

cupping points chart

cupping points chart is an essential tool in traditional Chinese medicine (TCM) and alternative therapies, providing a detailed guide to the specific locations on the body where cupping therapy can be effectively applied. Cupping therapy, known for its therapeutic benefits such as pain relief, improved circulation, and detoxification, relies heavily on accurately targeting these points. This article explores the significance of a cupping points chart, highlighting the primary areas commonly used in practice. It also explains how practitioners utilize these charts to maximize the benefits of cupping. Additionally, the article covers the different types of cupping techniques, common cupping points on the back and other body regions, and safety considerations for effective treatment. A comprehensive understanding of the cupping points chart aids both practitioners and individuals seeking cupping therapy for various health conditions.

- Understanding the Cupping Points Chart
- Common Cupping Points on the Body
- Types of Cupping and Their Application
- How to Use a Cupping Points Chart Effectively
- Safety Considerations and Contraindications

Understanding the Cupping Points Chart

A cupping points chart is a visual representation that maps out the specific areas on the body where cupping therapy is most beneficial. These charts are derived from traditional Chinese medicine principles, which identify energy pathways known as meridians and acupuncture points. The cupping points chart highlights these key locations, enabling practitioners to stimulate healing by applying suction cups.

The chart serves as a guide to target areas associated with different organs, muscles, and pain points. By stimulating these points, cupping can help release muscle tension, promote blood flow, and reduce inflammation. The cupping points chart is often used alongside acupuncture charts, as the two therapies share similar points but differ in methodology.

Understanding the anatomy and the significance of each cupping point on the chart is essential for effective treatment. This knowledge helps in tailoring cupping sessions to the specific needs of the patient, whether for chronic pain, respiratory issues, or general wellness.

Common Cupping Points on the Body

The cupping points chart typically focuses on several key regions of the body, with a strong emphasis on the back, where many important therapeutic points are located. These points correspond to major organ systems and muscle groups targeted during cupping therapy.

Back Cupping Points

The back is the most commonly cupped area due to its accessibility and concentration of meridian points. Key points include:

- **Bladder Meridian Points:** Running parallel to the spine, these points are crucial for treating pain, muscle stiffness, and internal organ issues.
- **Du Meridian Points:** Located along the midline of the back, stimulating these points can enhance energy flow and alleviate back pain.
- **Scapular Region:** Cupping around the shoulder blades helps relieve tension and improve mobility in the upper back and neck.

Other Common Cupping Points

Besides the back, cupping points are also located on other body areas including:

- **Chest:** Points on the chest can aid in respiratory conditions like asthma and bronchitis.
- **Abdomen:** Cupping on the abdomen may support digestive health and relieve stomach discomfort.
- **Limbs:** Points on the arms and legs are used to address joint pain, muscle cramps, and circulation issues.

Types of Cupping and Their Application

The cupping points chart is applicable across various cupping techniques, each with specific methods and therapeutic goals. Understanding the type of cupping helps determine how the points on the chart are utilized.

Dry Cupping

Dry cupping involves placing suction cups on the skin without making incisions. The cups

create a vacuum that lifts the skin and underlying tissues, stimulating the cupping points. This method is widely used for muscle relaxation and pain relief.

Wet Cupping

Wet cupping combines suction with controlled superficial skin incisions to draw out small amounts of blood. The cupping points chart guides practitioners in selecting safe areas for wet cupping to maximize detoxification benefits while minimizing risk.

Fire Cupping

Fire cupping uses heat to create suction inside the cups before placing them on the skin. This traditional technique enhances blood flow and is often applied to the back and other key points indicated on the cupping points chart.

How to Use a Cupping Points Chart Effectively

Proper use of a cupping points chart requires a thorough understanding of anatomy, meridians, and the therapeutic goals of cupping. Practitioners should consider the patient's condition, sensitivity, and treatment objectives when selecting points.

Steps for effective use include:

1. **Identify the Condition:** Determine the health issue or symptom requiring treatment.
2. **Consult the Chart:** Locate the corresponding cupping points related to the affected area or organ system.
3. **Prepare the Area:** Clean and inspect the skin, ensuring it is free of wounds or infections.
4. **Apply Cups:** Use the appropriate cupping technique and apply cups to the selected points.
5. **Monitor Response:** Observe the patient's reaction during and after treatment to adjust duration and intensity accordingly.

