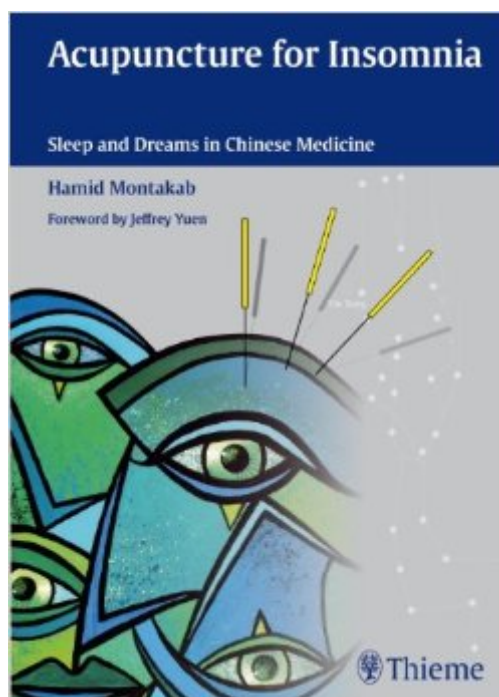


The book was found

Acupuncture For Insomnia: Sleep And Dreams In Chinese Medicine



Synopsis

Insomnia and related sleep disorders concern 10-40% of the adult population and even up to 25% of children, affecting alertness and memory, causing emotional and physical fatigue, and putting the individual at increased risk for depression, cardiovascular disease, hypertension and other health hazards. *Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine* presents a highly effective treatment for chronic and acute sleeplessness using therapeutic strategies from both TCM as well as classical Chinese medicine. Special Features: Provides full background on the physiology, causes, and treatment of sleep disorders, drawing key parallels between concepts of Western and Chinese Medicine Classifies all acupuncture points that affect sleep to help in choosing the most appropriate treatment for your patient Offers a detailed analysis of sleep in Chinese medicine to give you a full understanding of the energetics of sleep and wakefulness Analyzes the significance of dreams in Chinese medicine and how dreams can be skillfully integrated into a patient's therapy Written from the unique perspective of a physician who is also trained in TCM and classical acupuncture, this book presents numerous case examples, and an up-to-date review of scientific studies on Chinese medicine and sleep. It is an essential reference for all acupuncture practitioners who provide optimal treatment to patients with insomnia, sleep disorders, and other sleep pathologies.

Book Information

Hardcover: 164 pages

Publisher: TPS; 1 edition (April 4, 2012)

Language: English

ISBN-10: 3131543310

ISBN-13: 978-3131543318

Product Dimensions: 7 x 0.6 x 9.7 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #545,786 in Books (See Top 100 in Books) #49 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #358 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #40312 in Books > Medical Books

Customer Reviews

Every acupuncturist should buy this book. It covers all aspects of sleep. I have found standard TCM

to be a bit slower than I would like, and I appreciate his unique contributions on the extraordinary vessels and other points I would not normally consider. There is even info on snoring and sleep apnea, which he has treated successfully. It is not always just "phlegm" as we have been taught. He explains which points to use to restore normal circulation in the throat.

This book is brilliant and has supported my specialty in sleep problems. It takes some studying to understand the principles but it beautifully puts together TCM patterns, wei qi mechanisms and the extraordinary vessels, as they relate to sleep.

Wow. what a great resource. Very detailed. Seems to leave little if any stone unturned. This is an immense subject too. Very artfully done.

Its OK, very useful for clinical use. It has helped me to better understand sleep and dreams into Chinese medicine.

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

Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine Chinese books: Jojo's Playful Day in Chinese (Simplified Chinese book) Chinese book about a curious elephant: Bedtime Story for children in Chinese (Kids ... (Chinese beginner reading books for kids 1) I Love to Tell the Truth (Chinese English bilingual, Chinese children stories, Mandarin kids books): Mandarin children's books, bilingual Chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (Mandarin children's books, Chinese baby books): kids books in Chinese, Chinese children stories, Mandarin kids (Chinese Bedtime Collection) (Chinese Edition) The Practice of Chinese Medicine: The Treatment of Diseases with Acupuncture and Chinese Herbs, 2e Case Studies from the Medical Records of Leading Chinese Acupuncture Experts (International Acupuncture Textbooks) Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed I Love to Eat Fruits and Vegetables (Chinese children's books, Chinese Bilingual children's books,): English Chinese kids, Mandarin kids books, ... Bilingual Collection) (Chinese Edition) Chinese Medicine Study Guide: Diagnostics (The Chinese Medicine Study Guide Series) Children's book Chinese : Gifts for my Mother - Bedtime kids Story Chinese book for children (Kids ages 3-9): Chinese book for children to celebrate Mothers (Chinese beginner reading books for kids 7) Dreams: The Hidden Meaning And Interpretations Behind Your Dreams: Dream Interpretation - Learn About What Goes on Inside Your Head While You Sleep Pocket Atlas of Tongue Diagnosis: With Chinese Therapy Guidelines for Acupuncture, Herbal Prescriptions, and Nutri (Complementary

Medicine (Thieme Paperback)) Basic Theories of Traditional Chinese Medicine (International Acupuncture Textbooks) Acupuncture Anatomy: Regional Micro-Anatomy and Systemic Acupuncture Networks Energetics in Acupuncture: Five Element Acupuncture Made Easy, 1e Four Seasons in Rome: On Twins, Insomnia, and the Biggest Funeral in the History of the World The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School Insomnia Chinese Made Easy for Kids Textbook 1 (Simplified Chinese) (English and Chinese Edition)

[Dmca](#)