

Preface to the first edition

Acupuncture therapy is increasing in popularity not only in China, the birthplace of acupuncture, but in an increasing number of other countries as well.

On the patient side, this is because of growing frustration and distrust towards conventional medicine, increased acceptance of "alternative treatment methods" and increased media coverage, which provides more information about treatment options. For therapists, on the other hand, recent large-scale studies (GERAC, ART 2001-2005, etc.) have clearly demonstrated the efficacy of acupuncture relative to placebo, although conclusive evidence of the originary topography of the acupuncture points has yet to be provided. In neurophysiological studies, acupuncture therapy has been shown to induce the central release of endorphins, thus providing for the first time a scientifically proven correlate of the efficacy of acupuncture.

This pocket book presents acupuncture therapy abridged to its true essentials. The material is offered in the form of well structured tables with corresponding illustrations, concise text, and without excessive scientific terminology. Therefore, it is befitting for novices as introduction to the therapy as well as advanced users for quick reference or who are in need of a refresher book.

Katharina Kiesewalter, M.D.
Boris Kiesewalter, M.D.

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