

Table of Contents

Chapter 1: Acupuncture as Medicine	1
The Therapeutic Range of Acupuncture	1
The Electric Model	2
The Cosmic Model	5
The Psychosomatic Model.....	11
Chapter 2: The Foundations of Acupuncture	17
The Principle of Yin-Yang.....	17
The Six Energies	21
The Five Elements	25
Chapter 3: The Trace Elements and Diathetic Medicine..	35
Chapter 4: The Character Types of Gaston Berger	41
The Eight Character Types	42
Correlating Acupuncture Temperaments	45
Chapter 5: Tests for Determining Your Character Type	51
Hand Analysis Tests	53
Hand Analysis Results	60
The First Synthesis — Hand Characteristics	60
Childhood Symptoms Test.....	61
The CE-40 Test	64
Determining Your Character Type	70
Compiling the Test Results	73
Chapter 6: The Five Constitutions	81
The Wood Constitution	81
The Metal Constitution	83
The Fire Constitution.....	86
The Water Constitution	87

The Earth Constitution	90
Chapter 7: The Six Temperaments	93
The Shao Yang Temperament	93
The Jue Yin Temperament	97
The Tai Yang Temperament	101
The Shao Yin Temperament	105
The Yang Ming Temperament	109
Yang Ming-earth	110
Yang Ming-metal	112
The Tai Yin Temperament	114
Tai Yin-earth	115
Tai Yin-metal	118
General Remarks	123
Chapter 8: Relevance for the Individual	125
Physical and Medical Ramifications	125
Psychological Ramifications	128
Counsels for Your Constitutional Type	133
Evaluating the Results of the Tests	138
A Sample Case History	139
Chapter 9: Relevance for the Acupuncturist	149
Chapter 10: Relevance for the Psychologist	153
Critical Analysis of the Berger Test	153
Psychosomatics and Depth Psychology	155
Chapter 11: Relevance for the Physician	165
The Electronic Model	165
The Psychosomatic Model	173
Chapter 12: Conclusions and Perspectives	187
Appendices	189
Endnotes	203
Bibliography	211
Index	214