

The Ultimate Guide to Traditional Chinese Medicine Acupuncture Points: Illustrations Included!

Traditional Chinese Medicine (TCM) is an ancient healing system that encompasses various therapeutic practices aimed at restoring balance and harmony within the body. One of the fundamental methods utilized in TCM is acupuncture, which involves the insertion of fine, sterile needles into specific points on the body to promote healing and alleviate various ailments. In this comprehensive guide, we will explore the key acupuncture points used in Traditional Chinese Medicine, accompanied by detailed illustrations for better understanding.

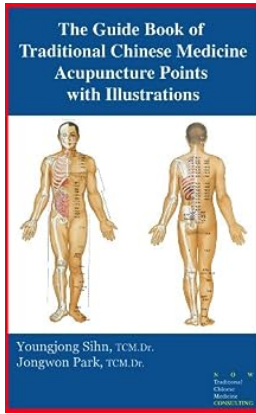
The Basics of Traditional Chinese Medicine

Traditional Chinese Medicine, also known as TCM, is a holistic approach to healthcare that originated in ancient China thousands of years ago. It is based on the belief that the human body is a complex network of interconnected systems, and any disruption in the flow of vital energy, known as Qi, can lead to illness and disease.

According to TCM principles, the human body contains hundreds of acupuncture points through which Qi flows. The manipulation of these points through acupuncture helps to restore the balance of Qi, thereby promoting healing and wellbeing.

The Guide Book of Traditional Chinese Medicine Acupuncture Points with Illustrations

by Youngjong Sihm (Kindle Edition)



★★★★★ 5 out of 5

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The Acupuncture Points

There are several acupuncture points in the body, each with a specific function and therapeutic effect. In TCM, the points are classified into meridians, which are energy channels that correspond to specific organs and systems.

Let's explore some of the most commonly used acupuncture points:

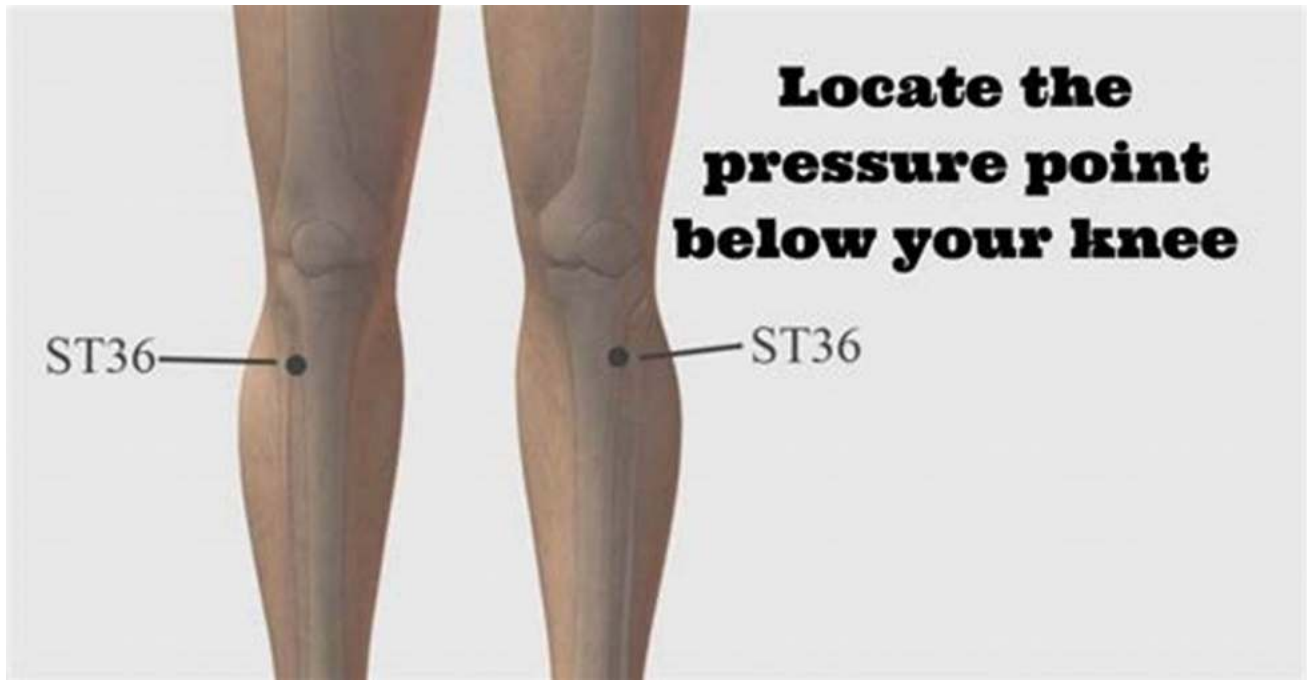
1. LI4: He Gu (Joining Valley)

This point is located on the back of the hand, between the thumb and index finger. It is commonly used to relieve pain, treat headaches, and promote the smooth flow of Qi in the body.



