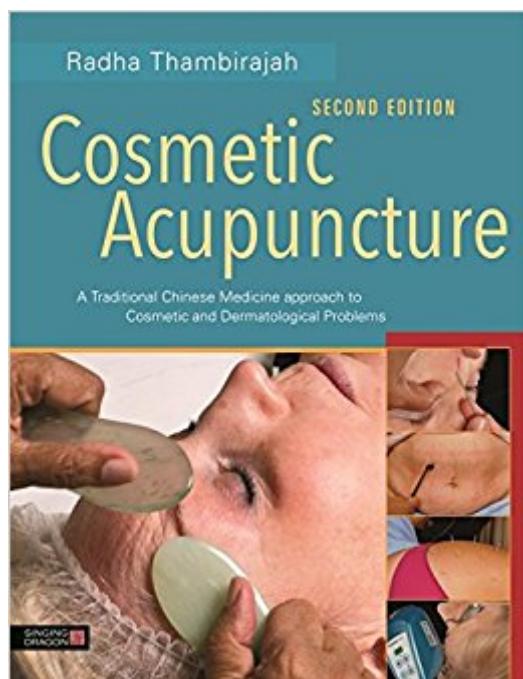


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Cosmetic Acupuncture, Second Edition: A Traditional Chinese Medicine Approach To Cosmetic And Dermatological Problems



Synopsis

A guide to the diagnosis and treatment of cosmetic and dermatological problems with practical instruction on how to perform treatment techniques. Thambirajah explains the energetic imbalances which cause skin diseases and the problems of early ageing, and describes how they can be treated successfully. Skin problems occur because the Blood, Qi, yin and yang of the body are not in balance and the book discusses how these can be balanced by acupuncture therapy. The therapy for a cosmetic problem has three steps: 1) to balance the body energies that cause the problem, 2) to treat the problem locally, 3) changing the diet and lifestyle of the patients with these problems. Concepts are accompanied with useful illustrations throughout, demonstrating the methods described. This second edition also contains new material on needling and massage techniques. This is a comprehensive and authoritative textbook on the topic for practising acupuncturists and Chinese Medicine practitioners.

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Customer Reviews

If you want to treat your patients with cosmetic acupuncture this book is a must read. It's the one book which explains precisely how you should carry out treatment, what to expect and why you treat this way and not another. The Chinese syndromes, the five elements, the system of the meridians with their local and distal points, the old empirical techniques like needle stimulation, moxibustion, microbleeding - everything is revealed with the fascinating logic of Chinese medicine. This book is unique in the combination of clinical experience, logical presentation, and a wealth of case histories.

When you read the book, you will understand why Radha Thambirajah is one of the most influential teachers of Chinese medicine in the Western world, having taught more than 10,000 students, many of them having chosen to devote their clinical and scientific work to acupuncture. One of the gifts she always has offered in her seminars, and you will find in this book as well - is the charming enthusiasm, which she implants in her students and her readers to make acupuncture a lifelong fascination for them. -- Prof Dr Albrecht Molsberger, German Acupuncture Research Group, University of Chapel Hill USA, Ruhr-University Bochum, Germany This book is a valuable contribution to understanding dermatological problems from a Chinese medicine perspective. -- Sue Kalicinska * European Journal of Oriental Medicine *

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