



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

Hans-Ulrich Hecker, Angelika Steveling, Elmar Peuker, Joerg 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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