

# **Bodymapping Acupuncture Technique In The Spirit Of Master Tung**

**bodymapping acupuncture technique in the spirit of master tung** The bodymapping acupuncture technique, inspired by the legendary Master Tung Ching Chang, represents a unique and highly effective approach within traditional Chinese medicine (TCM). Rooted in the profound understanding that the human body functions as an interconnected map of energy channels and reflex zones, this method emphasizes precise point localization based on the body's natural mapping system. Unlike conventional TCM acupuncture, which often relies on meridian theory alone, bodymapping acupuncture integrates a visual and spatial understanding of specific points distributed across the body surface—each corresponding to internal organs and pathological conditions. This technique's essence is to tap into the body's intrinsic map, facilitating rapid relief from chronic and acute ailments through targeted stimulation. In the spirit of Master Tung, who revolutionized acupuncture with his innovative point selection and bodymapping philosophy, contemporary practitioners aim to harness this method's simplicity, power, and depth to achieve profound healing results.

## **Origins and Philosophy of Master Tung's Bodymapping Acupuncture**

### **Historical Background of Master Tung**

Master Tung Ching Chang (1897-1975) was a renowned Chinese acupuncturist whose innovative techniques have influenced modern acupuncture profoundly. Unlike traditional Chinese medicine, Tung's approach was characterized by a simplified yet highly effective point system that focused on specific body zones mapped intuitively across the body surface. His unique bodymapping concept was developed through extensive clinical practice and intuitive insight, emphasizing the use of a distinct set of points located on the extremities, back, and specific body regions.

### **The Core Principles of Tung's Bodymapping Approach**

- Simplification of Point Selection: Tung's technique employs fewer points, chosen for their powerful therapeutic effects. - Body as a Map: The human body is viewed as a map where certain zones correspond to internal organs and systems. - Local and Remote Points: Both local points (near the pathology) and remote points (distant from the area of pain) are used synergistically. - Energy Flow and Balance: The method aims to restore the harmonious flow of Qi and blood by activating key mapped points.

# Understanding the Body Map in Tung-Style Acupuncture

## The Concept of Body Mapping

Master Tung's body map is a visual framework that segments the body into specific zones, each linked to organ systems, meridians, or energetic functions. These zones are not arbitrary but are based on clinical observations and traditional Chinese energetic concepts.

Practitioners learn to locate these points on the surface of the body, typically on the extremities, back, and head, with the understanding that stimulating these points can influence corresponding internal organs and systems.

## Key Features of Tung's Body Map

- Extremity Focus: Points are predominantly found on the hands, feet, elbows, knees, and head.
- Back and Shoulder Zones: Specific areas on the back and shoulders correlate with internal organs.
- Facial and Cranial Points: Certain points on the face and head are used for neurological and emotional disorders.
- Simplified Point System: The points are often numbered or named based on their location, making learning and application straightforward.

## Techniques and Methodology of Bodymapping Acupuncture

### Identifying and Locating Body Mapping Points

Practitioners use anatomical landmarks combined with visual cues to locate the points accurately. The process involves:

- Assessing the patient's condition and symptoms.
- Consulting body maps to identify relevant zones.
- Using anatomical landmarks such as bones, muscles, and natural body creases to pinpoint specific points.
- Employing palpation and patient feedback to confirm point location.

### Stimulation Methods

- Needling: Thin filiform needles are inserted perpendicularly or obliquely, depending on the point's location.
- Moxibustion: Applying heat via mugwort herb to stimulate points thermally.
- Pressing or Acupressure: Using finger pressure or tools to activate points non-invasively.
- Electrical Stimulation: Low-frequency electrical currents can enhance the effects when appropriate.

### Application Principles

- Local Points for Targeted Issues: Directly treating the area of pain or dysfunction.
- Remote Points for Systemic Balance: Stimulating distant points to influence internal organs.
- Combination Therapy: Using multiple points mapped across the body to create a

comprehensive treatment plan. - Needle Retention Time: Usually between 15-30 minutes, adjusted per patient response.

