves, arteries, and veins with respect to the acupuncture point. A separate section is devoted to cross sections of the human body. The book is divided into four major parts. The first part discusses the underlying principles of traditional Oriental medicine and acupuncture. The second covers the pathophysiology of the organ systems. The third reviews various disease etiologies and the last part presents common diseases that are effectively treated through acupuncture. Written by an author with degrees in both Western and Eastern medicine, the book 's bulleted format and numerous illustrations make it easy to read and understand. It is a valuable companion for those wanting to bridge the gap between Eastern and Western medicine, as it relates to acupuncture.

This book offers pragmatic and clinically useful information for physicians seeking to integrate acupuncture into their medical practices. Beginning with the history and science of acupuncture. It is a guide through anatomy, physiology, pathology, examination and diagnosis, point location, and basic and advanced treatments. It includes proven techniques for treating musculoskeletal pain, migraines, gastrointestinal conditions, and substance abuse. The text also contains high quality photographs and illustrations for clear localization of channels and points. It is an ideal learning tool for practitioners looking to expand their practice or find a more versatile acupuncture approach.

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 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 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

This introductory text presents a systematized and in-depth clinical approach to medical acupuncture. Covering basic concepts in anatomy, physiology, and pathology, [Clinical Introduction to Medical Acupuncture](#) will give practitioners the confidence to apply acupuncture and ancillary techniques, such as needling, moxibustion, cupping and electroacupuncture, to treat a wide range of acute and chronic diseases and conditions. Features: Succinct descriptions of theory and points Tips on using anatomical landmarks to ensure precise point localization Clinical pearls on how to apply techniques for common conditions Clear illustrations and comprehensive tables that synthesize key information on indications, acupuncture points, and treatment plans, ideal for quick review and reference Short self-study quizzes for each topic and a comprehensive final exam that help the practitioner identify areas requiring additional study Discussion of the importance of self-care and cultivation, Qi Gong, and other techniques to enhance healing This book will benefit not only acupuncturists and complementary medicine practitioners, but also Western medical practitioners in family medicine, physical and rehabilitation medicine, pain medicine, neurology, oncology, rheumatology, gynecology, dentistry and other specialties. Practitioners studying for certification and licensing exams in medical acupuncture will also find this book an indispensable tool.

An understanding of acu-points is vital not only for acupuncturists but also for bodyworkers. This user-friendly manual contains current, comprehensive information for both groups, with special emphasis on how shiatsu and tuina therapists can best utilize "point knowledge" in their practice. Renowned experts Chris Jarney and Iaira Bouratinos use succinct text, a well-organized framework, and detailed color anatomical illustrations to clarify the complexities of acu-points. In keeping with normal practice, the authors give the precise anatomical location of a point and illustrate it with a dot, along with alternative locations where relevant. However, the book goes further by delineating the larger area where the point can be activated by pressure, gua sha, and other means. In addition, it explains the optimum physical position for treatment via acupuncture, acupressure, and other strategies, as treatment positions can vary according to the method of point stimulation. The book also documents the distribution of sensation resulting from point stimulation, and differentiates between pressure and needle application where appropriate. [A Practical Guide to Acu-Points](#) presents a wealth of carefully researched information equally valuable for professionals, students, and conscientious practitioners.