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to Know You **Biomedical
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Chinese Scalp Acupuncture
Acupuncture and Moxibustion
**The Best of Master Tung's
Acupuncture** Acupuncture Is
Like Noodles Sticking to the
Point Modern Acupuncture
Classical Acupuncture
Sticking to the Point: A rational
methodology for the step by
step formulation &
administration of an
acupuncture treatment
Acupuncture

A comprehensive introductory text/workbook. The first practical book to be published on how to learn point location "This beautifully designed two color book is filled with over 100 detailed illustrations to help the reader better understand the materials being presented. Red flag cases are included and clearly explained to help the practitioner decide when an immediate referral is necessary. This book covers many Western diseases you will encounter and is clearly written for practitioners of Chinese medicine. With this textbook you will learn the clinical presentation and treatment of the major diseases seen in Western medical practice today, and how to confidently interact with Western medical

practitioners."--Publisher
Although Master Tung's Acupuncture has been in the public domain since his untimely passing in 1975, very little information is available publicly on how to use the system in a practical and systematic way in English. In this book, I hope to guide my fellow colleagues into the intricacies of applying Master Tung Acupuncture in the clinic. Since I am also a practicing acupuncturist and deal with pain, women's health, and internal medicine problems quite frequently, I am sharing my clinical experience in this book and the "secret" of creating the protocols that I use daily, with modification. I also attempt to explain why I choose a particular protocol and the modification to it. In this book, I introduce what I consider the "Best" of Master Tung's Acupuncture. There are many books on Master Tung's Acupuncture which introduce all of the 740 Tung family points. but often these books may be too much for the beginner and do not let the beginner grasp useful concepts or how to use Master Tung's Acupuncture immediately and effectively. Most acupuncturists simply add the Tung points to their already memorized TCM Acupuncture point prescriptions, and as a

result, make a mess out of their acupuncture. They do not have a simple and elegant rationale for using the system. In my teaching of Master Tung's Acupuncture, I always choose points that are painless, easily accessible, and have powerful immediate results. The field of pain research is rapidly expanding in both human and veterinary medicine, and has helped increase our understanding of acupuncture. However, many are still highly sceptical about the use of acupuncture and prefer for it to remain far from orthodox veterinary practice. This book seeks to challenge common misgivings by showing how veterinary acupuncture works (for small and large animals), and why it should be established as an orthodox form of treatment. Written from a Western approach, rather than a traditional Chinese Medicine approach, it explains the background and history of acupuncture and includes key information on safety aspects, understanding pain and how acupuncture can help, practical aspects such as types of needles and methods of restraint, and related techniques. Not intended as a techniques manual, this book is a preparatory text for those considering taking an acupuncture course and those wishing to gain a solid understanding of the subject. Following an introduction to the philosophical and theoretical background of traditional Chinese medicine, the diagnostic system of acupuncture is presented. The Chinese system of channels and

functional organs and the significance of the points are described. The 14 main channels with the most important acupuncture points for daily practice are presented with didactic emphasis on morphology and clinical applicability. The methods of needling and moxibustion are described in detail with their clinical applications. The most important acupuncture points are given for the different diagnoses. The book 'Modern Acupuncture' was written with the sole purpose of simplifying therapy. The first advanced book explains acupuncture therapy using scientifically evidence-based, easy-to-understand methods. It overcomes the confusion of acupuncturists due to traditional Chinese medicine concepts and makes acupuncture training a pleasure. It instils confidence in actual clinical practice. It ensures acupuncturists complete confidence in practice to treat any disease in readers. The author, Dr. Chandrashekhar Pardeshi, MBBS MD, has been practising full-time acupuncturists and teaching for the last 40 years with passion. He has treated thousands of complex diseases, and his research has led to many new inventions in acupuncture. He has many research papers published on international forums. Each disease is presented in the scientific background. Brief conventional management, followed by detailed acupuncture treatment, is given. Choosing acupuncture points is made rational and