## **Clinical Indications and Conditions Treated with Bodymapping Acupuncture**

### **Chronic Pain and Musculoskeletal Disorders**

- Back pain - Joint arthritis - Muscle strains - Referred pain patterns

### **Internal Medicine Conditions**

- Digestive issues - Respiratory problems - Liver and kidney imbalances - Cardiovascular conditions

### **Neurological and Emotional Disorders**

- Headaches and migraines - Anxiety and depression - Insomnia - Neuropathy

### **Specialized Applications**

- Fertility and reproductive health - Allergies - Skin conditions

## **Advantages of the Bodymapping Acupuncture Technique in the Spirit of Master Tung**

### **Efficiency and Effectiveness**

- Fewer points needed for significant results. - Rapid symptom relief due to targeted stimulation. - High success rate in treating complex and chronic conditions.

### **Ease of Learning and Application**

- Simplified point system facilitates training. - Clear visual body maps aid in accurate localization. - Suitable for both novice and experienced practitioners.

### **Holistic and Systemic Approach**

- Addresses root causes by stimulating internal organ zones. - Balances Qi and blood flow throughout the body. - Enhances overall well-being and energetic harmony.

### **Minimal Invasiveness and Patient Comfort**

- Use of fewer points reduces discomfort. - Possibility of non-needling techniques like acupressure. - Suitable for sensitive patients.

# **Integrating Bodymapping Acupuncture into Modern Practice**

## **Training and Skill Development**

- Learning the specific body maps and point locations. - Gaining proficiency in various stimulation techniques. - Understanding patient assessment based on body zones.

## **Combining with Other Modalities**

- Merging with herbal medicine, cupping, or moxibustion. - Using with modern diagnostic tools for comprehensive treatment. - Incorporating mind-body practices for enhanced results.

## **Case Studies and Clinical Successes**

- Chronic lower back pain resolved after targeted point stimulation. - Allergic rhinitis improved through nasal and extremity points. - Emotional disorders alleviated with cranial and facial points.

## **Conclusion: Preserving the Spirit of Master Tung in Contemporary Acupuncture**

The bodymapping acupuncture technique, in the spirit of Master Tung, embodies a profound blend of intuitive insight, clinical efficacy, and simplicity. Its focus on visualized body zones and targeted point stimulation offers an efficient pathway to health restoration. As the modern practitioner continues to explore and refine this approach, it remains rooted in the timeless principles of traditional Chinese medicine—balancing Qi, harmonizing internal organs, and promoting holistic wellness. Embracing the spirit of Master Tung's innovation, contemporary acupuncture practitioners are empowered to deliver precise, rapid, and sustainable healing, honoring the legacy of one of the most influential figures in the evolution of Chinese medical arts.

**Bodymapping acupuncture technique in the spirit of Master Tung** In the vast and nuanced world of Traditional Chinese Medicine (TCM), acupuncture has evolved into numerous specialized approaches, each with unique philosophies and methodologies. Among these, the bodymapping acupuncture technique in the spirit of Master Tung stands out as a distinctive and highly effective method that combines traditional meridian theory with innovative body mapping principles. This technique not only exemplifies the ingenuity of ancient Chinese healing arts but also reflects the profound influence of Master Tung's revolutionary insights, which continue to inspire practitioners worldwide.

## **Introduction to Bodymapping Acupuncture in the**

# Context of Master Tung's Legacy

## Who was Master Tung?

Master Tung Ching Chang (1897–1975) was a legendary Chinese acupuncturist whose unique approach revolutionized traditional acupuncture practices. Born into a family with a long lineage of healers, Tung's methods diverged from classical Chinese meridian theory, emphasizing specific points on the body that often defied conventional logic. His innovations led to a system that is celebrated for its simplicity, high efficacy, and rapid therapeutic outcomes. Master Tung's techniques are characterized by: - Unique point selection: He identified specific points on the body that could influence distant organs and systems. - Simplified point system: Fewer points are required to achieve significant healing. - Body mapping: A distinctive visualization of the body with mapped points corresponding to various health issues.

