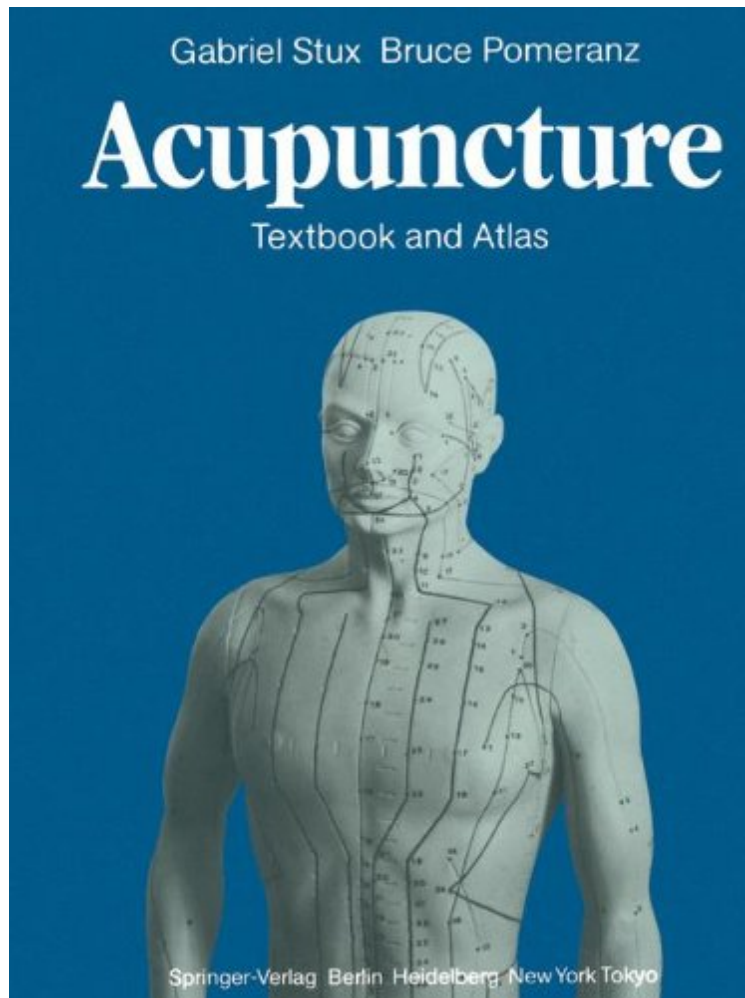


[Free] Acupuncture: Textbook and Atlas

## Acupuncture: Textbook and Atlas

*Gabriel Stux, Bruce Pomeranz*  
*ePub | \*DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#4882040 in Books Springer 2011-11-18 Original language: English PDF # 1 11.03 x .82 x 8.26l, 1.78 #File Name: 3642717446342 pages | File size: 46.Mb

**Gabriel Stux, Bruce Pomeranz : Acupuncture: Textbook and Atlas** before purchasing it in order to gage whether or not it would be worth my time, and all praised Acupuncture: Textbook and Atlas:

2 of 2 people found the following review helpful. A new classic in the scientific evidence supporting acupuncture and TCM!!By Dr. Scott Cuthbert Drs. Stux and Pomeranz are some of the hardest working, evidence-based, and innovative acupuncturists in the world. Their textbook covers both Traditional Chinese Medicine developed in Asia AND the West. The comprehensiveness of their book is most welcome, and it will serve as a lasting answer to doubters of the concept of "energy" or "qi". Their interpretation of the scientific literature, which they cover with incredible depth, leads to many ground-breaking new understandings of the science of acupuncture for this doctor. Stux Pomeranz give detailed reviews of over 200 controlled clinical studies about acupuncture in the West. Pomeranz suggests that "the neurological mechanisms of acupuncture analgesia" are rapidly becoming apparent. The authors describe many

systematic reviews of acupuncture for the most commonly occurring forms of chronic pain (back, knee, and head) published and show that acupuncture shows significant superiority over sham treatment for back pain, knee pain, and headaches. It has been shown repeatedly that acupuncture is effective in treating pain; it works 70% to 85% of the time, far greater than the placebo, which only has about 30% efficiency. Stux Pomeranz offer detailed summaries of modern research into the potential mechanisms of acupuncture. *Acupuncture: Textbook and Atlas* is a classic, even revolutionary guide on the theory and practice of Chinese medicine. This accessible and invaluable resource has earned its place as the foremost authority in the synthesizing of Western and Eastern healing practices. I learned more in several weeks of reading this powerful textbook than I had in years of study before. The National Institutes of Health on Acupuncture stated "there are other situations, such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low-back pain, carpal tunnel syndrome, and asthma, in which acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program." The supporting evidence for this consensus statement is elaborated in great depth and clarity in this textbook! For this reason alone, the book is a necessity for anyone working with TCM concepts! The NIH Consensus Panel also spoke to acupuncture's ability to relieve pain: "There is clear evidence that acupuncture is efficacious for...various pain problems. There is evidence for efficacy for postoperative dental pain. There are reasonable studies (although sometimes only single studies) showing relief of pain with acupuncture on diverse pain conditions such as menstrual cramps, tennis elbow and fibromyalgia. This suggests that acupuncture may have a more general effect on pain." Pomeranz, working at the University of Toronto, offers detailed summaries of modern research into the potential mechanisms of acupuncture. Pomeranz also discovered a relationship between acupuncture and the naturally occurring chemicals in the body known as endorphins. This relationship between acupuncture pain-relief and endorphins caused a great deal of excitement in the field of the scientific investigation of acupuncture. In acupuncture, the treatment points for a meridian imbalance are frequently found on the opposite side and even the opposite end of the body from that of the diseased organ or area of symptoms. In a number of research studies one of these distant treatment sites can have an effect in one or two seconds. This speed of conduction leaves the nervous system as the primary mechanism of TCM. Acupuncture points may actually be areas of high-density nerve endings. The neurological theories of TCM - and the relationship of TCM with the muscular system -- suggest themselves. Much of the neurological research done by Stux, Pomeranz and colleagues have brought acupuncture methodologies and outcome studies into the mainstream scientific world. The nervous system offers another physiological possibility for explaining the clinical phenomena and effects of acupuncture treatment, further bridging eastern and western allopathic and complementary and alternative medicine and chiropractic approaches. This textbook is fantastic, and will grow your appreciation of the science and the subtleties of Traditional Chinese Medicine. Highly recommended! By Dr. Scott Cuthbert, author of *Applied Kinesiology Essentials: The Missing Link in Health Care* (2014), and *Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions*. 9 of 10 people found the following review helpful. Great Value By A Customer Clear and concise. Uses western anatomical terminology to describe point location. Not completely in-depth, but adequate for the scope of this book. Good for those with basic anatomy/physiology understanding. NOT for those with no medical/scientific understanding. If you took ap in high school and have a reference book, you should be ok.

Following an introduction to the philosophical and theoretical background of traditional Chinese medicine, the diagnostic system is presented: the Chinese system of channels and functional organs, the significance of points and point categories, metho

Language Notes Text: English, German (translation)