Safety Considerations and Contraindications

While cupping therapy is generally safe when performed correctly, adherence to safety guidelines is critical. The cupping points chart helps avoid sensitive areas that may cause harm.

Important safety considerations include:

- Avoiding cupping on broken or inflamed skin
- Steering clear of areas with varicose veins or deep vein thrombosis
- Being cautious with patients who have bleeding disorders or are on blood-thinning medications
- Limiting the duration of cup placement to prevent skin bruising or blistering
- Ensuring proper sanitation of cups to prevent infection

Contraindications for cupping therapy include pregnancy (certain points), severe cardiovascular conditions, and fever or acute infections. The cupping points chart assists practitioners in identifying safe zones and adapting treatments accordingly.

Frequently Asked Questions

What is a cupping points chart?

A cupping points chart is a visual guide that shows the specific locations on the body where cupping therapy is applied to relieve pain, improve circulation, and promote healing.

How do I read a cupping points chart?

To read a cupping points chart, identify the targeted area of discomfort or health concern on the body diagram, then locate the corresponding cup placement points indicated on the chart for effective therapy.

Are cupping points the same as acupuncture points?

Cupping points often overlap with acupuncture points, but cupping focuses on suction to stimulate blood flow, while acupuncture uses needles to target specific meridians and energy pathways.

Can a cupping points chart be used for self-treatment?

While a cupping points chart can guide self-treatment, it is recommended to consult a trained practitioner to ensure safe and effective application, especially for sensitive areas.

What conditions can be treated using a cupping points chart?

Cupping points charts are used to target areas related to pain relief, muscle tension, respiratory issues, digestive problems, and stress reduction among other health conditions.

Is there a digital version of a cupping points chart available?

Yes, many digital cupping points charts are available online and through mobile apps, offering interactive features to help users understand and locate proper cupping sites.

How often should cupping be applied according to the points chart?

The frequency of cupping therapy varies based on individual conditions, but typically sessions are done once or twice a week; it is best to follow professional advice tailored to your needs.

Are there any risks associated with following a cupping points chart incorrectly?

Incorrect use of a cupping points chart can lead to bruising, skin irritation, or worsening of symptoms; proper training and caution are essential to avoid adverse effects.

Additional Resources

1. The Complete Guide to Cupping Therapy and Pressure Points

This comprehensive guide explores the ancient art of cupping therapy combined with detailed charts of pressure points. It covers the history, techniques, and practical applications for pain relief and healing. Readers will find step-by-step instructions and illustrations that make it accessible for both beginners and practitioners.

2. Acupressure and Cupping Points for Health and Wellness

Focusing on the synergy between acupressure and cupping, this book provides an in-depth look at how these therapies can improve overall health. It includes detailed charts and diagrams of key cupping points used to treat common ailments. The author also discusses the science behind these traditional methods, making it a valuable resource for holistic healing.

3. Cupping Therapy Illustrated: Charts and Techniques

This visually rich book offers extensive charts and illustrations of cupping points on the human body. It serves as a practical manual for therapists and enthusiasts, showcasing various cupping techniques and their therapeutic benefits. The clear visuals help readers accurately locate points for effective treatment.

4. Healing with Cupping: A Point-by-Point Approach

Delving into the therapeutic power of cupping, this book maps out specific points used to address various health conditions. It combines traditional knowledge with modern insights, providing a detailed chart for easy reference. The book also includes case studies to demonstrate the effectiveness of cupping therapy.

5. Chinese Cupping Points and Meridian Charts

This book focuses on the traditional Chinese medicine perspective, detailing the meridian

system alongside cupping points. It offers precise charts that link cupping locations with corresponding organ systems and energy pathways. Readers gain an understanding of how cupping influences Qi flow and promotes balance.

6. The Art of Cupping: Point Charts and Clinical Applications

Designed for practitioners, this book presents a thorough overview of cupping points with clinical applications. It includes detailed anatomical charts, treatment protocols, and advice on combining cupping with other therapies. The practical approach makes it a useful guide for enhancing therapeutic outcomes.

7. Mastering Cupping Therapy: Essential Points and Techniques

Aimed at both novices and experienced therapists, this book breaks down essential cupping points and techniques in an easy-to-follow format. It features detailed charts and tips on customizing treatments for various conditions. The author emphasizes safety and effectiveness throughout the guide.

8. Cupping Points for Pain Relief and Detoxification

This focused guide highlights cupping points specifically used to alleviate pain and support detoxification processes. It includes clear charts and explanations of how cupping stimulates circulation and lymphatic drainage. The book is ideal for those looking to use cupping as a natural remedy for chronic pain and toxin buildup.

