About this book

Literature is not intended to replace classroom education. This text aims to help midwives, obstetricians, and gynecologists who are studying acupuncture in selecting the correct acupuncture points. A crucial aspect of this healing art is the proper stimulation of the specific acupuncture point. Only practice and experience will provide the practitioner with this skill. Textbook theory and hands-on experience in the classroom are the ideal combination for the student.

This textbook gives a concise overview of the theory of Traditional Chinese Medicine (TCM) for midwives, gynecologists, and obstetricians who want to go beyond the results of treatments that are based on common formulas. The book serves as a guideline to applying the voluminous theories of TCM in daily practice. The list of points and point categories as well as references to the TCM basics are part of the special focus that was placed on combining theoretical and practical aspects. Usually, the complicated concepts have to be compiled from various sources. Here, these concepts are clearly and concisely arranged, which makes this text valuable both for entry-level training and as a reference book. It is recommended for beginners of obstetric/gynecological acupuncture as well as experienced practitioners.

With increased knowledge comes a greater understanding of the importance of experience in daily practice. The practice of acupuncture is a never-ending learning process. Through this book, years of acupuncture practice and teaching experience are made available to the reader. An author still gains insights through the process of exchanging experience and thoughts with colleagues. The publication of this textbook gives me the opportunity to express my gratitude to the people who made a special contribution to my knowledge and experience.

I would like to express special thanks to:

- My acupuncture teachers, particularly Prof. J. Bischko (†), Prof. G. Kubiena, Dr. G. Stux, and the teachers I met during my studies in China
- Colleagues who passed on their vast experience to me, particularly Dr. M. Adam (Geburtshaus Wien-Nußdorf)
- My colleagues at the medical continuing education association Pro Medico who provided me with a lot of inspiration and advice, particularly Dr. C. Gabriel, Dr. D. Klein, Dr. F. Ramakers, P. Rudolph, B. Seybold, Dr. K. Zähres, and all the association’s midwifery advisors
- Dr. C. Gabriel, for her knowledgeable critique of the manuscript; B. Seybold for her many inspirations and her outstanding courses
- Hippokrates, for agreeing to various special requests and effectively implementing them in this book
- Dr. U. Novotny, the editor whose knowledge and patience greatly contributed to the creation of this book
- D. Seiz (†) of Hippokrates; she was open to all requests and suggestions and made all the means of the publishing house available to the successful production of this book
- Angelika-M. Findgott of Thieme International for her effective handling of the translation project and Ruth Gutberlet for rendering a fine translation
- Prof. F. Melchert (Director of the Gynecological University Hospital Mannheim), Prof. M. Weigel, and Prof. W. Zieger, for their advice and support in establishing acupuncture as part of medical training at the university level, as well as their support for various research projects and conventions.

I am most grateful to my family, particularly my wife, whose support and inspiration accompanied all my ventures into acupuncture. Over the past years, only her patience and support have made it possible for me to integrate family, medical practice, community service, teaching, presentations, conventions, and the work on this book. Finally, thanks to everyone who was not mentioned here by name but helped my journey into acupuncture.

Once again, I would like to mention the particular significance of the late D. Seiz. Over the course of the past decade, we owe the publication of outstanding TCM teaching material in large parts to her. She had a unique way of joining opposites to help along the relevant matters. This book was written in her memory.

Ansgar T. Roemer