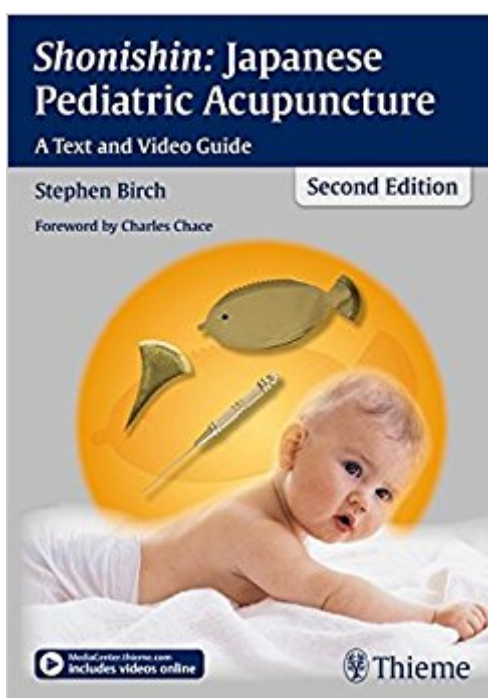


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# Shonishin: Japanese Pediatric Acupuncture: A Text And Video Guide



## Synopsis

In a concise manner, Birch manages to capture the essence of meridian therapy—no mean feat. -- *Journal of Acupuncture and Oriental Medicine* The new edition is clearly richer in terms of clinical education and experience. -- *Doody's Review* (starred review) Now in an expanded new edition, this user-friendly manual remains the foremost instructional reference for the application of Shonishin, or Japanese pediatric acupuncture. The book addresses the unique and often changing circumstances involved in the treatment of infants and children. It focuses on the crucial factors of patient comfort and dosage regulation throughout treatment by gently and painlessly pressing, tapping, scratching, rubbing, and stroking the skin without penetrating it. Stephen Birch, the world's leading authority in Japanese acupuncture and Shonishin, provides valuable clinical guidance and hands-on advice that can be easily integrated into everyday practice. The book begins by presenting the underlying principles and treatment tools used in Shonishin, and then goes on to cover root and symptomatic approaches and techniques, followed by details on how to manage a wide range of specific problems and diseases. More than 75 case histories from around the world present various treatment ideas, methods, and results for the featured condition. **Highlights:** More than 25 new clinical cases (over 75 cases total) offer useful insights and suggestions for daily practice. New information on using Shonishin to treat headaches and emotional problems; combining Shonishin with other treatments, such as Bach flowers and Chinese herbal medicine; and using the techniques of Shonishin and the Meridian Therapy root treatment. Coverage of Shonishin for the management of a broad spectrum of illnesses and diseases, including respiratory and digestive ailments, ear infections, allergies, sleep problems, and many more. Exercises throughout the book help readers improve their skill and check their technique. More than 150 precise illustrations complement and further clarify the text. Video footage of a workshop where the author demonstrates how to do Shonishin and shows real treatments bring concepts to life (accessed through Thieme's Media Center). With *Shonishin: Japanese Pediatric Acupuncture, Second Edition*, professionals and students in acupuncture, and pediatricians and physical therapists who use acupuncture, will learn from the master the art of non-inserted needling to treat children. This volume contains all of the information that practitioners need to understand Shonishin as a treatment option and refine their technique, and to instruct parents on how to regularly use Shonishin at home, thereby increasing the frequency of treatment.

## Book Information

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## Customer Reviews

This is a well-written, user-friendly and rewarding book. This book will be a valuable addition to the library of anyone- practitioner, student, or teacher. Journal of Chinese Medicine --This text refers to an alternate Hardcover edition.

