

<<足疗治百病>>

图书基本信息

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前言

Foot therapy is a branch of traditional Chinese medicine. It contains a number of unique therapeutic methods established and developed over a very long historical period of medical practice by many physicians of successive dynasties. Because the foot is closely linked with the internal organs through meridians, and fixed acupoints and corresponding areas of the internal organs are located on the foot, different stimuli applied to those acupoints and areas on foot can prevent and treat diseases, and improve and preserve health. Foot therapy methods are easy to learn and can cure many diseases, without any harmful side effects. Employing the basic theories of traditional Chinese medicine and the modern medical knowledge and rich clinical experience of the authors, this book was written for the enlightenment of foreign readers so that they might understand, learn, and use this wonderful traditional therapy of China.

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内容概要

本书详细、系统地介绍了中医外治法在足疗中的作用原理与使用方法，涉及内科、外科、妇科、儿科、皮肤科、五官科及一些疑难杂症等，挑选了一些适合在广大家庭应用且易学易做的足疗方法，每种方法都详细地介绍了其按摩手法、功效、注意事项与适应证等。全书内容丰富、翔实，具有较强的可读性、实践性、实用性。

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章节摘录

插图 : Indications: Headache, vertigo, psychosis, abdominal distension, constipation, and paralysis of lower limb. Application: The needle is vertically inserted for 1.6-3.3 cm. (2) Chongyang (ST 42) : Location: On the dome of foot arch with the dorsal artery pulse of foot and between the tendons of long extensor muscle of big toe and long extensor muscle of other toes. Indications: Deviation of mouth and eye, facial swelling, toothache, psychosis, epilepsy, stomachache and weakness of foot. Application: The needle is vertically inserted for 1-1.6 cm and away from the artery. (3) Xian'gu (ST 43) : Location: On the dorsum of foot and in a depression anterior to the junction of 2nd and 3rd metatarsal bones. Indications: Edema of face and body, redness, swelling and pain of eyes, abdominal pain with gurgling sound, febrile diseases, and swelling and pain of dorsum of foot. Application: The needle is vertically or obliquely inserted for 1.6-3.3cm. (4) Neitirig (ST 44) : Location: On the dorsum of foot, between the 2nd and 3rd toes and on the dorsoplantar boundary of the web fold. Indications: Toothache, sore throat, deviation of mouth, nasal bleeding, stomachache, regurgitation of sour fluid, abdominal distension, diarrhea, dysentery, constipation, febrile diseases, and swelling and pain of dorsum of foot. Application: The needle is vertically or obliquely inserted for 1.6-2.6 cm.

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编辑推荐

《Foot Therapy for Common Diseases(足疗治百病)(英文版)》：The Chinese ancients found that the pain and discomfort caused by external trauma or disease could be relieved by randomly or purposely applying some stimulation to certain areas of the foot with their hands or some instrument.

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