

ACUPUNCTURE FOR DOCTORS – 20 CENTRAL TREATMENTS

Palle Rosted



Udgivet på [Forlaget Klim](#) i 2006

FOREWORD

In China, acupuncture has been used for the prevention and treatment of diseases for 3-4,000 years, and is today being increasingly adopted in the Western world.

Acupuncture is now a scientifically well documented form of treatment. We not only have solid knowledge of how acupuncture works neurophysiologically, but in most cases we can present a good indication for treatment by acupuncture within a scientific framework.

Acupuncture for Doctors – 20 Central Treatments gives a systematic and clear description of the acupuncture treatments most often used in medical practice today.

The book makes it easy to use acupuncture as an alternative tool in the surgery.

With its many illustrations, the book makes it very easy to inform patients about their treatment.

The book has been written for doctors wanting to use acupuncture as a form of treatment within the traditional medical diagnosis and treatment model.

Acupuncture for doctors – 20 Central Treatments is based on the same scientific principles as the major reference work: *Palle Rosted, Akupunktur på naturvidenskabeligt grundlag* (Acupuncture Based on Science). Forlaget Klim, 2003.

See www.acupuncturebook.com for further information.

Design and layout

Acupuncture for Doctors – 20 Central Treatments can stand upright on a table or desk for easy reference during treatment. The book is divided into two parts: a general part and a treatment part.

The general part presents a description of:

- various general concepts: meridians, acupuncture points, trigger points, De-qi, etc.
- the connection between acupuncture and neurophysiology
- examination techniques
- acupuncture needles, insertion methods, etc.
- frequency and number of treatments
- side effects, contraindications
- patient complaints and insurance

The treatment part presents a detailed description of acupuncture techniques for the following ailments:

- Atypical Facial Pain
- Temporomandibular Dysfunction
- Neck Pain
- Shoulder Pain
- Elbow Pain
- Wrist Pain
- Lumbar Pain

- Hip Pain
- Knee Pain
- Ankle Pain
- Angina Pectoris
- Asthma
- Irritable Bowel Syndrome
- Disease of the Bladder
- Gynaecological Diseases
- Nausea
- Sinusitis and Rhinitis
- Stress, Anxiety and Phobias
- Headache and Migraine
- Trigeminal Neuralgia

Palle Rosted, 2006
Senior lecturer, Sheffield University (UK)