easy in this book. Protocol of acupuncture prescriptions is followed by copious visual illustrations of the location of points. The feature helps acupuncturists deliver the TCM therapy without confusion. The book is a complete classical manual of Chinese acupuncture with a distinctly new and rational approach to learning. It serves as the best textbook, atlas, and charts for ready reference for alternative medicine. This book describes basic concepts; the acupuncture points, five-element, yin/ yang, chi, meridian are detailed with figures. Mode of actions and techniques of acupuncture are also given. This book highlights Zhu scalp and Jio scalp acupuncture (more effective than YNSA), abdominal acupuncture, auricular or ear acupuncture, trigger points, bloodletting therapy, and electroacupuncture. 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. Acupuncture for Pain Management is intended as the premier resource for learning the fundamentals of the art of medical acupuncture. Edited by top pain medicine specialists at Harvard and UCLA, and based on their popular annual workshop at the American Society for Anesthesiologists, the book is the perfect

synthesis of Western and Chinese medicine.

Anesthesiologists, pain medicine specialists, primary care physicians, osteopaths, neurologists, psychiatrists, physical medicine and rehabilitation specialists, and other health professionals looking to add acupuncture to their repertoire will benefit from the concise and practical approach of the book.

Features: Each individual meridian discussed in detail
Acupuncture for 25 clinical conditions, including headache, menstrual pain, low back pain, insomnia, and more
Aimed at acupuncturists as well as practitioners who want to add acupuncture to their clinical armamentarium
Chinese Internal Medicine is an international collaboration of Chinese medicine experts from both China and the West, covering the theory and practice of Chinese Internal Medicine in greater depth than any English language textbook available today. The material in this text comprises course material for a professional course of training in TCM, also being the basic material for studying and comprehension of other more advanced courses in TCM. The scope of the material contained in this textbook is approximately equal to that for students of TCM colleges in China, and coincides with the requirements in the Examination Syllabus for TCM Professional Practitioners Worldwide. Individual chapters contain forty nine common conditions as well as annexes or associated pathologies. Each

chapter is composed of an overview of the pathology, causative factors, pathogenesis, diagnostic criteria, differential diagnosis, pattern identification and treatment, a summary, a case study, prevention and life-style recommendations and acupuncture treatments for each category of disease. An abundance of classical references are also included here. 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. Explains the basic principles and techniques of the ancient

science, locating and diagramming all acupuncture points and prescribing acupressure treatments for specific common diseases. This book presents a collection of real case studies of patients who have been treated by prominent acupuncture practitioners in China. Compiled by leading experts, under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, this book is a useful reference for acupuncture practitioners and students at all levels. A leading practitioner offers a new approach to acupuncture that integrates Eight-Principle and Five-Phase diagnosis. Includes case histories and a workbook for treatment strategies. Working Class Acupuncture has created a simple but extremely profound and proven business model that works. Acupuncture can help alleviate suffering for pennies and provide practitioners a living wage. With a WCA model implemented across America our national healthcare crisis would disappear overnight. It is as simple as "Cooking up Noodles." A foundation textbook explaining how point combinations work in acupuncture practice. The book explains how each point works and how best to combine points for good clinical results. Students and practitioners need to respond to clinical challenges in creative and flexible ways and this book guides them in the art of construction of effective treatment protocols. Clinically useful combinations are presented throughout, along

