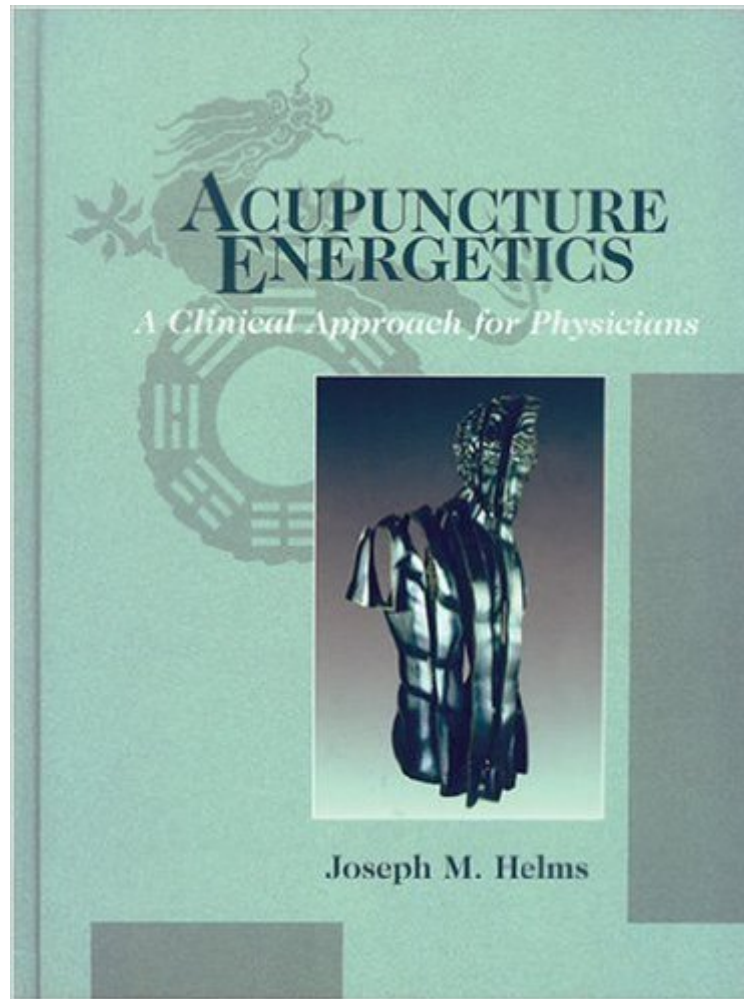


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# Acupuncture Energetics: A Clinical Approach For Physicians



## Synopsis

This book offers pragmatic and clinically useful information for physicians seeking to integrate acupuncture into their medical practices. It blends contemporary biomedical principles with traditional concepts of channels that circulate energy, or Qi, throughout the body. Beginning with the history and science of acupuncture, the book takes you through anatomy, physiology, pathology, examination and diagnosis, point location, and basic and advanced treatments. You will read about proven techniques for treating musculoskeletal pain, migraines, gastrointestinal conditions, substance abuse, and more. Detailed case studies bring content to life and help you provide optimal patient care. The text also contains high-quality, labeled photographs and illustrations for clear localization of channels and points. Physicians in all specialties who want to expand their practice with acupuncture will find this text an ideal learning tool and reference. It is also a must for TCM practitioners looking for a more versatile acupuncture approach, as well as anyone interested in a comprehensive and scientifically based survey of this effective therapeutic modality.

## Book Information

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## Customer Reviews

This is the premier textbook for the physician learning and practicing medical-based acupuncture. The scientific basis of acupuncture is well-covered, as is the traditional Chinese teaching. This book is for the serious student and is not a superficial presentation. The book is particularly useful as a companion text to the UCLA acupuncture course by Dr. Helms and as a daily reference for the practitioner. The depth of the work and the attention to detail are commendable. The writing style is

imaginative. A pleasure to read and consult on a daily basis.

