



The Concise Book of Acupoints

John R. Cross

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The Concise Book of Acupoints is aimed at acupuncture students and novice practitioners as well as physical therapists and general bodywork therapists who want to utilize the use of these points within their own practices of reflexology, shiatsu, tui na, acupressure and many other bodywork therapies. This highly illustrated book describes the most used and popular acupuncture points on the body that may be used with needle, pressure, or moxa.

Although the points are all given traditional Chinese names and symbols, the description of their use, their symptomatology and conditions treated are given in easy to understand Western medical terminology. Unique to this book is the star system of grading acupoints according to their versatility. The book also states if the acupoint is used as a reflex point or a chakra point, so encompasses reflexology and chakra therapy philosophy.

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Lenore Ryan:

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