

TABLE OF CONTENTS – ACU-CAT : A Guide to Feline Acupressure, 2nd Edition

The **first chapter** talks about the nature of cats and the challenges they face as indoor house pets, and **the second** is a short introduction to Traditional Chinese Medicine (TCM), with a very helpful chart of the key theories behind it.

Chapter three explores those theories more in depth, talking about the major types of Chi, Yin-Yang theory and how imbalances can present themselves. It also covers the Five-Element and Zang-Fu theories, again with helpful charts mapping out each. TCM is a very different way of looking at disease (from a Western medicine point of view), and it can be a bit tricky to grasp, but this book explains it really well, and once you do get the hang of it, you'll start to notice signs you wouldn't have before gaining this knowledge. For example, an acquaintance of mine has had the most horrendous cough for several months now, nothing she has tried helps (she is not open to alternative therapies; she has only seen allopathic doctors about this). Well, she lost her Mom right after Christmas, so from a TCM perspective, it is obvious why she is coughing: the lung meridian is connected to grief. I wish she would try acupressure.

Chapter four is a big chapter; it talks about the Zang-Fu organs and goes into the meridians in detail – describing what each does, physical and emotional issues connected to them, how to find them on your cat, and outlines important points along each, shown on photos and illustrations of cats.

Chapter five covers acupoints and their classifications (Master, Association, etc.), talks about what they do, and again outlines them on cat illustrations and photos.

Chapter six teaches you how to assess your cat with the help of the TCM diagnostics methods “The four examinations” and Association and Alarm points, in order to figure out where there are imbalances.

Chapter seven takes you, step by step, through an entire acupressure session with your cat, from picking a spot to work in to post-session observations. There are lots of tips for how to set your intention, stay focused and in the present, figuring out which points need to be worked on, point work techniques, and also gives pointers on how to work with cats, who have their own strong opinions on when and how you may touch them.

Chapter eight lists many common physical and emotional cat conditions, talks about how each is viewed in TCM (for example, vomiting is the result of stomach chi going the wrong way – up instead of down – and is called “rebellious stomach chi”, love that term!), and shows acupoints that can help the issues. The book ends with a glossary, which lists both anatomical and TCM terms.