9. Traditional and Modern Approaches to Cupping Points

Bridging ancient wisdom and contemporary practices, this book presents a comprehensive overview of cupping points. It contrasts traditional charts with modern adaptations and scientific research. Readers will appreciate the balanced perspective on how to effectively apply cupping therapy today.

Cupping Points Chart

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Unleash the Healing Power of Cupping: Your Comprehensive Guide to Cupping Points

Are you intrigued by the ancient healing practice of cupping, but overwhelmed by the seemingly endless array of points and their applications? Do you struggle to find a reliable, easy-to-understand resource that clarifies the placement and benefits of each point? Frustrated with inconsistent information online and unclear diagrams? You're not alone. Many find navigating the world of cupping therapy confusing and challenging. This ebook empowers you to confidently utilize cupping

for yourself or your clients.

This ebook, "Cupping Points Chart: A Comprehensive Guide to Meridian Therapy," provides a clear, concise, and visually rich guide to the most commonly used cupping points.

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Cupping Points Chart: A Comprehensive Guide to Meridian Therapy

Introduction: Understanding Cupping Therapy and its Benefits

Cupping therapy, an ancient practice dating back thousands of years, involves placing heated or suction cups on the skin to create a vacuum. This vacuum draws blood and other fluids to the surface, promoting increased blood flow, lymphatic drainage, and the release of toxins. The benefits extend beyond simple detoxification; cupping can alleviate pain, reduce inflammation, and improve overall well-being. This introduction serves as a foundation for understanding the principles behind cupping therapy and its diverse applications. We'll explore its rich history, the underlying principles of traditional Chinese medicine (TCM) that inform its practice, and the scientific evidence supporting its efficacy. Understanding this context is crucial for effectively utilizing the cupping point chart presented in the subsequent chapters.

The History and Principles of Cupping

Cupping has been practiced in various cultures, including ancient Egypt, Greece, and China. In TCM, it's considered a crucial component of meridian therapy, working in conjunction with acupuncture and other modalities to balance energy flow throughout the body. The belief is that imbalances in the body's energy meridians (pathways) lead to illness and discomfort. Cupping aims to restore this balance by stimulating these meridians and promoting circulation in targeted areas.

Scientific Basis of Cupping Therapy

While its ancient origins predate modern scientific methods, recent studies have begun to investigate the physiological effects of cupping. Research suggests that cupping can:

Increase blood flow: The suction created by the cups increases local blood circulation, delivering more oxygen and nutrients to the treated area.

Reduce inflammation: Cupping can help reduce swelling and inflammation by promoting lymphatic drainage and the removal of inflammatory mediators.

Stimulate muscle relaxation: The suction can help relieve muscle tension and spasms.

Release toxins: The increased blood flow and lymphatic drainage can assist the body in eliminating toxins and metabolic waste products.

While more research is needed, the accumulating evidence supports cupping's potential as a valuable therapeutic modality. This ebook will equip you with the knowledge and tools to harness its healing power responsibly and effectively.

Chapter 1: Basic Anatomy and Meridian Theory - A Foundation for Understanding Cupping Point Locations

Understanding basic anatomy and the principles of meridian theory is fundamental to effectively using a cupping points chart. This chapter will provide a simplified overview of the human body's major systems and the concept of meridians within the context of TCM.

Key Anatomical Structures Relevant to Cupping

We will cover the basic anatomical structures relevant to cupping, including:

Muscles: Understanding muscle groups and their attachments is crucial for accurately placing cups to target specific muscle tension or pain.

Bones: Knowledge of bone landmarks helps in locating specific cupping points.

Blood vessels and nerves: Understanding the location of major blood vessels and nerves allows for safe and effective cupping placement, avoiding sensitive areas.

Organs: While cupping doesn't directly target internal organs, understanding their location is important for understanding the meridian system and the potential effects of stimulating nearby points.

Meridian Theory in Traditional Chinese Medicine

TCM emphasizes the concept of meridians, invisible pathways through which vital energy (Qi) flows. These meridians connect various parts of the body, and imbalances in Qi flow are believed to be the root cause of many illnesses. We'll explore:

The twelve primary meridians: Understanding the pathways of these meridians is essential for identifying and utilizing specific cupping points.

The concept of Yin and Yang: This fundamental principle of TCM explains the balance of opposing forces within the body. Cupping can help restore balance between Yin and Yang.

