

LEARN ABOUT THE  
**AMAZING ART**  
OF  
**ACUPUNCTURE**



**THE CHINESE HAVE USED ACUPUNCTURE FOR YEARS TO HEAL A VARIETY OF AILMENTS... NOW YOU CAN TOO BY DISCOVERING THESE HIDDEN SECRETS!**

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# Foreword

The classic Chinese explanation of acupuncture is that channels of energy run in even patterns through the body and across its surface. These energy channels, named meridians, are like rivers flowing through the body to irrigate and nutrify the tissues. A blockage in the movement of these energy rivers is like a dyke that backs up in others.

The meridians may be molded by needling the acupuncture points; the acupuncture needles release the blockages at the dams, and restore the regular flow through the meridians. Acupuncture treatments may therefore help the body's internal organs to rectify instabilities in their digestion, absorption, and energy production actions, and in the circulation of their power through the meridians.



## ***Learn About The Amazing Art Of Acupuncture***

Learn About The Healing Power Of Acupuncture

# Chapter 1:

## *Introduction To Acupuncture*

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Think acupuncture, think needles. Primarily this is the way most people view the art of acupuncture. These needles are inserted into the skin but not too deeply; it would seem, at various locations to relieve pain or to correct a negative problem in a particular body part.

