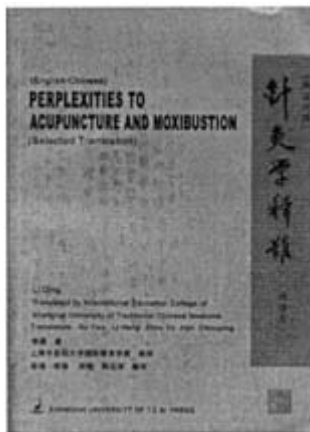


# แนะนำหนังสือ

“Perplexities to Acupuncture and Moxibustion” (English – Chinese, Selected Translation)



Author: Li Ding; Publishing House: Shanghai University of TCM Press; ISBN: 978-81121-002-6; 1<sup>st</sup> Edition in 2007; Language: English – Chinese; 306 Pages, 50 RMB.

Acupuncture, the powerful intervention of the traditional Chinese medicine, has been acknowledged for its efficacy in varieties of diseases from ancient Chinese history.

In the past decades, the acupuncture has once been recognized among patients as a promising alternative therapy. To better understand the acupuncture from the basis, and also its applications, books and reading materials are of crucial values. With the contents in an ancient Chinese language, words and phrases are different and difficult to understand. The book “Perplexities to Acupuncture and Moxibustion” may be a book of your choice. With the edition in bilingual English-Chinese, readers will find the sophisticated Ancient Chinese knowledge in an unbelievably simplified manners. Forty-five of one hundred and twenty-three selected articles in question-based pattern have been arranged in accordance with their clinical applications. This book has sufficiently provided more profound and extensive acupuncture theories than those in the normal teaching materials. Inside is exactly the difficult points needed to be explained.

Some highlight chapters include:

How to apply Point Zhiyin (BL67) to treat malposition fetus? What is the mechanism?

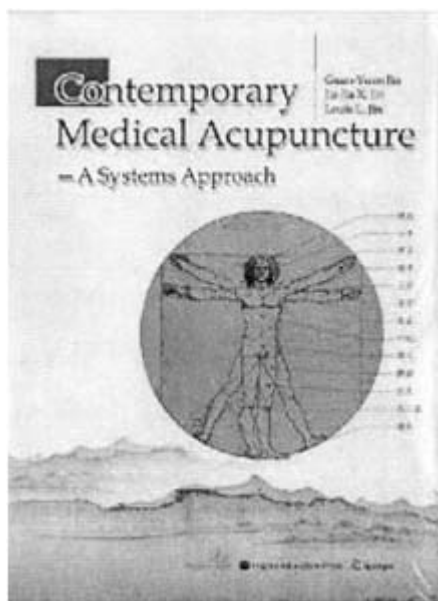
What are the objective bases to master the needling depth?

What is the difference between the explanations of “slow-quick manipulation referring to reinforcement, and quick-and-slow manipulation referring to reduction ”mentioned in Spiritual Pivot (Ling Shu) and Essential Question (Su Wen)?

Hopefully, with the simple explanation in question-based articles, the curiosities of acupuncturists, and those who already have basic knowledge of TCM will be enlightened.

“Contemporary Medical Acupuncture – A Systematic Approach”

Edited by Guan-Yuan Jin, Jia-Jia X, Louis L. Jin. 529pps, Higher Education Press 2007, price \$ , ISBN 978-7-04-019257-8.



During the past decades, many forms of alternative medicine have emerged from the need and calling of the people to answer their unsolved health problems. Among many schools of alternative medicine, acupuncture is one of the most popular, and widely acknowledged as WHO recommends acupuncture as an effective alternative treatment in many disorders.

Still, there are many unanswered questions about acupuncture. Many aspects of it still remain mysterious especially for those who practice western medicine such as its mechanism of action, what the meridians is, how it can affect the body systems) e.g. the nervous system, immune system, internal organs, ect.), what suitable disorders for acupuncture and many others are. Unlike most traditional textbooks of acupuncture that speak in ancient jargons like Yin and Yang, the Five Elements, etc. This book answers all your questions about acupuncture in scientific perspectives and theories, it is an easier to relate acupuncture to modern medicine. In this book where acupuncture and modern science meet, it can really help you whose background is a modern medicine, to have a better and greater understanding of this field of ancient medicine. And you will learn that acupuncture is a much more scientific and evidence-based field of medicine than what have ever thought. Part two of this book is a highlight for those who practice acupuncture. In this part , you will learn ways to improve the effectiveness of your acupuncture treatment, which are summarized from the authors' decades of clinical experiences. Also, unlike other traditional textbooks in acupuncture, the authors method is clear, highly objective and duplicable, starting from how to gather reflex from the body surface in order to guide and design

the treatment regimen; how to input the intervening information of acupuncture; how to assess the result whether it works or not; when and how to revise the treatment plan; factors that influence the treatment ; strategies to raise the effectiveness of the treatment and advanced needling techniques.

The authors ended this book with case studies and clinical trials. With detailed discussion and related to clinical trials, it will help you learn how the authors approach each disorder from different systems. If you are the one who struggling with up and down therapeutic results. This might be the book that you are looking for.

*Thanan Supasiri*