

Acupuncture & Chinese Medicine

August 20-21, 2018
Dublin, Ireland

Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-003

WRIST AND ANKLE ACUPUNCTURE AND THE TREATMENT OF EMOTIONAL DISORDERS

Josep Carrion

SIHLMED Center for Integrative Medicine, Switzerland

WAA is a recently developed acupuncture technique classed as an acupunctural microsystem, which involve treating the body as a whole through distal points that do not adhere to the laws of traditional meridians. While it is true that wrist and ankle acupuncture (WAA) is a modern technique, it already has hundreds and thousands of treatments performed all over the world by its name. Serious statistical studies have been conducted in China for decades. The technique involves inserting needles (or stimulating points and longitudinal lines) into one or more of the twelve points located above the wrists and ankles (six points at the wrists and six at the ankles). According to this

treatment approach, the human body is divided into six zones. Every zone covers an area; these areas are used as a guide to diagnose the anatomy covered by every zone and is related to one point of treatment. It is not so often considered that every part of the brain is also covered and stimulated with the treatment, in that sense, there are upper one and upper two that covers the frontal o pre-frontal lobes of the brain. We have been using this approach to treat emotional diseases. The combination of visualization, eye movement desensitization and breathing exercises while keeping the needles inserted seems to be the most effective approach.

info@acupuncture.university