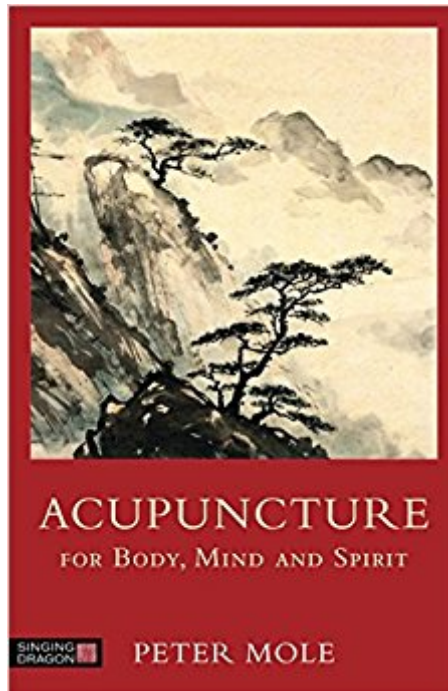




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# Acupuncture For Body, Mind And Spirit



## Synopsis

Written by one of the UK's leading practitioners, this authoritative and accessible introduction to acupuncture reveals everything you need to know before you step into the acupuncture clinic. It includes:- how acupuncture goes beyond quick cures and is used as preventative medicine- the origins and theory behind Chinese medicine and acupuncture- the differences between diagnosis in acupuncture and Western medicine- what to expect in the treatment room and how acupuncture will help you. Comparing acupuncture with Western medicine and demonstrating how the two are complementary, Peter Mole provides answers to the questions most frequently asked by acupuncture patients, prospective patients, prospective students and people who have simply heard about acupuncture and want to know more.

## Book Information

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## Customer Reviews

This book is a fascinating and detailed exploration of the philosophy, principles, and practice of acupuncture. Punctuated with cases and enriched with quotes from ancient texts, the book reveals why this ancient system of medicine remains effective and relevant for those seeking health of mind, body and spirit today. --Lynn Walmsley, doctor of Western Medicine, Bristol, UK

Peter Mole has written a perfect introduction to acupuncture for anyone interested in understanding its ancient origins, principles, methods and why it is still a potent therapy relevant for people in the 21st century. With its clear structure and accessible language, this book is an ideal introduction for

anyone planning to have acupuncture. I would readily recommend it to any of my patients considering acupuncture treatment to inspire confidence and to dispel any misconceptions about this profound system of medicine. (Dr Clare Stephenson, General Practitioner, Oxford, UK and author of The Complementary Therapist's Guide to Clinical Medicine) For students and anyone considering treatment or undergoing acupuncture, this book is a must-read. For students, this overview makes study more meaningful. For patients, understanding the process of treatment makes the experience richer. (John Hicks, PhD, Joint Principal and Co-Founder of the College of Integrated Chinese Medicine, Reading, UK) This book is a fascinating and detailed exploration of the philosophy, principles, and practice of acupuncture. Punctuated with cases and enriched with quotes from ancient texts, the book reveals why this ancient system of medicine remains effective and relevant for those seeking health of mind, body and spirit today. (Lynn Walmsley, doctor of Western Medicine, Bristol, UK)

This is a really good book for anyone looking to understand the basics of acupuncture. You will be able to understand how the acupuncturist assesses your health, makes a diagnosis, and determines treatments. You will also see how they view the body in terms of meridians. The book also discusses how acupuncture can be used as preventive medicine, which I never thought of until reading this book. It is very basic and easy to understand. If you are considering receiving acupuncture, I highly recommend you read this book.

This is a book for someone who is having or considering acupuncture for of facts. easy read and very informative thank you

Excellent introduction to acupuncture, topic by topic and easy vocabulary. i love it!

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