



Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback))

By Hans Ulrich Hecker, Angelika Steveling, Elmar T. Peuker, Jörg Kastner, Kay Liebchen

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A flexi textbook that contains information on all the major body and ear acupuncture points, as well as an extensive coverage of trigger points. The text is augmented by 126 illustrations pertaining to body acupuncture, 48 illustrations on ear acupuncture, and 114 illustrations on trigger points. The description of each point includes:

- exact location
- depth of needling
- indication
- function in TCM

The different schools of ear acupuncture (e.g., Chinese vs. Nogier), often a source of confusion for many practitioners, are presented side-by-side.

While the terminology of the points follows Chinese standards for acupuncture, the body parts are named following up-to-date anatomical nomenclature, and the description of trigger points also mentions the respective muscle and pain projection zones.

Illustrations include color photographs and clear full-color drawings.

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Editorial Review

Review

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From the Author

The basics presented here will help the targeted preparation for an exam and will also serve the actively practicing physician as a quick reference for orientation. The experienced acupuncturist will find interesting details for precise point localization as far as anatomical guiding structures are concerned. The major trigger points are described in connection with acupuncture points according to practical relevance. Gnathological aspects are particularly emphasized as they play a major role within the holistic approach.

From the Back Cover

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