



Meridians and Acupoints (International Acupuncture Textbooks)

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An in-depth understanding of meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. An awareness of where they are situated and how they function is key to effective treatment, and this book outlines everything from the basic definitions of acupoints and meridians to how they can be used in treatment. The authors explain what the meridians are in relation to the 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 describes specific acupoints - their names, how to locate them, an introduction to what symptoms they can be used to treat, and how. Also included in this title 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 when a treatment goes wrong. This useful and authoritative title, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

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