with case studies showing the application of theory to practice. Educates readers about Traditional Chinese Medicine (TCM), (acupuncture and Chinese herbal medicine), and how women's health problems are effectively treated holistically versus the typical Western, compartmentalized approach. Acquire a basic understanding of TCM - what it is and how it works - as well as its benefits, risks and potential for treatment. Potential benefits of using TCM decrease the discouragement and futility felt by many women who cope with chronic health problems like menstrual irregularities, infertility, insomnia, pregnancy related issues and menopause. Women do not usually consider TCM as a treatment alternative until after receiving failed Western treatment. TCM can be a primary part of health care. Information and knowledge about TCM is lacking. TCM can help many women overcome and resolve health concerns. TCM's potential for early detection, strengthening of the immune system, reversal of symptoms and prevention of disease unfortunately remains unnoticed. * Broadens understanding of how TCM and western medicine differ in diagnosis and treatment. A holistic versus compartmentalized approach. * Explains how acupuncture systems work in easy-to-understand language. * Outlines gynecological, reproductive, and menopausal disorders more naturally and completely. * Approaches

disorders including PMS, painful, heavy, irregular menstruation, PCOS, infertility, and pregnancy-related issues from a TCM perspective. * Shares nutritional, lifestyle factors and tips to help you make better, more informed choices about your health. * Discusses other health issues including insomnia, incontinence, vaginal itching, heart disease, and headaches. * Explains how TCM considers the impact of lifestyle, diet and nutritional choices and discusses these as part of the treatment plan. . This is the second, revised edition of this book. BACKCOVER: The process of doing Chinese medicine is based on a relatively rigorous methodology and logic. This system of logic is like calculus or a computer language. Only if one uses the correct terms in their proper sequence will one get the proper, time-tested, clinically verified result at the end. To a large extent, this methodology is based on the logic inherent in the Chinese language. In Chinese, Chinese medicine is extremely clear and logical. However, in translation, this logic and clarity are often lost because of misunderstanding the denotations and connotations of the technical Chinese terminology. It is my hope that this new edition on TCM acupuncture will help rectify these misunderstandings and establish and continue this exceptionally clear methodology here in America. Following an introduction to the philosophical and theoretical background of traditional

Chinese medicine, the diagnostic system is presented: the Chinese system of channels and functional organs, the significance of points and point categories, methods of needling and moxibustion. There is a chapter on treatment based on western diagnosis. Dr. Felix Mann, President of the Medical Acupuncture Society, is one of the outstanding Western practitioners of the ancient Chinese art, which he has been using for some years in London. In this complete revision of his 1962 book -- over half of which is entirely new material -- he describes in detail for the first time how acupuncture works from a scientific point of view, explaining the neurophysiological mechanism involved as well as the basic principles and laws according to the theories of traditional Chinese medicine. Written for both the layman and the medical profession, the book illustrates its points with case histories drawn from Dr. Mann's own patients in England. This handbook is an invaluable resource on the principles and practice of Yamamoto New Scalp Acupuncture (YNSA). This popular form of scalp acupuncture is used to treat a wealth of neurological conditions, and is very effective in stroke patients with pain and restricted mobility, providing relief from the symptoms. David Bomzon is an international expert on YNSA and he includes step-by-step explanations of points, points location, indications for

needling, and clinical cases, all supported by line drawings and photographs. Uniquely, this book is written by an acupuncturist for acupuncturists, chiropractors and physical therapists, and the author clearly reconciles the theoretical needling points described by Yamamoto with actual needling points. Basic, sensory, brain, Y (epsilon) and cranial points are all covered, as well as instructions on applying YNSA in the clinic. The handbook also explains the benefits of combining YNSA treatment with Western medicine and physical therapy, making this essential reading for all practitioners looking to expand their knowledge of scalp acupuncture. Synthesizing biomedicine and traditional acupuncture, this unique clinical manual allows medical professionals to learn acupuncture and implement it immediately into practice with ease. Biomedical Acupuncture for Pain Management explains the biomedical mechanism of acupuncture, as well as the non-specific nature of acupuncture and its neuro-psycho-immunological modulation. This straightforward system of acupuncture - termed INMAS by the authors - provides a quantitative method to predict the effectiveness of treatment for each patient and an individually adjustable protocol for pain patients. Introduction to the Integrative Neuromuscular Acupoint System (INMAS), as well as the Homeostatic Acupoint System (HAS), help western-trained acupuncturists understand classical techniques A 16-point