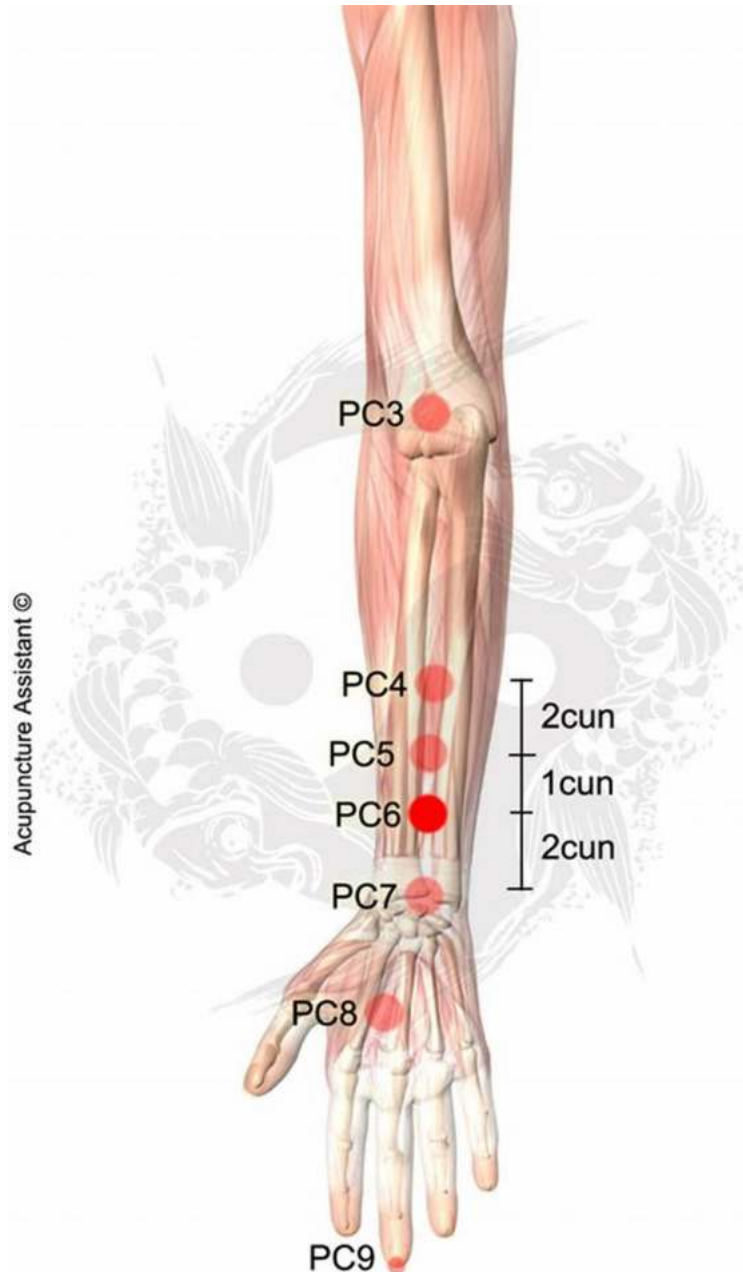
2. ST36: Zu San Li (Leg Three Miles)

Zu San Li is located just below the knee, on the outer side of the leg. It is often used to boost the immune system, improve digestion, and alleviate fatigue.