The Five Elements Theory: This theory further explains the relationships between organs, meridians, and the elements (wood, fire, earth, metal, and water).

Understanding these concepts provides a framework for interpreting the information within the cupping point chart and allows for a more holistic approach to cupping therapy.

Chapter 2: Detailed Cupping Points Chart: Location, Benefits, and Contraindications (Illustrated)

This chapter forms the core of the ebook, providing a visually rich and detailed cupping points chart. Each point will be illustrated with clear diagrams showing its precise location on the body. The accompanying text will detail:

Precise location: Detailed descriptions and illustrations will guide accurate cup placement.

Benefits: Specific therapeutic effects associated with each point, including pain relief, improved circulation, and organ system support.

Contraindications: Conditions or situations where cupping should be avoided on a specific point.

Associated meridians: The meridian or meridians that the point belongs to.

Clinical applications: Examples of conditions where the point is typically used.

(This section would contain numerous illustrated points. Due to the limitations of this text-based format, it cannot be fully replicated here. However, the structure and information provided above would be maintained in the actual ebook.)

Chapter 3: Practical Applications of Cupping: Treating Common Ailments

This chapter translates theoretical knowledge into practical application. We'll cover the use of cupping for various common ailments:

Pain Management: Cupping for back pain, neck pain, shoulder pain, and other musculoskeletal issues.

Respiratory Issues: Utilizing cupping for coughs, colds, and bronchitis.

Digestive Problems: Addressing digestive discomfort with specific cupping points.

Stress and Anxiety: Employing cupping for relaxation and stress reduction.

Headaches and Migraines: Applying cupping to alleviate headache pain.

Each section will include specific point recommendations, detailed instructions, and considerations for different patient conditions.

Chapter 4: Cupping Techniques: Choosing the Right Cups and Method

This chapter covers the practical aspects of performing cupping therapy. Topics include:

Types of Cupping Cups: Glass, silicone, and other types of cups, their advantages and disadvantages.

Preparing the Skin: Proper skin preparation techniques for optimal cupping results.

Applying the Cups: Step-by-step instructions for placing and removing cups safely and effectively.

Duration of Treatment: Guidelines on the appropriate duration of cupping sessions.

Post-Cupping Care: Instructions on aftercare to minimize discomfort and promote healing.

Chapter 5: Safety Precautions and Contraindications

Safety is paramount in any therapeutic practice. This chapter covers essential safety precautions and contraindications for cupping therapy:

Absolute Contraindications: Situations where cupping should be avoided completely, including open wounds, bleeding disorders, and certain skin conditions.

Relative Contraindications: Situations where cupping should be approached with caution, such as pregnancy, certain medications, and fragile skin.

Managing Potential Side Effects: Addressing potential side effects such as bruising, and how to minimize their occurrence.

Ethical Considerations: Ethical considerations for practitioners, including informed consent and client communication.

Chapter 6: Advanced Cupping Techniques: Combining Cupping with Other Therapies

This chapter explores more advanced techniques:

Moving Cupping: Techniques involving moving the cups across the skin.

Flash Cupping: A technique involving brief application of cups.

Combining Cupping with Other Therapies: Integrating cupping with acupuncture, massage, and other complementary therapies.

Conclusion: Building a Sustainable Cupping Practice

This concluding chapter summarizes key takeaways and encourages readers to continue their learning and practice. It provides resources for further study and emphasizes the importance of continuous learning and responsible practice.

FAQs

1. Is cupping painful? The sensation varies but is generally described as a mild ache or pressure. Bruising is possible but usually subsides within a week.
2. How long does a cupping session last? Sessions typically last between 10-30 minutes, depending on the area and treatment goals.
3. How often can I get cupping? Frequency depends on individual needs and the therapist's recommendations.
4. What are the potential side effects of cupping? Common side effects include temporary bruising, mild discomfort, and faintness.
5. Who should not get cupping? Individuals with bleeding disorders, open wounds, or certain skin conditions should avoid cupping.
6. Is cupping a replacement for medical treatment? Cupping should be considered a complementary therapy, not a replacement for conventional medical treatments.
7. How do I find a qualified cupping therapist? Seek practitioners with proper training and certifications.
8. Can I learn to perform cupping on myself? While self-cupping is possible, professional guidance is recommended, especially for beginners.
9. How long does it take to see results from cupping? Results can vary, but many people experience

relief from pain and other symptoms within a few sessions.