This is a text unlike any other in acupuncture. Shortly after I took Dr Helm's course I started "expanding" my acupuncture repertoire and looked into other texts. None has the spectrum of acupuncture energetics that this text has. It's a wonderful venture into non TCM drenched treatment. And it is really the best attempt I have seen to present a non western practice to western physicians in a considerate and concise manner. There is much to recommend this text. Great emphasis is placed on 5 element theory and acupuncture energetics, as well as biopsychotypes. For anyone who has been in practice this is fascinating stuff! It's not the routine TCM that is so commonly practiced, though. I once showed the text to a colleague LAC and she had to do a double-take. There is all kinds of information in this text that you will not find elsewhere and that really lends itself to being respected by a western medical community often-times so intent on finding a way to dismiss a wonderful treatment option. Of course, nothing beats the actual lectures from Dr. Helms. If you have the option, take the course. If you can't, buy the text. If you're like me, you'll have it in a prominent place on your desk and consult it frequently.

Acupuncture Energetics: A Clinical Approach for Physicians is an outstanding text. After taking the course I am using acupuncture in my dental practice for oral and craniofacial disorders. I have two copies of the text, one in the office and one at home. It melds, in a wonderful style, both eastern and western concepts and contains all that I need to know to feel confident in my approach to patients. Neither copy gathers any dust on the bookcase!

Acupuncture Energetics by Joseph Helms is a very comprehensive textbook on medical acupuncture for physicians and practitioners with western training. It also encompasses most aspects of Traditional Chinese Medicine. For the western practitioner learning acupuncture for the first time, it brings you from a foundation of western medical knowledge and experience into the eastern paradigm. The book provides clear and precise anchors of knowledge and clinical examples illustrating the energetics of acupuncture in the context of TCM.

I appreciated the capacity of this author to not only synthesize the western and eastern traditions of acupuncture for himself, but also his rarer gift for communicating it very clearly. He has created an extraordinarily organized, sequential presentation of the information, thereby making systematic pattern recognition rapidly comprehensible to those trained in allopathic medicine, yet new to the

world of eastern medicine. Instead of providing a cookbook for point recipes, he's succeeded in drawing a trail guide which provides not just the big picture, but also excellent coverage of the surface detail needed to quickly begin navigating on the ground with a creative capacity to adapt to individual circumstances. The text contains a wealth of substantive information that preserves its value as a critical reference from beginning to advanced practice. Despite the first printing emerging in 1995 (now in its 3rd printing for 2007), it remains remarkably current, including the representative patient characters who illustrate the 12 basic energy patterns associated with the principle meridians. He respectfully and effectively integrates contributions from TCM, Five Elements and other eastern models with the French/Chinese model of acupuncture energetics -- creating a framework for the practitioner to launch further learning in these other disciplines if desired. Once the basics are described, he also covers the subsystems for tendinomuscular meridians, distinct meridians, the shu-mu subsystem, somatotopic systems such as auricular acupuncture and the curious meridians. He devotes 3 chapters specifically to the Energetics of Living Systems (the heart of French/Chinese Acupuncture Energetics). Thus it contained one of the more detailed English presentations of this work I have so far been able to find. Otherwise it appears that to explore the French tradition further one needs to read Dr. Maurice Mussat's writings in French, attend Mark Seem's courses at the TriStates Acupuncture School in New York, or track down an English translation of George Soule' de Morant's work. Although the terrain is constantly changing, I would personally hope he someday creates a sequel with more advanced detail on energetics and updating his coverage of the improved evidence base from clinical and basic science studies; these have been accumulating more rapidly since 2000. His gift for synthesis would be an asset in communicating the essential contributions of these developments. Another strength of the current book is its wealth of well-designed illustrations for all meridians and points, broken down in very logical conceptual units. These allow one to focus on the critical information without extraneous clutter. All point diagrams use realistic photos of a live male and female model rather than cartoon drawings. This feature greatly increases the accuracy of understanding relationships between the points and their topographical anatomy.

This is a cogent and compelling explanation of an elegant approach to acupuncture, which will be useful for any physician interested in learning a new approach to helping his patients. Carefully blending western scientific theory with the ancient texts, Helms provides us with real life examples of how to use acupuncture to treat common pain problems and disorders of the spirit.

Dr. Joseph Helms is considered the father of acupuncture in the United States. This book is a must have for all people who do energy work of any kind--acupuncture, shiatsu, massage, do-in, yoga etc. Loaded with charts, diagrams, acupuncture points and instruction on how to use the acupuncture points for hundreds of diseases. I take this book anywhere I travel, and reference it on a daily basis. You will want one in your office and one at home. Thank you Dr. Joe, for such a wonderful and tremendous volume of work.

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