evaluation method provides a reliable quantitative method to accurately arrive at prognosis Clinically relevant, integrative treatment approach in user-friendly language Numerous detailed tables, photos, and line drawings to help readers understand the anatomy, symptomatic signs, and clinical procedures Clear chapters organized by regional condition for easy readability and flow Case studies to assist with application of concepts in clinical practice Unique, clinical procedures for pain management with sections on examination and needling methods Two appendices for quick reference of acronyms, abbreviations, and the 24 homeostatic acupoints Up-to-date information on the latest techniques, including a chapter on electroacupuncture Acupuncture can be a very effective way of strengthening the body's resistance to illness, and of eliminating potentially harmful pathogens. This book provides a complete overview of the principles involved in distinguishing between different syndromes of illness in patients, and of selecting and administering appropriate treatments. The book describes the functions of acupuncture within the wider context of traditional Chinese medicine, and explains the principles involved in identifying and treating different illnesses and complaints. A large portion of the book is devoted to describing how to diagnose and treat more than 130 different conditions, including headaches and angina, asthma, depressive disorders, dementia,

and acne. This comprehensive textbook, compiled by the prestigious China Beijing International Acupuncture Training Center (CBIATC), under the editorial directorship of leading Chinese practitioners Zhu Bing and Wang Hongcai, is an invaluable reference for the advanced student or practitioner of traditional Chinese medicine. The present book is a complete account on clinical acupuncture. This is an outcome of author's vast experience on practice of acupuncture. The book gives complete information on all what one needs to know about acupuncture. From what is acupuncture, its history, to different elements, points and meridian of acupuncture along with instructions and guidelines for treating a large number of diseases with acupuncture. To sum up: It is a complete guide for the Acupuncturist. 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. A new, revised edition of the first book for students and practitioners which explains how to do TCM style acupuncture. This book explains in depth how to do a complex, individualized TCM pattern discrimination, how to arrange and make sense of a welter of confusing signs and symptoms, and how to think using TCM terms and statement of fact. Western students and beginning practitioners will find this book an invaluable aid in honing their ability to understand and use TCM. Although specifically about acupuncture, the method presented in this book can be used to erect a TCM treatment plan using any Chinese modality Chinese herbs, Chinese dietary therapy, tui na or Chinese massage, or qi gong, Chinese energy exercises. Included in this book are the functions of the main points of acupuncture and the functions of the main two and three point combinations. The first clinical textbook of

acumoxa therapy dating from the third century - and one of the four great Chinese acupuncture classics - this book is so authoritative that it has provided the framework and standard for all subsequent acupuncture textbooks in China. It contains all the most important passages of the Su Wen and Ling Shu, collated, edited, and arranged according to topic. Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture provides a comprehensive guide to the practice of Chinese and Western systems of ear acupuncture. This impressive new edition utilizes 3-D models of the external ear, as well as 3-D anatomical images, to demonstrate the somatotopic relationship between particular parts of the body and specific regions of the auricle. This is the first ear acupuncture text that has incorporated 3-D technology in order to present amazing images of the auricle which precisely indicate ear acupoint positions. The book offers in-depth evaluation of the theoretical and clinical underpinnings of auriculotherapy, describing and illustrating over 200 ear acupuncture points and more than 200 auriculotherapy treatment protocols for clinical disorders ranging from chronic pain to substance abuse to visceral and neurological disorders. There are an expanded number of auricular landmarks that are utilized to guide the practitioner in accurately determining the precise location of hidden ear points on