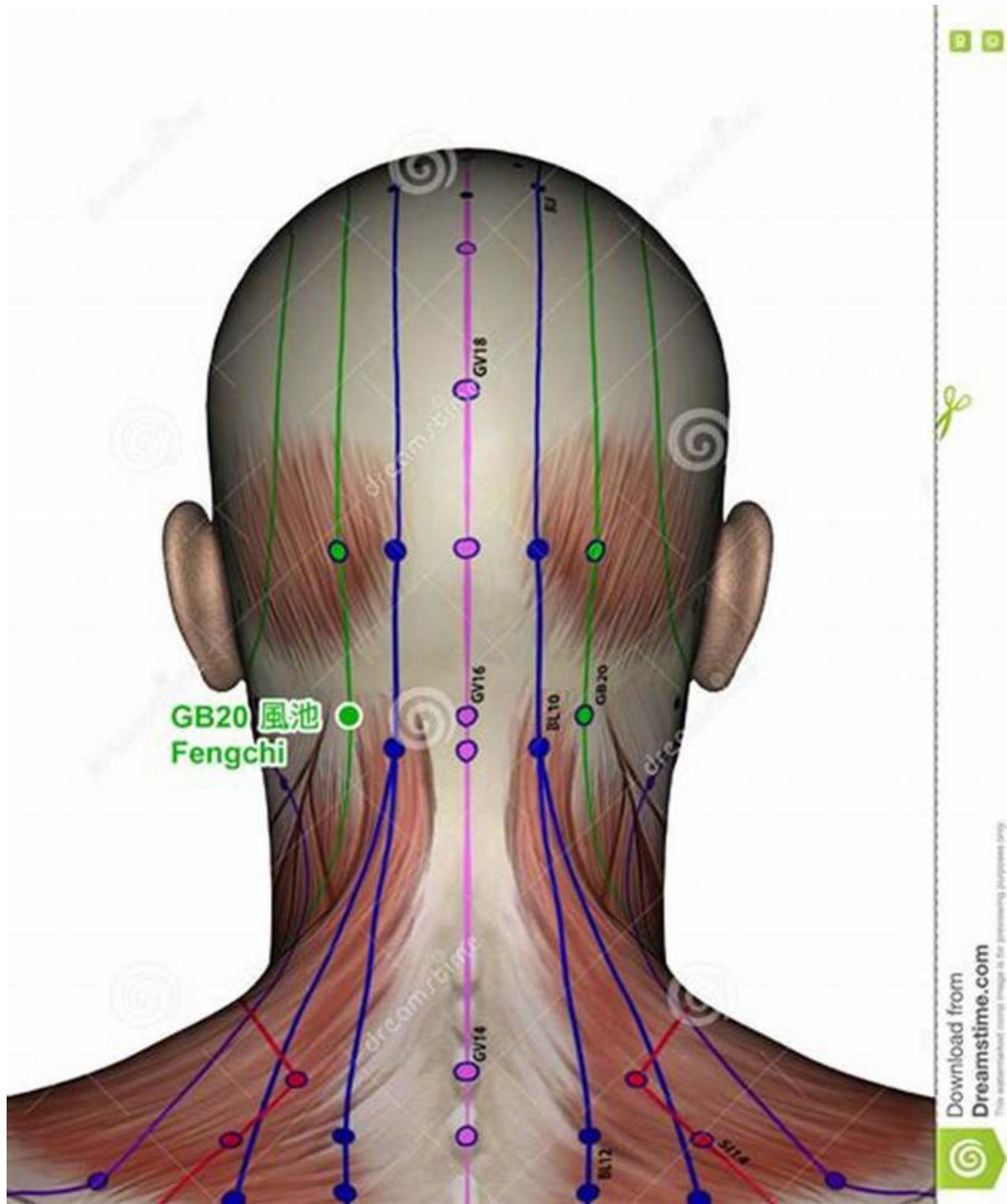
3. PC6: Nei Guan (Inner Pass)

Nei Guan is situated on the inner forearm, about two finger-widths above the wrist crease. It is frequently used to relieve nausea, anxiety, and alleviate symptoms of carpal tunnel syndrome.



4. GB20: Feng Chi (Wind Pool)

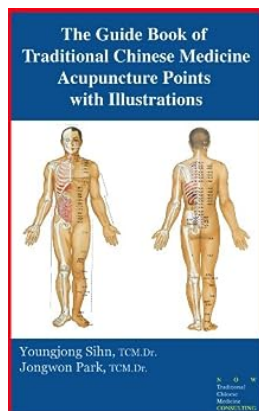
Feng Chi is located at the base of the skull, in the hollow just outside the two large vertical neck muscles. It is commonly used for headaches, migraines, and neck pain.



Traditional Chinese Medicine acupuncture points play a vital role in restoring balance and promoting optimal health in the body. By understanding and utilizing these acupuncture points, individuals can tap into the ancient wisdom of TCM and experience the therapeutic benefits it offers.

Note: Acupuncture should always be performed by a qualified practitioner. This guide provides general information and is not a substitute for professional

medical advice.



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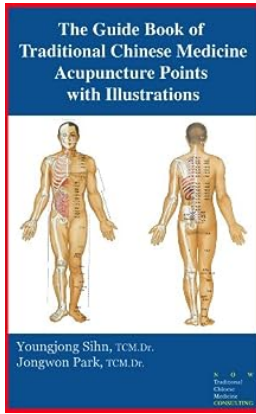
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This book includes descriptions and illustrations about each acupuncture point of 14 meridians. It gives a great guide to you who want to study and train acupuncture and massage.

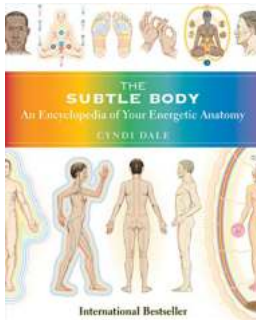
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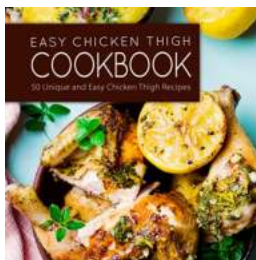
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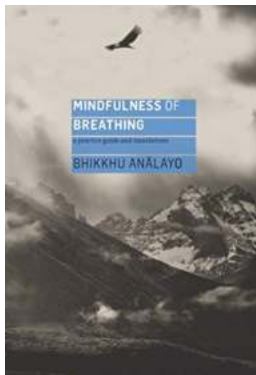
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