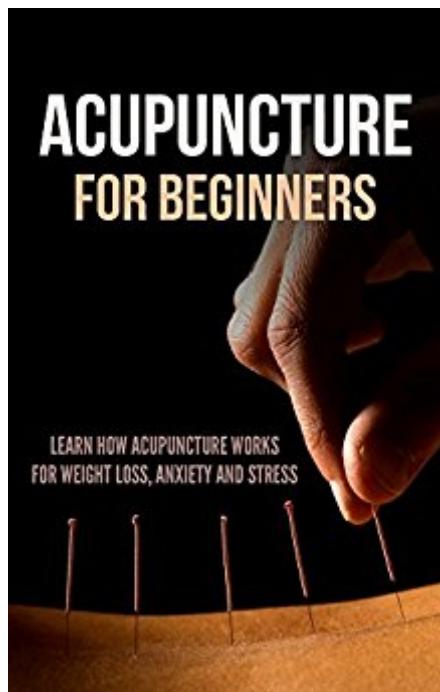


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# Acupuncture For Beginners: Learn How Acupuncture Works For Weight Loss, Anxiety And Stress



## Synopsis

Acupuncture Guide For Beginners

Acupuncture is an ancient medical procedure that has been adopted by modern medicine. It is derived from traditional Chinese medicine thus it has been around for thousands of years. Traditional ancient medicine believes that the body is made up of energy called *qi*. Blockage of *qi* results to disorders and other health problems. Acupuncture uses needles to unblock all energy points in the body. There are many benefits of acupuncture and if you want to take advantage of this alternative treatment, then this book will serve as your guide. With this book, you will learn about the following:

Understand the basics of acupuncture. Chapter 1 discusses about the things that you need to know about acupuncture. These include the history of acupuncture, its conceptual basis and techniques in acupuncture. This chapter provides an in-depth discussion on the basic things that you need to know about acupuncture.

Chapter 2 discusses about the efficacy of acupuncture. This chapter also discusses about how it works which includes the explanation based on traditional Chinese medicine and western science. This chapter also discusses about the different conditions that can be treated using acupuncture including the benefits of this alternative treatment to obesity and better pregnancy as well as labor.

Lastly, Chapter 3 discusses about the things that you need to do to prepare before an acupuncture session. This chapter also shares tips on what you need to do to find a good acupuncturist as well as discusses side effects that you will feel after the acupuncture session.

Acupuncture is a great alternative treatment that you can opt for to improve your well-being. However, many people are apprehensive about taking this treatment because it uses long needles. This book serves to dispel the myths about acupuncture thus encouraging people to try this treatment to experience good well-being.

## Book Information

File Size: 382 KB

Print Length: 30 pages

Simultaneous Device Usage: Unlimited

Publisher: Loco Media (July 5, 2015)

Publication Date: July 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0112G8KFM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #311,165 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Acupuncture #63

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #273 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure

## **Customer Reviews**

Very Disappointed. I feel cheated. This book isn't a book - it's a very slender booklet. The Table of Contents is 3 pages long which I assumed meant that there was some good information in the booklet. I didn't realize the book itself is only 40 pages - total - including blank pages. In fact, for the most part - if the topic was mentioned in the Table of Contents - there was only a paragraph or 2 talking about the heading! That's not solid information - it's just a tease. Sorry, I'm venting and I'm partially to blame - I should have looked all the way down on the page to realize the book was so short. But, I feel strongly that this \$7.99 book was a total waste of money. Save your money. You can learn more about acupuncture by reading Wikipedia.

Not much info. Small booklet with very general information. No help at all.

This is a glorified pamphlet that tries to cover a lot of ground but remains superficial in its content. Reading a well-written article online will get you there faster and spare your wallet. I returned my copy immediately.

This book was a waste of money. I have NOT researched acupuncture before, but still this book told me nothing that I didn't already know. I was very disappointed!

The author does an excellent job of presenting a primer for novices to the fascinating treatment of acupuncture. I read this short but thoroughly informative booklet on the day of my first session. I recommend this little treasure to first timers who wish to understand the basics of this age-old treatment.

Very little information... waste of time/money

Doesn't have good information.

Love itRuth

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