## The Evolution of Bodymapping in Tung's System

Tung's body mapping is a visual and conceptual framework that aligns points on the body with specific internal organs, meridians, or ailments. Unlike traditional meridian charts, Tung's map emphasizes certain key points that often lie outside classical meridian pathways, such as on the palms, soles, or on the body surface in unconventional locations. His approach simplifies diagnosis and treatment, making acupuncture more accessible and practical—especially for practitioners seeking rapid results.

## Fundamentals of the Bodymapping Acupuncture Technique

### Core Principles

The bodymapping acupuncture technique in Tung's style is founded on several core principles: - Localized and systemic influence: Certain points on the body can influence the entire body or specific organs. - Simplification: Fewer points can produce profound effects, reducing treatment time and complexity. - Body surface mapping: Visualizing the body as a map where specific points correspond to health conditions. - Combination of points: Using multiple points in synergy for targeted treatment.

### Distinct Features of Tung's Bodymapping Technique

- Special points outside traditional meridians: Many points are located on the palms, soles, ears, or on specific body surface areas. - Body surface zones: The body is segmented into zones; each zone relates to specific organs or health issues. - Rapid effect: Treatments often result in swift symptom relief, sometimes within a single session. - Minimalistic approach: Emphasizes the use of fewer, highly effective points rather than extensive needling.

# Mapping the Body: Visual and Conceptual Frameworks

## Tung's Body Map

Tung's body map is a schematic that simplifies the body's complex anatomy into workable zones. It often depicts:

- Palmar and plantar points: Specific locations on the palms and soles linked to organs.
- Body surface zones: Areas on the chest, back, and limbs that correspond to particular systems.
- Points outside classical channels: Such as the thumb, tips of fingers, or specific cranial points.

## Key Zones and Their Significance

- Palms: Rich in points that influence the lungs, stomach, and other organs.
- Soles: Correspond to the digestive system and lower body.
- Chest and back: Map to the heart, liver, kidneys, and lung systems.
- Head and face: Points influencing neurological and sensory conditions.

Each zone and point is carefully chosen based on Tung's extensive clinical experience, emphasizing rapid symptom relief and holistic health restoration.

## Technique Execution: Step-by-Step Guide

### Diagnosis and Mapping

- Assessment: The practitioner evaluates symptoms, tongue diagnosis, pulse, and patient history.
- Mapping: Based on the diagnosis, the practitioner identifies the relevant zones and points on Tung's map.
- Localization: Precise identification of points on the palms, soles, or body surface.

### Needling Methodology

- Point selection: Usually 1-3 points per session, depending on complexity.
- Needle insertion: Fine, sterile needles are inserted perpendicularly or obliquely.
- Manipulation: Gentle twirling or stimulation to activate the points.
- Retention time: Typically 20-30 minutes, but some cases require only a few minutes.
- Additional techniques: Sometimes, moxibustion, acupressure, or electrical stimulation is used to enhance effects.

### Post-Treatment Care

- Encourages patients to rest and hydrate.
- Advises on lifestyle modifications if needed.
- Recommends follow-up sessions for chronic or complex conditions.

## Therapeutic Applications and Conditions Treated

### Common Conditions Addressed

- Pain management: Back, neck, joint pain, and migraines.
- Digestive disorders: Gastritis,

indigestion, constipation. - Respiratory issues: Asthma, bronchitis, cough. - Neurological conditions: Insomnia, anxiety, depression. - Gynecological issues: Menstrual disorders, infertility. - Chronic fatigue and immune deficiencies

## **Advantages Over Traditional Techniques**

- Speed of relief: Many patients experience immediate symptom alleviation. - Minimal discomfort: Fewer needles and less invasive. - High efficacy: Particularly in complex or stubborn cases. - Flexibility: Suitable for all age groups, including children and the elderly.

## **Scientific and Clinical Evidence**

### **Research and Case Studies**

While Tung's system is rooted in traditional wisdom, modern studies have begun to validate its effectiveness: - Clinical reports highlight rapid symptom relief in pain and neurological conditions. - Comparative studies show higher success rates compared to classical acupuncture in certain disorders. - Patients often report quick improvements, reinforcing Tung's claims of efficiency.

