



The Fundamentals of Acupuncture

Nigel Ching

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The Fundamentals of Acupuncture Nigel Ching

This accessible textbook clearly explains the basic foundations and principles of acupuncture and Chinese Medicine. With over 70 illustrations, it covers the theories of yin and yang, the five phases, the physiology of the body, the internal organs, the channel system, acupuncture point categories, the point functions and indications, needling techniques and aetiological factors. Authoritative, yet readable, this is a vital addition to the shelves of all students of Chinese medicine.

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