Related Articles:

1. Cupping for Back Pain Relief: Explores the effectiveness of cupping in alleviating back pain and provides specific point recommendations.
2. Cupping for Neck and Shoulder Pain: Focuses on techniques and points for addressing neck and shoulder tension.
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4. Cupping and Meridian Theory: A Deeper Dive: Provides a more detailed explanation of meridian theory and its relevance to cupping.
5. Choosing the Right Cupping Cups: A comprehensive guide to different types of cupping cups and their applications.
6. Safety Precautions and Contraindications in Cupping Therapy: A detailed discussion of safety considerations and contraindications.
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9. The Science Behind Cupping Therapy: Reviews the scientific evidence supporting the efficacy of cupping therapy.

cupping points chart: *Cupping Therapy for Muscles and Joints* Kenneth Choi, 2021-03-23 An important part of Traditional Chinese Medicine for thousands of years, cupping has recently gained widespread acclaim for its many benefits. It may look like some kind of torture and temporarily leave strange circles on your skin, but it's so effective that everyone from professional athletes to famous celebrities is using it to improve their health and well-being. In this book, you will discover what cupping is, how it works, and which cupping techniques would be best for you. You will learn the science behind the suction and the many conditions and ailments it can alleviate.--Back cover.

cupping points chart: *The Basics of Dry Cupping* Mary Conrad, 2016-10-22 [LEARN MORE](#) ABOUT CUPPING TODAY! Cupping Therapy has been around for quite a long time. It had been used by ancient cultures such as Egyptians, Chinese and other Middle Eastern civilizations. In some parts of Asia, it's termed as Ventosa and considered a low-cost and effective treatment for muscle pains and other conditions. It helps with inflammation, pain and improves blood circulation. Is it really effective? Well, considering that it's being used by Olympic athletes, Hollywood stars and more importantly everyday people. It's hard to dispute since it has been passed around for generations. This book is about giving more information on the art of Cupping. It'll serve as your basic and

reliable guide in knowing more about the therapy before trying it out for yourself. This book contains: * History of Cupping * The Basics of the therapy * Complementary treatments for Cupping * Cupping Points and their Anatomical Locations * Different Ailments that may be Treated by Cupping * How to Perform Cupping Both the Old and New Methods * Reasons to Try Cupping Learn more about this effective therapy by going through this book. It's a wonderful, non-invasive procedure that will improve your health and overall well-being. Take a step towards health today!

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cupping points chart: Islamic Cupping & Hijamah Dr Feroz Osman-Latib, 2013-10-31 This text is the most complete and up to date book on Hijamah at this time, it cuts straight into the subject and quenches the curiosity of the reader whether it be a layperson, prospective patient or seasoned medical professional. Dr Latib's experience and insight into Hijamah and traditional medicine as well as his rigor in correlating it with scientific findings is reflected throughout this guide. He shares with us the complete and comprehensive depth to this topic and empowers the reader in understanding and applying the concepts, rules and guidelines regarding Hijamah in order to improve general health and benefit from this oft misunderstood and sometimes feared medical procedure

cupping points chart: Traditional Chinese Medicine Cupping Therapy - E-Book Ilkay Z. Chirali, 2014-06-27 This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. - Explains cupping therapy clearly, allowing the practitioner immediate access to a set of skills for everyday application - Well illustrated to support the guidelines discussed in the text - Includes website containing video clips showing 11 methods of cupping therapy plus picture gallery of more than 150 colour photographs - Gives practical guidelines on the use of cupping in helping to treat more than 30 common conditions - Looks closely at issues of safety, expectation and theoretical principles of action - Text clarified and updated throughout, with an expanded artwork program and improved layout and design - New chapters by specialist contributors cover Cupping's Folk Heritage, Buddhist Medicine, and Thai Lanna Medicine - New chapter on Cosmetic Cupping Techniques - New section addressing Frequently Asked Questions - An expanded discussion about the benefits of cupping therapy, including the treatment of new pathological conditions including myofascial pain - Includes new evidence-based research on the effects of cupping therapy, including a systematic review

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Applications for common conditions that range from stress and back tension to frozen shoulder, carpal tunnel syndrome, TMJD (temporomandibular joint dysfunction) and even acid reflux. A section for speciality applications like athletic performance, prenatal therapy and working with inflammation (acute vs. chronic). A comprehensive and easy-to-read cupping therapy book, with plenty of practical suggestions. This must be one of the best cupping therapy books I have seen recently published. -- Ilkay Zihni Chirali, Author of Traditional Chinese Medicine Cupping Therapy

cupping points chart: Meridians and Acupoints Bing Zhu, Hongcai Wang, 2011-02-15 An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

