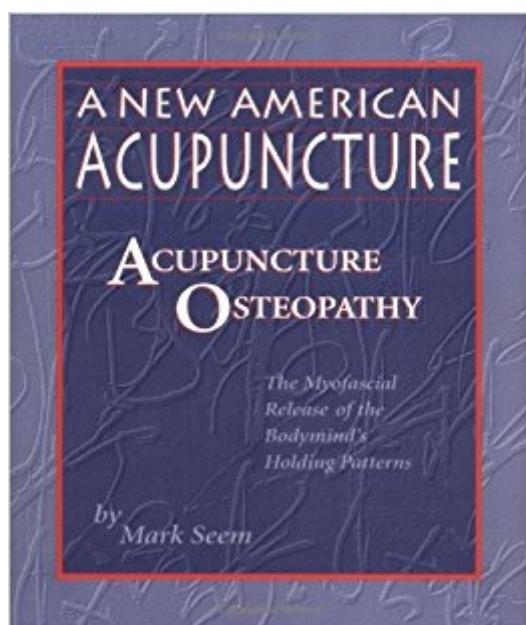


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# A New American Acupuncture: Acupuncture Osteopathy - The Myofascial Release Of The Bodymind's Holding Patterns



## **Synopsis**

This book represents the fruit of many years of research into the use of acupuncture as a tool for releasing holding patterns in the bodymind as a way to restore functional/structural balance and to relieve chronic pain. Dr. Seem shares his clinical experience of how and why this style of acupuncture works and presents specific protocols for use in the clinic. This book is a valuable reference text for anyone whose practice focuses mainly on acupuncture.

## **Book Information**

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## **Customer Reviews**

Mark Seem has been practicing acupuncture for over 20 years. He is the founder and President of the Tri-State College of Acupuncture in New York City. Mark has written several books on acupuncture including Acupuncture Energetics and Acupuncture Physical Medicine.

I don't want to insult Mark Seem, as I might want to study with him in the future. The book's title may be the publisher's choice, and not Seem's, I don't know; if you are expecting a grand union of osteopathy, acupuncture, and myofascial tensegrity, this isn't it. But if you can recognize and value a few real jewels of useful acupuncture therapy, it's a very good book. Perhaps Dr. Seem suffers a little bit from the common disease of many who have years of experience; I'm referring to his statement that his mentor, Dr. Nguyen Van Nghi, was "wrong" about the yin and yang of principal channels and tendinomuscular channels. I suggest that Dr. Seem put on his "beginner's mind" again and look deeper. He tries to show that he has invented something new, when all he is doing is

applying Dr. Van Nghi's "tendinomuscular protocol" to the six great channels (taiyang, shaoyang, yangming, etc). He acts as though he was the first person to ever have this idea, which just isn't true. Dr. Seem may be a great acupuncturist, a great teacher, and get great results with neuro-musculo-skeletal issues, yet there comes a point when innovation loses its root, and just puts on a show. The book is worth a read, and will give many TCM practitioners a real "aha!" experience. But for students of Nguyen Van Nghi, Seem's book will probably be ho-hum.

Great book, one of my library tokens. After buying this one and reading it I realized I had read it before, went to my library at home and didn't find it, went to the library in the clinic and behold, it was on my partners desk. So now I own two. Definitely worth having an extra.

Finally, I have found a book that resonates with how I practice. The information is detailed and provides another perspective from which to develop your personal style as an practitioner. Highly recommended.

THIS BOOK IS EXCELLENT TO PUT ACUPUNCTURE INTO LAYMAN TERMS. THE AUTHOR DOES A GREAT JOB OF APPLYING JAPANESE ACUPUNCTURE CONCEPTS TO TRIGGER POINT TREATMENTS FOR MUSCLE PAIN. HE PUTS THE RELATIONSHIP OF THE POINTS HE USES TO MERIDIANS. HE ALSO HAS ILLUSTRATIONS FOR YOU TO VISUAL SEE WHAT HE IS TALKING ABOUT. EXCELLENT BOOK AND SHOULD BE EVERYONE'S LIBRARY WHO IS DOING ACUPUNCTURE.

Book arrived in good condition

I had really high hopes for this book. It really needs to greatly improve its index, as it should be more diversified for those who read just portions of books at times. His writing style really killed me..... There are some positives. If you don't know trigge point therapy and are an acupuncturist, this book could be helpful. I enjoy meridian therapy, but he kills me with the dull writing style.

I am an acupuncturist in Southern California and I have taken several workshop intensives in different styles of acupuncture: Master Tung's style, Kiiko Matsumoto, Balance Method, Japanese Styles, etc, etc. On top of that, I have read every book I could get my hands on trying to discern the piece missing from my repertoire that would help me fully resolve the tough cases and chronic pain

that virtually all of my patients have. This simple little book is it. It's really almost embarrassingly simple and I almost feel like an idiot for not thinking of it myself. Acupuncturists, I have found, get very dogmatic and hard-headed when it comes different styles: The reviewer who gave the book a 1 star rating (twice! How did he vote twice?!) seems quite ignorant in his comments. First, Mark Seem is not a "scientist", he is an acupuncturist with a small mountain of experience and credentials. He respects many different styles of acupuncture and draws from them to develop a style that is pragmatic and effective. How truly American. Maybe this is what makes the reviewer angry - that Mr. Seem did not get the "real" acupuncture bequeathed to him from a mysterious sage in the hills of China. The bottom line is that Mr. Seem's ideas both correlate with ancient principles and match modern anatomical and physiological knowledge - and they just plain work (a novel idea in TCM style acupuncture!). Just after implementing a couple of principles from this book, I was solving some of my toughest cases. It didn't violate anything in the classics, in fact, it proved them true. I say all of this, to encourage any would-be reader to dismiss the two (actually the same!) bad reviews as they are non-sensical. My only problem with the book is that the cover is kind of crap. It curled up on me the first reading. It always irritates me to pay \$30 for a short paperback. This is a book deserves to be hard-bound anyway. With that said, it's probably the best \$30 bucks I've spent in my acupuncture education.

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