Now in an expanded new edition, this user-friendly manual remains the foremost instructional reference for the application of Shonishin, or Japanese pediatric acupuncture. The book addresses the unique and often changing circumstances involved in the treatment of infants and children. It focuses on the crucial factors of patient comfort and dosage regulation throughout treatment by gently and painlessly pressing, tapping, scratching, rubbing, and stroking the skin without penetrating it. Stephen Birch, the world's leading authority in Japanese acupuncture and Shonishin, provides valuable clinical guidance and hands-on advice that can be easily integrated into everyday practice. The book begins by presenting the underlying principles and treatment tools used in Shonishin, and then goes on to cover root and symptomatic approaches and techniques, followed by details on how to manage a wide range of specific problems and diseases. More than 75 case histories from around the world present various treatment ideas, methods, and results for the featured condition. Highlights: More than 25 new clinical cases (over 75 cases total) offer useful insights and suggestions for daily practice. New information on using Shonishin to treat headaches and emotional problems; combining Shonishin with other treatments, such as Bach flowers and Chinese herbal medicine; and using the techniques of Shonishin and the Meridian Therapy root treatment. Coverage of Shonishin for the management of a broad spectrum of illnesses and

diseases, including respiratory and digestive ailments, ear infections, allergies, sleep problems, and many more Exercises throughout the book help readers improve their skill and check their technique More than 150 precise illustrations complement and further clarify the text Video footage of a workshop where the author demonstrates how to do Shonishin and shows real treatments bring concepts to life (accessed through Thieme's Media Center) With *Shonishin: Japanese Pediatric Acupuncture, Second Edition*, professionals and students in acupuncture, and pediatricians and physical therapists who use acupuncture, will learn from the master the art of non-inserted needling to treat children. This volume contains all of the information that practitioners need to understand Shonishin as a treatment option and refine their technique, and to instruct parents on how to regularly use Shonishin at home, thereby increasing the frequency of treatment."

I am a practitioner of Asian Medicine and specialize in perinatal care and I teach parents, especially first time parents how to use the techniques in Steve's book. If I could afford it, I would give each of my clients who are about to begin their family! I do have a resource list that I provide my families with and this is in the top 5. I am also a great fan of his and his other works. This is a must in a practitioners library and it should be taught at all the schools of Integrated Medicine.

This amazingly written manual for treating pediatric disorders, using Japanese Shonishin treatment method is excellent. It gives a complete history, overview and practical clinical techniques, that are presented in a simple, complete and coherent manner. Mr. Birch really does an outstanding job and this is a seminal work on this subject. I have been practicing using Shonishin methods, that have yielded very effective, positive results. But until now, I have never seen one book with such a comprehensive detailed account as this one written by Stephen Birch. Anyone interested in helping the young ones believe me that this is a very effective technique, which, at times seem to show miraculous results. And you now have this book to guide and instruct you in all the numerous facets and treatment techniques that will bring you success in serving the needs of the children and families that seek your help. And the DVD is amazing!!!

Love this book, its well organized with good pictures and the CD is very good and easy to follow. Only issue is that the CD has a physical exam section without sound.

Very useful treatment tools in this book.

Clear and concise. Highly applicable in the clinic.

This book is a great way to learn this method. It is very interesting, and DVD inside is so helpful. Good work Stephen Birch

A wonderful book for practitioners. Having been on a shonishin course with Stephen a few years back (on which I failed to build!) the book is one I've been waiting for. It's a superb practical tool to help practitioners and, secondarily, parents, to treat infants and children.

As a Shonishin practitioner and instructor, I have been eagerly awaiting the publication of this 257 page book, published by Thieme (an international medical and scientific publisher) and written by Stephen Birch Ph.D. (acupuncture researcher and author of several well known books on acupuncture). It is the definitive English language professional textbook on the subject of Shonishin (Japanese Pediatric Acupuncture). As is to be expected from any book written by Stephen Birch, this book is carefully researched and thorough in its presentation. The book has five sections: section 1 is Overview and History; section 2 is on Treatment Principles and Tools of Treatment; section 3 is on Root Treatment Approaches and Techniques; section 4 is on Symptomatic Treatment Approaches and Techniques; Section 5 is on Treatment of Specific Problems/Diseases. Illustrative case studies relating to various pathologies is included and a DVD demonstrating various techniques accompanies the text. Shonishin is a remarkably effective treatment strategy for infants and children and Stephen Birch's contribution will bring this approach to a much wider professional audience.

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