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# Finding Effective Acupuncture Points

Shashi Deymani

Foreword by  
Stephen Brown

Press TV Print

Page 2 of 4

Acupuncture is founded on the belief that all living creatures have a vital energy called 'qi', which is in charge of the spiritual, emotional, mental and the physical aspects of life.

The force circulates in the body through 14 invisible energy lines known as *meridians*. Each half of the body contains 6 organ meridians and 2 unpaired ones in the midline.

Qi is comprised of two fractions, *yin* and *yang*, which are opposite aspects of the material world. Yin moves medially and signifies female attributes; it is passive, dark, cold and moist. Yang moves laterally and indicates male attributes; it is light, active, warm and dry.

Acupuncture is closely associated with Taoism. According to the Taoists, health is an attempt to attain harmony between the opposing forces of the natural world, yin and yang. In other words, any upset in the balance will result in natural calamities and diseases.

An acupuncturist traditionally diagnoses a patient's problem by feeling three pulses on each wrist, determining which ancient meridians are or are not affected. The shape and color of the skin and the tongue as well as the posture and other physical characteristics also provide useful clues about the patient's general health.

Armed with this information, the acupuncturist devises a treatment protocol using a combination of ear and body points.

Acupuncture points are specific locations where the meridians can be easily needed. To restore balance and a healthy energy flow to the body, needles are inserted in acupoints and left in place for a few minutes.

Although how acupuncture works is not yet clear, researchers believe needling and other techniques used in this method may produce a variety of effects in the body and the brain.

- Acupuncture stimulates the release of pain-relieving endorphins
- Acupuncture influences the release of neurotransmitters, substances that transmit nerve impulses to the brain
- Acupuncture influences the autonomic nervous system
- Acupuncture stimulates circulation
- Acupuncture influences the electrical currents of the body, increasing the pain threshold causing long-term pain relief.
- The 'Gate Control' theory suggests the perception of pain is controlled by a part of the nervous system known as 'gate'. If the gate is hit with too many impulses, it becomes overwhelmed and closes.

This theory explains how acupuncture overcomes certain forms of paralysis.

The following are related procedures that fall into the range of acupuncture treatments:

## **Electro-Acupuncture:**

In this technique, small electrical impulses of a few microamperes are sent through the acupuncture needles. This method is generally used for analgesia.

Lasers and sound waves (Sonopuncture) are other methods used for stimulating acupoints.

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With the subtle use of color to illustrate acupuncture points and e e etnarrta 'Àip arcoana "À arutnapoga id elauanam nu id enoizide adnooes avoun al .ehcimotoana of the first. The introductory chapters describe and illustrate channels and guarantees, the various categories of points and methods of selection, position and need. The next chapters each have the points of the 14 channels and the extra points (mixed) identified by their names in English and Pinyin and Chinese characters. Each point is in accordance with the most demanding anatomical standards to be found in any Western textbook. For each point there is a dedicated design, followed by drawings of the regional body. The quality of the 500 designs is far superior to those in any other TCM text. There are also practical indications to find and request points, and cautionary information on what to avoid. In addition to the indexes of points with their names in English and pinyin, there is an index that identifies each part of the body reached by each of the channels, and separate indexes of indications of the points listed both in TCM and in biomedical symptoms. The surprising results obtained in clinical acupuncture over 47 years, during which almost four million patients were treated in Sri Lanka, under the guidance of the deceased Dr. Anton Jayasuriya, are at the base of this work, reference initiated and professionals in the field. His author, Professor David Lujan, worked side by side with the great teacher who was Jayasuriya gradually, to be developing his own method, which he called natural acupuncture. This is a quick method: because of its features, it is extremely simple to learn and apply. ECAN School continues to offer courses and treatments to patients in countries such as India, Nepal, Sri Lanka, Chile and Spain. Main features include: - The art of the master: acts that share all the great teachers in different health care disciplines. - The concept of disease: the view of the disease as a symptom - voice - of our subconscious comes- Subliminal: precise definition precise Each organ, both natural science as their psychological or spiritual side, its character, functions and desires. Clearly defined in this subconscious book 12. - Rename points: to facilitate the work of professionals have renamed all the acupuncture points based on each specific physiological and psychological role. - Assumption of impulse: the art of diagnosis through the wrist comes with depth and details. -Diagnosis and treatment through breathing: analysis of the breath and its relationship with every internal organ that helps enormously in the diagnosis and the consultation of treatment is offered - Atlas of the position: the book is also an Atlas to identify the points, which It also tells you how every point point must be treated to quell or tonifi auto (momentum, direction, action, manipulation). - Manual: provides a large number of general and specific treatments for individual imbalances. Other developments: the precise use of the treatment of pericardium, the re-education of subconscious behavior through extraordinary vessels, and the so-called treatment, the removal of a trauma ..... 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20/06/2019 - Practical Manual of Minimally Invasive Gynecologic and Robotic Surgery: A Clinical Cook Book 3rd Edition (2018) (PDF) Resad Paya Pasic , June 20, 2019, 0, 0 - Basic Information: Page: 2018; Page Number: 386; File Type: PDF; File Size: 45.96 MB; Authors/ Editors: Resad Paya Pasic; Description: This third edition has been extensively updated to provide the gynecologic ... Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine (TCM) in which thin needles are inserted into the body. Acupuncture is a pseudoscience; the theories and practices of TCM are not based on scientific knowledge, and it has been characterized as quackery. There is a range of acupuncture variants which originated in ... Un libro electrónico, [1] libro digital o ciberlibro, conocido en inglés como e-book o eBook, es la publicación electrónica o digital de un libro. Es importante diferenciar el libro electrónico o digital de uno de los dispositivos más popularizados para su lectura: el lector de libros electrónicos, o e-reader, en su versión inglesa. Aunque a veces se define como "una versión ... For any matters related to purchase of WHO publications, please use our WHO Press order form. Pour toute question relative à l'achat de publications de l'OMS, veuillez utiliser notre formulaire de commande de publication de l'OMS. Para cualquier consulta relacionada con la compra de publicaciones de la OMS, utilice nuestro formulario de pedido de publicación de la OMS. Acupuncture isn't a one treatment fits all kind of thing, so Meghan will tailor a treatment plan just for you, based on your needs and overall health, and will adjust that treatment plan along the way as needed. There are many many acupuncture points to choose from and an art to choosing the right point at the right time for the right patient ... The Western Pacific Region is home to almost 1.9 billion people across 37 countries and areas in the Asia Pacific. WHO works with governments and partners across the Region to promote health, keep the world safe, and serve the vulnerable. Book by Service Book Manual Lymphatic Drainage by Service ... College of Acupuncture and TCM in Calgary and has been helping individuals and couples grow their families since 2016. After receiving her own diagnosis of premature ovarian failure, in 2018, she put her medicine to work had her baby girl in October of 2021. Using different modalities such as acupuncture, ... 20/05/2021 · It beats trying to find things in the big funds book. Highly recommend this for clinical! If you have this book for your semester, this is the best guide to knowing all that info on the fly! This is a pocket sized book. Perfect for on the go reading and clinicals. Saved me a few times and great for study sessions you don't want to lug 30+

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