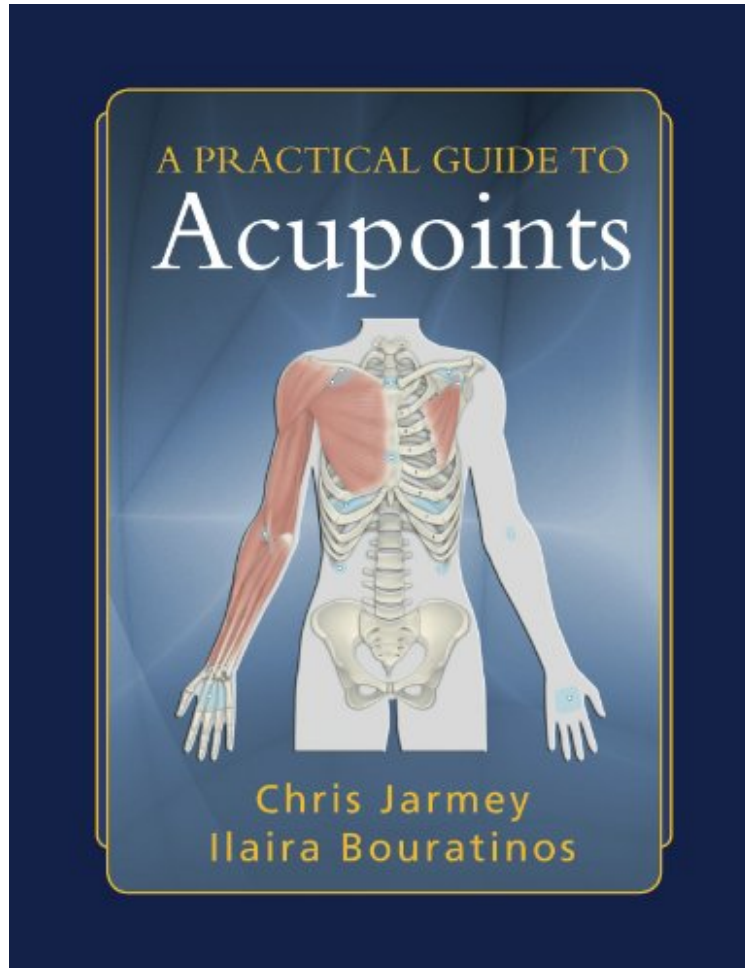


A Practical Guide to Acupoints

Chris Jarmey, Ilaira Bouratinos
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Chris Jarmey, Ilaira Bouratinos : A Practical Guide to Acupoints before purchasing it in order to gage whether or not it would be worth my time, and all praised A Practical Guide to Acupoints:

2 of 2 people found the following review helpful. Excellent!By HWThis book is fantastic for those who want a very clear, accurate, and simple atlas and usage text of acupuncture points. Do not hesitate to get it- of all my atlases, I pick this one up the most often, and use the rest only occasionally, as when I need information on one of the few points that this book does not cover or go in to detail on.The paper stock is very heavy, so if you are looking for portable, this is not exactly it. But it is so thorough, that like me, you might just prioritize it and pack it, anyway.10 of 10 people found the following review helpful. wonderful integrated book for anatomy and acupuncture study!By Cecilia YaoI have 5 great acupuncture books and one with real person photo to locate the points. In order to find the point location precisely, I have to flip everyone of those books I have because I could only get one aspect from each of them.This book from Chris Jarmey gives a clear image for many layers in the body (bone, tendon, ligament, muscle, vessels), it

helps me "visualize" the points on real person. This book is by far my favorite! I highly recommend it! 3 of 3 people found the following review helpful. One of the best books about Acupoints I've ever read. By Matias Panelo. Although some important acupoints are missing, I think it's one of the best books about acupuncture I've ever read. I study Traditional Chinese Medicine in Argentina and have some problems to find good and new learning materials in Spanish. I think this is a good complement for those who want a visual material on acupoints. I don't rate it 5 stars because of the missing points.

A clear understanding of the location and function of acupoints is crucial for acupuncturists as well as shiatsu practitioners, massage therapists, and other bodyworkers. In this exceptionally well-illustrated, user-friendly manual, Chris Jarmey and Ilaira Bouratinos provide comprehensive and up-to-date information for anyone utilizing acupoints in their therapeutic work. Offering unparalleled detail that goes far beyond what is currently available, *A Practical Guide to Acupoints* gives specialists the information required for practicing with greater understanding and confidence. This unique book contains not only essential information on the anatomical locations of points and the applicable acupuncture techniques. It describes other pertinent methods of treatment and delineates larger areas where the points can be activated by manual pressure, guasha, magnet therapy, moxibustion and cupping.

About the Author The late Chris Jarmey, M.C.S.P., D.S., M.R.S.S., taught shiatsu, qigong, bodywork therapy, and anatomy, and was the founder of the European Shiatsu School. He was the author of many books on anatomy and bodywork, including *The Concise Book of Muscles and Shiatsu - The Complete Guide*. Ilaira Bouratinos, Dip.Ac. D.S., received her diploma in acupuncture from the London School of Acupuncture and traditional Chinese medicine and subsequently founded the Oriental Medicine and Shiatsu Training Centre in Athens, Greece. She teaches acupuncture, shiatsu, and a variety of other bodywork methods, both in Greece and internationally.