### **Limitations and Challenges**

- Lack of extensive randomized controlled trials limits universal acceptance. - The technique's reliance on practitioner skill and experience. - Variations in point localization can occur.

### **Integration with Modern Medicine**

Some practitioners integrate Tung's bodymapping with conventional treatments for a holistic approach, especially in pain clinics, rehabilitation centers, and integrative medicine practices.

## **Training and Practice Considerations**

### **Learning the Bodymap**

- Formal courses: Many acupuncture schools now offer Tung-style bodymapping training. - Practical experience: Hands-on practice is essential for accurate point localization. - Study of clinical cases: Understanding diverse presentations enhances proficiency.

### **Challenges for Practitioners**

- Mastering body mapping requires time and dedication. - Maintaining sterile techniques and safety protocols. - Balancing traditional principles with modern clinical evidence.

### **Future Directions**

- Incorporation of imaging technology (ultrasound, thermography) to improve accuracy. -

Developing standardized protocols for broader acceptance. - Research into mechanistic understanding of Tung's points.

## **Conclusion: The Enduring Spirit of Tung's Bodymapping Acupuncture**

The bodymapping acupuncture technique inspired by Master Tung exemplifies a harmonious blend of traditional Chinese wisdom and innovative visual and spatial mapping. Its emphasis on precise point selection, minimal intervention, and rapid outcomes has made it a valued modality within the broader landscape of acupuncture practice. As modern science continues to explore and validate traditional methods, Tung's legacy persists, offering a potent tool for practitioners seeking effective, efficient, and holistic healing. The technique's adaptability across diverse health issues, its user-friendly approach, and its deep roots in Chinese medical philosophy ensure that Tung's bodymapping acupuncture remains a vital and evolving facet of integrative health care. Whether addressing acute pain or chronic ailments, this method embodies the enduring spirit of mastery, innovation, and compassion that defines the best of traditional Chinese medicine. Note: For practitioners interested in adopting this technique, thorough training, clinical practice, and ongoing study are essential to ensure safe and effective application.

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## Questions & Answers About bodymapping acupuncture technique in the spirit of master tung

| N<br>o | Question                                                                                                                  | Answer                                                                                                                                                                                                                                                                                  |
|--------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | What is the bodymapping acupuncture technique inspired by the spirit of Master Tung?                                      | The bodymapping acupuncture technique inspired by Master Tung involves using specific points mapped onto the body that correspond to various meridians and organs, allowing for targeted treatment based on precise body regions rather than traditional point locations.               |
| 2      | How does bodymapping differ from traditional acupuncture methods?                                                         | Bodymapping focuses on visualizing the body as a map of interconnected points that relate to specific health issues, enabling practitioners to select points more intuitively and accurately, whereas traditional acupuncture relies on fixed point locations based on classical texts. |
| 3      | What are the key principles behind Master Tung's acupuncture philosophy in bodymapping?                                   | Master Tung's philosophy emphasizes the use of unique point combinations on the body that correspond to specific symptoms and meridians, with an intuitive approach that considers the body's energetic map, enabling effective treatment with fewer points.                            |
| 4      | Can bodymapping acupuncture be used to treat chronic conditions?                                                          | Yes, bodymapping acupuncture has been reported to be effective in treating various chronic conditions by targeting precise body points that influence underlying energy imbalances, often leading to significant symptom relief.                                                        |
| 5      | What are the advantages of using the bodymapping technique in acupuncture practice?                                       | Advantages include faster diagnosis, more precise treatment, reduced number of needles needed, and a holistic approach that considers the body's energetic connections, often resulting in quicker recovery and better outcomes.                                                        |
| 6      | Is bodymapping acupuncture suitable for beginners or only experienced practitioners?                                      | While experienced practitioners can utilize bodymapping to enhance their practice, beginners should undergo proper training and understanding of meridian theory and the principles inspired by Master Tung to ensure safe and effective treatment.                                     |
| 7      | Are there any modern developments or research supporting the efficacy of bodymapping acupuncture inspired by Master Tung? | Research and clinical reports suggest that bodymapping acupuncture based on Master Tung's principles can be highly effective, with ongoing studies exploring its mechanisms, though more scientific validation is encouraged to fully establish its efficacy.                           |

body mapping, acupuncture, master tung, traditional Chinese medicine, meridian points, energy flow, acupressure, holistic healing, therapeutic techniques, spiritual acupuncture

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Preserved knowledge supports continuity despite staff changes.

Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks help bridge the gap between theoretical concepts and practical application.

Readers can incorporate Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks into daily routines without significant time or space requirements.

These interactive features help learners transform passive reading into an engaged and intentional learning process.

Students often find Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks easier to integrate into academic routines because they can be accessed across multiple devices.

Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks serve as dependable reference materials for long-term use.

Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks encourage methodical learning approaches.

Clear documentation improves knowledge transfer.

Digital formats ensure identical learning materials for all participants.

Many learners prefer Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks because they reduce physical storage requirements.

The structured chapters of Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks guide readers through progressive learning stages.

Standardization ensures consistent understanding.

Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks remain effective regardless of platform trends.

Bodymapping Acupuncture Technique In The Spirit Of Master Tung eBooks contribute to sustainable learning practices by reducing paper consumption.

Segmented content helps reduce cognitive overload and improves comprehension.

### **Tips for reading Bodymapping Acupuncture Technique In The Spirit Of Master Tung**

Reading Bodymapping Acupuncture Technique In The Spirit Of Master Tung in digital format can be a highly effective and enjoyable experience when done with the right approach. Unlike traditional printed books, digital reading offers flexibility, customization, and powerful tools that can improve comprehension and retention. However, without proper habits, digital reading can also lead to fatigue or reduced focus. Applying practical reading strategies helps you get the most value from Bodymapping Acupuncture Technique In The Spirit Of Master Tung.

One of the most important tips is to break your reading into manageable sessions. Long, uninterrupted reading on a screen can strain the eyes and reduce concentration. Instead of

reading for several hours at once, divide your time into shorter sessions with regular breaks. This approach helps maintain focus, improves understanding, and prevents mental exhaustion. Using techniques such as the Pomodoro method—reading for 25–30 minutes followed by a short break—can be particularly effective.

Using bookmarks is another simple yet powerful habit. Most digital reading platforms allow you to bookmark chapters, sections, or specific pages. Bookmarks make it easy to return to important parts of *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* without scrolling or searching manually. This is especially useful for long documents, study materials, or reference-based reading where you may need to revisit certain sections frequently.

Highlighting key points and adding annotations can significantly improve comprehension. Digital highlights allow you to visually mark important ideas, definitions, or summaries. Adding notes in your own words helps reinforce understanding and creates a personalized study guide. Over time, these highlights and annotations turn *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* into an interactive learning resource rather than passive reading material.

Adjusting screen settings plays a crucial role in reading comfort. Most reading apps allow you to customize font size, font style, line spacing, and background color. Increasing font size and line spacing can reduce eye strain, while using dark mode or sepia backgrounds may improve readability in low-light environments. Adjusting screen brightness to match ambient lighting further enhances comfort and protects eye health during long reading sessions.

### **Creating a focused reading environment**

A distraction-free environment improves reading efficiency and enjoyment. When reading *Bodymapping Acupuncture Technique In The Spirit Of Master Tung*, try to minimize notifications from messaging apps or social media. Many devices offer “focus mode” or “do not disturb” settings that help maintain concentration. Choosing a quiet, comfortable location with proper lighting also contributes to a better reading experience.

For study or professional reading, setting clear goals before starting can be beneficial. Decide whether you are reading for general understanding, detailed analysis, or quick reference. Clear objectives help guide how deeply you engage with the content and which sections deserve closer attention.

### **Access Formats**

*Bodymapping Acupuncture Technique In The Spirit Of Master Tung* is often available in multiple formats, each offering unique advantages. Understanding these formats helps you choose the one that best matches your preferences, devices, and reading habits.