the 3-D model. These landmarks further reveal the varied depth perspectives of the external ear. The ear reflex points presented in this manual are based upon systematic research conducted at the UCLA Pain Management Center and upon the extensive clinical findings of medical doctors and acupuncturists in China and Europe over the past 50 years. Scientific and clinical information from the most recent international symposia of auricular acupuncture have been used to update the scientific and clinical knowledge presented in this fourth edition. Each chapter is organized in same basic order, beginning with an introductory overview, progressing to the main topics in the chapter, and ending with a section listing a definition of terms and a set of preparatory sample questions. The book is concise and clear enough for students yet provides provides sophisticated clinical approaches to allow the experienced practitioner to enhance and complement their existing treatment strategies. This highly successful textbook covers the basic theory of traditional Chinese medicine and acupuncture, and discusses in detail the use of acupuncture points and the principles of treatment. The material is based on rigorous reference to ancient and modern Chinese texts, and explains the application of theory in the context of Western clinical practice. The new edition features new and updated material plus an accompanying website containing over 650 self-testing

questions in a variety of formats. "For the student or practitioner of Chinese medicine this is a definitive text book." Reviewed by Jim Young on behalf of glycosmedia.com, Aug 2015

25th Anniversary edition of the Western world's best-selling book on Chinese medicine! Logical, sequential organization builds from basic theoretical concepts, through functions of individual organs, diagnosis, pathology, pattern recognition & disease categories, and the appropriate use of acupuncture points

Clearly explains the theory and practice of Chinese Medicine to Western medical audiences

Based on a unique and invaluable combination of extensive clinical experience in the West, current Chinese Medicine textbooks and ancient sources, in particular, the 'Yellow Emperor's Classic of Internal Medicine' (Nei Jing) and the 'Classic of Difficulties' (Nan Jing) Includes Pinyin equivalents to make it immediately evident which original term is being translated

Abundantly illustrated with over 750 line drawings and more than 1000 tables & boxes designed to emphasize the key facts

End of chapter Learning Outcomes point out 'must-know' information

Cases Studies and Case Histories apply theory to diagnosis and treatment, bringing the subject to life in a realistic context

An extensive Glossary explains new terms and their origins from translation

Additional Appendices list Prescriptions, Bibliography and Chinese

Chronology Authored by Giovanni Maciocia, one of the Western world's leading subject matter experts

An accompanying EVOLVE website provides over 650 self-testing questions and answers to help readers check their understanding of frequently complex information

New Case Histories help 'bring the subject to life'

Expanded subject area coverage including new clinical guidelines and additional acupuncture point combinations

Contains further analysis of acupuncture point actions

Innovative guidelines aid students learning Chinese Medicine patterns

Based on China's national textbook for acupuncture and moxibustion, this book covers acupuncture's fundamental concepts and more advanced theory. It is designed in a chart and diagram format so as to help the reader and compare information presented.

Authoritative work.

Descriptions of more than 1,000 acupuncture points, discussion of techniques etc.

741 p. B/W illus. Acupuncture - (Health Harmony)

This textbook presents a thorough review of available scientific data on western acupuncture, combined with a practical introduction to the subject on its different applications. No existing book draws together such a variety of up-to-date material, and its value as a comprehensive and scientific reference for beginner or practising acupuncturists - both medical and non-medical - will be unique.

Authors are drawn from the UK, Europe

and USA. Medical acupuncture stands out among the alternative health modalities for ease of use, cost-effectiveness, and applicability to a wide range of conditions.

In Getting to Know You, Dr. Joe Helms uses down-to-earth language to help readers make the best use of this treatment. He clearly identifies what sorts of problems respond best to medical acupuncture and distinguishes between constitutional characteristics and early indicators of health conditions.

Getting to Know You features real-world patient cases in medical acupuncture and promotes applied learning throughout, inviting readers to identify traits and symptoms they see in themselves. To this end, Dr. Helms provides a list of questions to clarify the reader's dominant type. For each type, guidelines are presented with common-sense changes to promote optimal health. The book conveys a wealth of complex medical information in simple terms, including elusive classical acupuncture models such as the circulation of energy and the five phases of treatment. A useful appendix further highlights acupuncture's benefits, while a reference list makes it easy to find practitioners in the U.S.

