



Acupuncture for Body, Mind and Spirit

Peter Mole

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Written by one of the UK's leading practitioners, this authoritative and accessible introduction to acupuncture reveals everything you need to know before you step into the acupuncture clinic. It includes:

- how acupuncture goes beyond quick cures and is used as preventative medicine
- the origins and theory behind Chinese medicine and acupuncture
- the differences between diagnosis in acupuncture and Western medicine
- what to expect in the treatment room and how acupuncture will help you.

Comparing acupuncture with Western medicine and demonstrating how the two are complementary, Peter Mole provides answers to the questions most frequently asked by acupuncture patients, prospective patients, prospective students and people who have simply heard about acupuncture and want to know more.



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