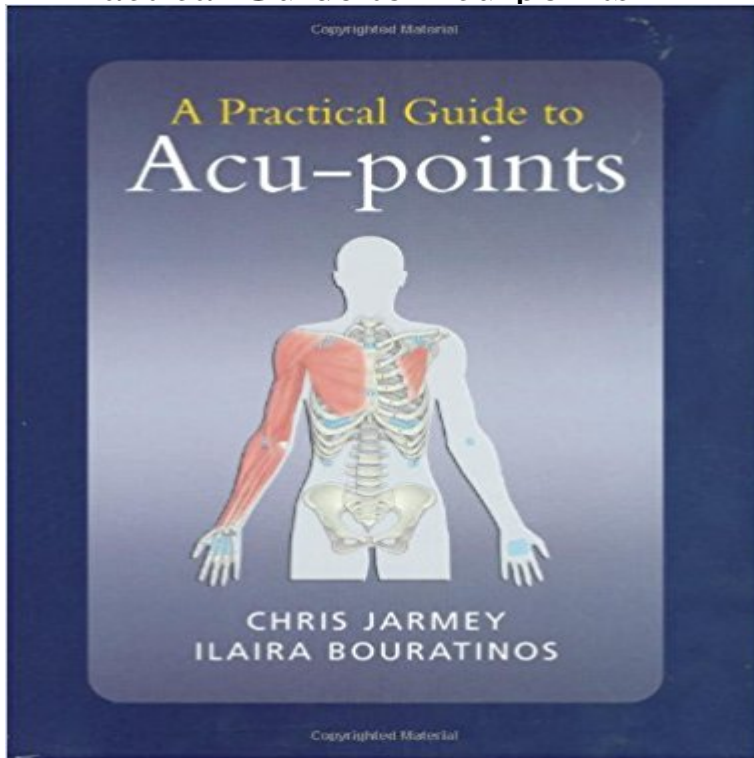


A Practical Guide to Acu-points



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 acupoint knowledge in their practice. Renowned experts Chris Jarmey and Ilaira 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.

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