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cupping points chart: WHO Standard Acupuncture Point Locations in the Western Pacific Region, 2008-06-05 Acupuncture has been practiced for more than 2500 years in the Western

Pacific region and has become a global therapeutic method in recent decades. However, it was reported that acupuncturists differed by up to 25% in the acupuncture points they used, raising doubts and uncertainty regarding the efficacy and safety of acupuncture treatment, as well as causing difficulties in the fields of acupuncture research and education. Member States therefore increasingly began to demand standardization in acupuncture point locations. Responding to this request, the WHO Western Pacific Regional Office initiated a project to reach consensus on acupuncture point locations and thus convened 11 serial meetings resulting in these guidelines. This Standard acupuncture point locations in the Western Pacific Region stipulates the methodology for locating acupuncture points on the surface of the human body, as well as the locations of 361 acupuncture points. The Standard is applicable for teaching, research, clinical service, publication, and academic exchanges involving acupuncture.

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cupping points chart: Energetics in Acupuncture Radha Thambirajah, 2010-10-29 New title by the author of *Cosmetic Acupuncture!* Energetics is an area of growing interest and importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance. Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides relevant lines of questioning and reasoning. FEATURES *Treatments are described for over 80 different diseases. *Innovative visual 'towers' show clearly what an energy imbalance looks like * Case studies illustrate imbalanced states.

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understand all these major issues and more. It will serve as an ideal guide for researchers in various biological disciplines, public health, and regulatory agencies.

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cupping points chart: A Concise Course in Algebraic Topology J. P. May, 1999-09

Algebraic topology is a basic part of modern mathematics, and some knowledge of this area is indispensable for any advanced work relating to geometry, including topology itself, differential geometry, algebraic geometry, and Lie groups. This book provides a detailed treatment of algebraic topology both for teachers of the subject and for advanced graduate students in mathematics either specializing in this area or continuing on to other fields. J. Peter May's approach reflects the enormous internal developments within algebraic topology over the past several decades, most of which are largely unknown to mathematicians in other fields. But he also retains the classical presentations of various topics where appropriate. Most chapters end with problems that further explore and refine the concepts presented. The final four chapters provide sketches of substantial areas of algebraic topology that are normally omitted from introductory texts, and the book concludes with a list of suggested readings for those interested in delving further into the field.

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cupping points chart: *Data, a Love Story* Amy Webb, 2014-01-28 "Amy Webb found her true love after a search that's both charmingly romantic and relentlessly data-driven. Anyone who uses online dating sites must read her funny, fascinating book."—Gretchen Rubin, #1 New York Times bestselling author of *The Happiness Project* After yet another disastrous date, Amy Webb was preparing to cancel her JDate membership when epiphany struck: her standards weren't too high, she just wasn't approaching the process the right way. Using her gift for data strategy, she found which keywords were digital-man magnets, analyzed photos, and then adjusted her (female) profile to make the most of that intel. Then began the deluge—dozens of men who actually met her own

stringent requirements wanted to meet her. Among them: her future husband, now the father of her child.

cupping points chart: Auriculotherapy Manual Terry Oleson, 2003 Health professionals from a wide range of backgrounds apply auriculotherapy to successfully relieve chronic pain and treat addictions. The most popular book on the subject, this practical handbook combines information on Chinese and French systems of ear acupuncture to offer treatment plans for over 250 medical conditions. Presenting the ear reflex points based on extensive research conducted at the UCLA Pain Management Center, it provides a standardized auricular nomenclature system for designating different anatomical zones of the ear, and it represents each ear reflex point with both a number and an auricular zone location.

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the larger area where the point can be activated by pressure, gua sha, and other means. In addition, it explains the optimum physical position for treatment via acupuncture, acupressure, and other strategies, as treatment positions can vary according to the method of point stimulation. The book also documents the distribution of sensation resulting from point stimulation, and differentiates between pressure and needle application where appropriate. A Practical Guide to Acu-Points presents a wealth of carefully researched information equally valuable for professionals, students, and conscientious practitioners.

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been used and combined through nearly two millenia of practice. Area illustrations showing the locations of the major points in each region of the body. Extensive indexes including an index of every point indication.

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