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ACUPUNCTURE

Theories and Evidence

edited by Hai Hong (Nanyang Technological University, Singapore)

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- This book presents the latest clinical trials and theories on acupuncture, offering information and insights not easily available elsewhere
- Contains chapters written by some of the world's leading thinkers and researchers in this field
- An important addition to the scientific literature on acupuncture and a valuable resource for students, teachers, researchers and practitioners of this important treatment modality in modern medicine

Acupuncture is widely practised in the 21st century in scientifically developed countries for a wide range of ailments ranging from chronic pain, giddiness and high blood pressure to gastrointestinal disorders and sexual dysfunction. Yet the reasons for its vaunted efficacy remain a matter of controversy. In traditional Chinese medical theory, the mechanism of action in acupuncture was understood in terms of the flow of qi and the balance of yin and yang through the body's meridians, a complex network painstaking charted but never found. Modern medical researchers have examined old and new needling points, and some view them as "trigger points" that stimulate physiological responses in the body. There is also clear evidence of strong placebo effects, although it has not been conclusively established that that this is either the main or the only significant effect.

This volume contains twelve articles covering the latest scientific explanations of the mechanism of acupuncture and critical reviews of clinical trials on its efficacy by leading scholars, including Edzard Ernst at Exeter, Lixing Lao at the University of Maryland, PC Leung at the Chinese University of Hong Kong and Thomas Lundeberg at Karolinska Institute.

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Hong Hai is Professorial Fellow at the Nanyang Technological University (NTU) and Senior Fellow at NTU's Institute of Advanced Studies. With graduate degrees in engineering, economics and philosophy of science, Hong Professor later studied Chinese medicine



and qualified as a registered TCM physician in Singapore and researched the scientific basis for TCM for his doctoral dissertation at the Beijing University of Chinese Medicine. He practises at the Public Free Clinic and the Renhai Clinic. Professor Hong has previously served as Chairman of the Government Parliamentary Committee on Health as well as Chairman of the Singapore TCM Practitioners Board's academic committee.

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