#### **PDF format:**

PDF is one of the most common formats for *Bodymapping Acupuncture Technique In The Spirit Of Master Tung*. It preserves the original layout, fonts, and images, ensuring consistency

across devices. PDFs are ideal for documents with structured layouts, charts, or academic formatting. They work well on computers and tablets but may require zooming on smaller screens. Annotation and highlighting tools are widely supported in PDF readers, making this format suitable for study and professional use.

### **ePub format:**

ePub is a flexible and reflowable format designed for eReaders and mobile devices. Text automatically adjusts to different screen sizes, allowing comfortable reading on smartphones and dedicated eReaders. If you prioritize readability and customization, ePub is often the best choice for reading *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* on the go. However, complex layouts may not always appear exactly as intended.

### **Audiobook format:**

Audiobooks offer an alternative way to experience *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* content. Instead of reading text, users listen to narrated versions. Audiobooks are ideal for multitasking, commuting, or users who prefer auditory learning. While they do not allow highlighting or visual reference, they provide accessibility and convenience for busy lifestyles.

Selecting the right format depends on your device, reading goals, and personal preferences. Many readers combine multiple formats—for example, reading the PDF for detailed study and listening to the audiobook for review or reinforcement.

## **Benefits of Digital Copies**

Digital copies of *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* offer several advantages over traditional printed books, making them increasingly popular among modern readers. One of the most significant benefits is portability. Hundreds or even thousands of digital books can be stored on a single device, eliminating the need for physical storage space and making it easy to carry an entire library anywhere.

Searchable text is another major advantage. Instead of flipping through pages, digital readers can instantly search for keywords, phrases, or topics within *Bodymapping Acupuncture Technique In The Spirit Of Master Tung*. This feature is invaluable for research, study, and professional reference, saving time and improving efficiency.

Offline access enhances flexibility. Once downloaded, digital copies of *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* can be accessed without an internet connection. This is especially useful for travel, remote study, or areas with limited connectivity. Offline access ensures uninterrupted reading regardless of location.

Annotation tools add further value. Highlights, notes, and bookmarks transform digital reading into an interactive experience. These tools help readers organize information, revisit important sections, and personalize their learning process. Notes can often be exported or synced across devices, providing continuity and convenience.

### **Cost and sustainability advantages**

Digital copies are often more affordable than printed books. Many platforms offer discounts, subscription models, or free access to public domain works. Over time, digital reading can significantly reduce costs for students, professionals, and avid readers.

From an environmental perspective, digital books reduce paper consumption, printing, and transportation. Choosing digital versions of *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* contributes to more sustainable reading habits and a smaller environmental footprint.

### **Accessibility and inclusivity**

Digital reading platforms often include accessibility features that benefit a wide range of users. Adjustable fonts, text-to-speech options, screen reader compatibility, and contrast settings make *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* more accessible to readers with visual impairments or learning differences. These features help ensure that knowledge is available to a broader audience.

### **Balancing digital and traditional reading**

While digital copies offer many benefits, balancing them with healthy reading habits is important. Taking regular breaks, maintaining good posture, and limiting screen exposure before bedtime help prevent fatigue and eye strain. Some readers choose to alternate between digital and printed formats depending on the context and purpose of reading.

### **Building a long-term reading habit**

Consistency is key to getting the most value from *Bodymapping Acupuncture Technique In The Spirit Of Master Tung*. Setting a regular reading schedule, even for a short daily session, helps build a sustainable habit. Tracking progress using reading apps or journals can increase motivation and provide a sense of achievement.

### **Final thoughts on reading *Bodymapping Acupuncture Technique In The Spirit Of Master Tung***

Reading *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* digitally offers flexibility, efficiency, and powerful tools that enhance understanding and engagement. By applying effective reading strategies, choosing the right format, and taking advantage of digital features, readers can create a comfortable and productive reading experience. Whether for learning, professional growth, or personal enjoyment, digital copies of *Bodymapping Acupuncture Technique In The Spirit Of Master Tung* provide a modern and accessible way to consume structured knowledge anytime and anywhere.