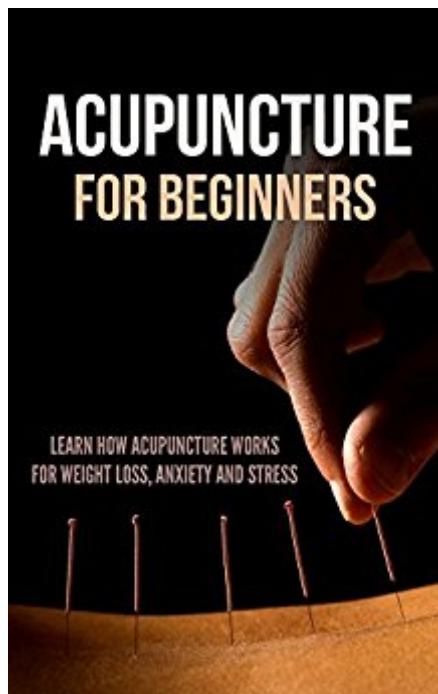


The book was found

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

[Download to continue reading...](#)

Acupuncture for Beginners: Learn How Acupuncture Works for Weight Loss, Anxiety and Stress
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Ultimate Weight Loss Smart Points Beginnerâ ™s Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) Weight Loss: The

Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow Weight Loss Smarts Points DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)