Use Traditional Chinese Medicine in diagnosing and treating disease! Maciocia's The Practice of Chinese Medicine, 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice. Covering common,

chronic, and acute conditions, Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs. Case studies offer real-world insights into determining effective treatment care. From an expert team of editors who were close to the late Giovanni Maciocia and who practice "the Maciocia way," this practical, illustrated text makes it easier to apply TCM in Western medical practice. Coverage of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases, conditions, and disorders. Discussion of aetiology, pathology, and differential diagnoses according to TCM is provided for each disease, condition, and disorder. UNIQUE! Summaries of Western differential diagnoses provide alternative treatment options. Coverage of treatments includes acupuncture and herbs, with explanations of choices. Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine. Practical appendices include Identification of Patterns According to the Six Stages, the Four Levels, and the Three Burners; Prescriptions; and Suggested Substitutions of Chinese Herbs. English-Pinyin Glossary of Chinese Terms is included. NEW and UNIQUE! Clinical Tips provide practical guidelines to diagnosing and treating diseases. NEW and UNIQUE! Red Flags list symptoms that may necessitate a referral to a Western physician. NEW! Updated clinical trials and references

are added. NEW! Updated Western differential diagnosis sections are added. NEW discussion on sexuality in Chinese medicine is added. NEW! Additional tongue photos aid in diagnosing diseases, based on Chinese medicine protocols. NEW! Updated, full-color photos are added. NEW! Four new appendices are added, for a total of 10 appendices. NEW! Reorganization of material provides easier access to key topics. This is the story of a young girl and her journey from innocence to abuse. The constant struggles that she faces trying to keep her sanity intact will enable her to become a strong survivor and gives her the gift of empathy for others. It ultimately deals with the heartaches and the joys of caregivers in our society today. She now becomes a survivor who believes that if she can save herself then she can save you and this leads to the acceptance and the choice of becoming the principle caregiver of her dying father, mother, brother, beloved Aunt and eventually her youngest son. For the young who will read this book- it will bring insight on choices. For the middle age- it will bring hope and direction. And for the old- it will show the security of love. This new book clearly and vividly reviews the development of the theories and practice of acupuncture. Readers will find a wealth of incisive historical research and realistic contemporary evidence. The book also explores the conditions and symptoms that indicate

acupuncture as a possible treatment, and broadly describes the processes of diagnosis and treatment. The principles and practice of diagnostics are key to administering effective treatment in traditional Chinese medicine. The ability to recognise and diagnose symptoms and complaints correctly is fundamental to deciding on appropriate remedies, and this book provides a comprehensive introduction to all the principles that students and practitioners need to know. The authors outline the key methods used in diagnosis, and describe the eight basic categories of ailment and disease: yin and yang, exterior and interior, cold and heat, and deficiency and excess. They provide detailed instructions on how to identify and rebalance the relative strengths of pathogens and Qi in the body, and how to differentiate between syndromes that might look the same, using traditional Chinese medicine methods. The book concludes with useful forms for completion in taking a diagnosis. Combining practical instruction with detailed theory, this authoritative textbook, compiled by the China Beijing International Acupuncture Training Center (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is an excellent reference for students and practitioners at all levels. Traditional Chinese Veterinary Medicine has been used to treat animals in China for thousands of years. Until

now, the majority of the literature on Traditional Chinese Veterinary Medicine has been written in Chinese. Xie's Veterinary Acupuncture serves as a comprehensive and accessible reference on the basic principles, techniques and clinical application of veterinary acupuncture. Written by a world renowned authority on veterinary acupuncture and a panel of experts, the book incorporates a traditional Chinese approach to veterinary acupuncture, including ancient and newly developed acupuncture techniques for both small and large animals. With the growing interest in veterinary acupuncture worldwide, this ground-breaking and authoritative text is a timely resource for practitioners and students alike.

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