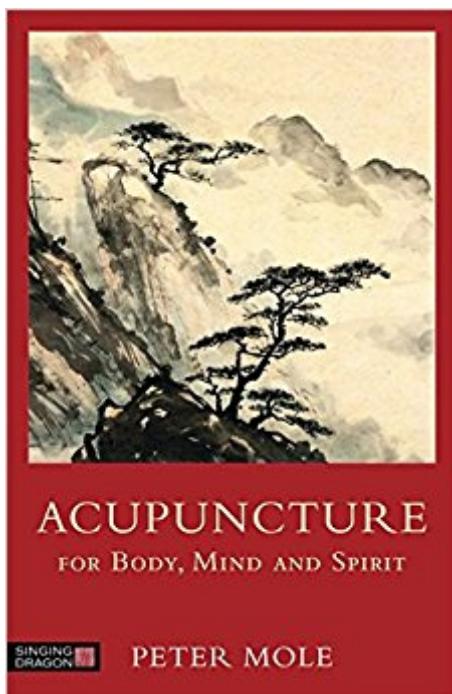


The book was found

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

Paperback: 160 pages

Publisher: Singing Dragon; 1 edition (June 21, 2014)

Language: English

ISBN-10: 1848192037

ISBN-13: 978-1848192034

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,082,060 in Books (See Top 100 in Books) #70 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #591 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #7090 in Books > Textbooks > Reference

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 make 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!

[Download to continue reading...](#)

Acupuncture for Body, Mind and Spirit BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Acupuncture Points Handbook: A Patient's Guide to the Locations and Functions of over 400 Acupuncture Points Acupuncture for Beginners: Learn How Acupuncture Works for Weight Loss, Anxiety and Stress Acupuncture Anatomy: Regional Micro-Anatomy and Systemic Acupuncture Networks Pictorial Atlas of Acupuncture: An Illustrated Manual of Acupuncture Points Floral Acupuncture: Applying the Flower Essences of Dr. Bach to Acupuncture Sites Acupuncture For Fertility: From Conception To Delivery & Everything In Between (What Is

Acupuncture & How Can It Help Me? Book 2) A New American Acupuncture: Acupuncture Osteopathy - The Myofascial Release of the Bodymind's Holding Patterns Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best The Mind-Body Code: How the Mind Wounds and Heals the Body Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit → Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit Lilias! Yoga: Your Guide to Enhancing Body Mind and Spirit in Midlife and Beyond THE COMPLETE CANCER CLEANSE: A Proven Program to Detoxify and Renew Body, Mind, and Spirit Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)