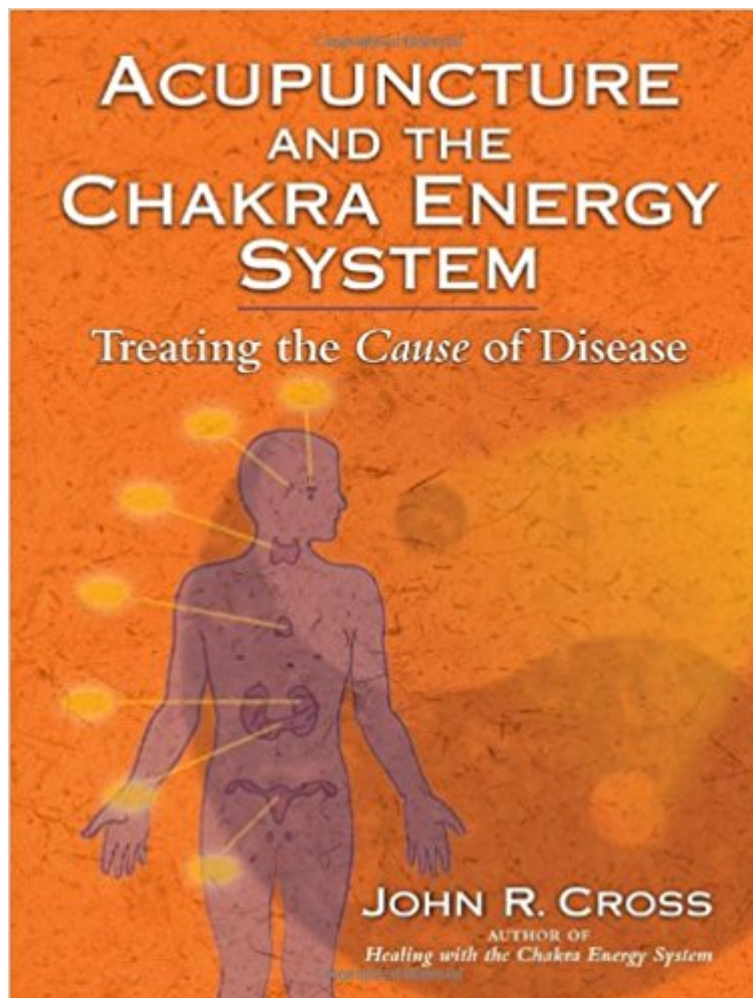




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# Acupuncture And The Chakra Energy System: Treating The Cause Of Disease



## Synopsis

Acupuncture and the chakra energy system have both become increasingly mainstream in the West, but rarely have the two approaches been joined into one practice. *Acupuncture and the Chakra Energy System: Treating the Cause of Disease* does just that. By comparing the traditional approaches of Chinese medicine and modern Western acupuncture with the chakra energy system of Ayurvedic philosophy, author John Cross offers clinically proven strategies for treating the causes of conditions, not just the symptoms. The book describes the seven major and twenty-one minor chakras in detail and explains how each is related to the body's aura, meridians, Key points, endocrine glands, autonomic nervous system, and varying symptomatology. Focusing on how to use the chakras in the treatment of chronic physical and emotional conditions—osteoarthritis, rheumatoid arthritis, low back pain with sciatica, insomnia, hypertension, depression, menopausal symptoms, and frozen shoulder, among others—Cross's clear, in-depth explanations make his techniques easy for anyone to follow. Including appendices on how to use the chakras with copper and zinc needles and biomagnets, as well as which types of patients respond to such treatments, *Acupuncture and the Chakra Energy System* is a well-rounded guide for acupuncturists and other practitioners as well as interested students.

## Book Information

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## Customer Reviews

“... without question one of the most brilliant, academic, practical clinical essays on this topic

that I have encountered in over thirty-five years. — John A. Amaro, DC, LAc, FIAMA, DiplAc(NCCAOM) (IAMA), president of the International Academy of Medical Acupuncture — “An excellent companion for experienced therapists and students alike. — Reflexions

John R. Cross has been practicing and teaching orthodox, traditional, and complementary medicine for thirty-seven years. In 2005, the prestigious Chartered Society of Physiotherapy awarded him a Fellowship of the Society for his work integrating complementary therapy approaches, including acupuncture and reflexology, into mainstream physical therapy. He lives on the Isle of Skye, Scotland.

Excellent book explaining the relationship between hindu and chinese traditional medicine. This book is not only good on theory but contains lots of practical examples on the use of chakra points.

Not the easiest read.

Very good book, price content and delivery, I recommend it Thanks !

Excellent book by excellent therapist. He is actually approachable via email posted on his website and he responds punctually to all my queries. If you are not an acupuncturist, his blue book on Acupressure and the Chakra system is more helpful

Wonderful book

Easy to read and understand - helps fill in the gaps.

Still reading & use the book for reference.

I was hoping to be able to find a symptom in the Index and find the points on the page. There are few symptoms to choose from. Very general. Lay out of book is not easy for me to follow. Maybe it is great for another person.

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