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Radha Thambirajah is one of the leading cosmetic acupuncture experts in Europe and a well-known and popular lecturer in Europe and Brazil. This book is unique in the combination of clinical experience, logical presentation, and a wealth of case histories.

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Dr Radha Thambirajah graduated from Shanghai Medical College in 1970. She studied medicine and specialised in acupuncture. She established her successful practice upon returning to Sri Lanka, and founded the Academy of Chinese Acupuncture in 1980.

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A guide to the diagnosis and treatment of cosmetic and dermatological problems with practical instruction on how to perform treatment techniques. Thambirajah explains the energetic imbalances which cause skin diseases and the problems of early ageing, and describes how they can be treated successfully. Skin problems occur because the Blood, Qi, yin and yang of the body are not in balance and the book discusses how these can be balanced by acupuncture therapy. The therapy for a cosmetic problem has three steps: 1) to balance the body energies that cause the problem, 2) to treat the problem locally, 3) changing the diet and lifestyle of the patients with these problems. Concepts are accompanied with useful illustrations throughout, demonstrating the methods described. This second edition also contains new material on needling and massage techniques. This is a comprehensive and authoritative textbook on the topic for practising acupuncturists and Chinese Medicine practitioners.

New title by the author of Cosmetic Acupuncture! Energetics is an area of growing interest and importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance. Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides relevant lines of questioning and reasoning. FEATURES \*Treatments are described for over 80 different diseases. \*Innovative visual 'towers' show clearly what an energy imbalance looks like \* Case studies illustrate imbalanced states.

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This practical, fully illustrated handbook is the second in our series on dermatological diseases and their treatment with Chinese herbal medicine by Sabine Schmitz. This volume examines the cause and treatment of acne and rosacea from a Chinese medicine perspective and provides advice for practitioners on their treatments in their daily practice. It covers prescriptions and treatment options for all types of acne, rosacea and TCM syndromes, detailed case studies and colour photographs of the skin and tongue for precise diagnosis. The book also contains instructions on external applications such as pastes, washes or ointments, as well as detailed diet instructions and advice. Easy to read, use and navigate, Treating Acne and Rosacea with Chinese Herbal Medicine is the perfect resource for anyone treating skin diseases in their daily practice, regardless of their specialization.

Using a modern and practical approach, this book looks at the root cause of psoriasis from a Chinese medicine perspective. It examines in depth the most common Chinese medicine syndromes and formulas that have proved to be effective, discusses the role of the environment and emotional health and covers both internal and external applications. Containing numerous colour photographs of skin and tongue conditions, and many case studies, this practical guide shows the practitioner how to start treating their patients and provide relief. It also presents the latest research on Chinese herbs used to treat psoriasis and includes information on the creation of creams, ointments and tinctures.

Neuropuncture is the clinical manual of a groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine. It shows acupuncturists how to apply research into the neurophysiological mechanisms of acupuncture and electrical acupuncture to the traditional TCM model of healthcare. The book explains how acupuncture works using Western medical science and illustrates how to apply this knowledge to clinical cases with electrical acupuncture, creating evidence-based acupuncture protocols. These protocols are clinically proven and result in reproducible clinical outcomes.

A practical handbook for the diagnosis and treatment of cosmetic and skin problems according to Traditional Chinese Medicine. This book presents the TCM theory that provides the rationale behind the choice of treatment and offers step-by-step instruction on how to treat cosmetic and skin problems through the use of acupuncture. The needling techniques for face lifting, cellulites and more are described clearly and the text is supported by illustrations showing the techniques.

Based on Five Elements theory, this practical, fully illustrated guide to performing facial enhancement acupuncture (also known as cosmetic acupuncture, facial revitalisation or facial rejuvenation acupuncture) shows in detail the acupuncture points, techniques and equipment used in this procedure. Facial enhancement acupuncture targets points and muscles of the face in

order to improve the elasticity of the skin and general overall appearance, as well as addressing constitutional points on the legs, arms and body to balance and harmonise the inner elements. The author clearly explains the rationale behind the needling of each face and neck point, which are shown in colour illustrations. He also discusses the advantages of acupuncture over surgical intervention in dealing with wrinkles and sagging jaw lines, and a chapter is included on discussing treatment with prospective patients, follow up and after care. As well as significantly improving the cosmetic appearance, facial acupuncture also has a strong whole body effect on the health and wellbeing of the person treated, and has a long and distinguished history in Chinese medicine. The book is the perfect introduction for acupuncturists and acupuncture students who want to learn how to incorporate this alternative to surgical procedures into their practice.

We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment – Jing, Ying and Wei. A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. A comprehensive constitutional treatment approach A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of "healthy aging"

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