

Acupressures Potent Points A Guide To Self Care For Common Ailments Michael Reed Gach

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Acupuncture Points Handbook World Scientific

Teaching easy-to-learn self-treatment methods, the renowned author of the bestselling **TRANSCENDENTAL MEDITATION**, Jack Forem, shows how anyone can relieve his or her own stress, tension, aches, and pains while increasing vitality and well-being with a variety of pressure point therapies. Includes more than 50 clear illustrations.

100 Common Misconceptions about Acupressure's Potent Points Prabhat Prakashan
This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with **Hand Reflexology & Acupressure.**

Acupressure with Essential Oils Tuttle Publishing

Thai Acupressure is presenting 60 acupressure lines and points traditional formulas. It is Thailand's Physical therapy. It is practiced in special clinics in most of Thailand's Hospitals. It's the medical knowledge of Thai Massage. It's a very effective and simple method to treat the most common orthopedic disorders.

Lowering High Blood Pressure with Acupressure Celestial Arts

This book holds the Secret to a Youthful, Healthy and Happy life for living 100 years or even more without medication.

Knee Pain Recipe North Atlantic Books

Acupressure is an ancient healing art which uses the fingers to press key points on the surface of the skin and stimulate the body's natural self-curative abilities. Safe and easy to learn, with no drug-induced side effects, Acupressure gives you the potential to improve your health and increase your vitality. It includes: Simple techniques to relieve problems such as headaches, arthritis, colds, fatigue, insomnia, backache and depression; Pressure point maps and exercises to relieve pain and restore function; A 5-minute acupressure routine to maintain health and relieve stress; A way to complement conventional medical care and take a vital role in becoming well and staying well

Acupressure for Lovers Bantam

In Chinese medicine, acupressure points are considered gateways for the human electrical energy that runs throughout the body. This energy is essential for optimal sexual pleasure and Gach explains with line drawings, photographs, and step-by-step instructions how to release this energy and naturally increase sexuality and sexual enjoyment. With easy stretching, tips, and exercises for eliminating stress and tension in the body, Acupressure for Lovers also helps couples promote relaxation while enhancing eroticism and intimacy.

361 Classical Acupuncture Points, The: Names, Functions, Descriptions And Locations Notion Press

Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. **ACUPRESSURE FOR EMOTIONAL HEALING** offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source—often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. **ACUPRESSURE FOR EMOTIONAL HEALING** offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

Arthritis Relief at Your Fingertips Simon and Schuster

“Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work.”—Annemarie Colbin, author of *Food and Healing*
The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the “Bamboo Curtain” was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfeld and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West.

“Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine.”—San Francisco Chronicle

Acupressure Guide Lennex

Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this

as its primary tenet, *STAYING HEALTHY WITH THE SEASONS* revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr. Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on through winter. • A landmark text in mind/body health and seasonal nutrition, revised for the new millennium, with a new introduction, updated resources, and extended appendices. • Makes seasonal recommendations for detoxification, diet, and exercise programs. • Previous edition has sold over 125,000 copies.

Natural Health and Healing Sterling Publishing Company, Inc.

From the Acupressure Institute of America comes the news 35 million arthritis sufferers have literally been aching for—relief without the unpleasant, risky side effects of therapeutic drugs. Illustrated with hundreds of photographs.

The Encyclopedia of Healing Points Createspace Independent Publishing Platform

You're no idiot, of course. You know that for centuries, acupuncture and acupressure have been among the most effective alternative medical treatments available. Now you've decided to try one of them, but before you volunteer to be a human pincushion, you have just a few questions. So let's get to the point! *The Complete Idiot's Guide to Acupuncture and Acupressure* offers a comprehensive look at these effective solutions in their various forms and functions. In this 'Complete Idiot's Guide', you get: -An introduction to the tools of the trade, including needles, magnets and exercise. -The lowdown on what to expect at your first treatment, and how to relax and enjoy it. -Treatments for everything from acne to menopause. -Words of wisdom, plus warnings and definitions to make the acu-path easy to follow.

Handbook of Acupressure Taoway Publishing

A complete home health guide for treating more than 150 common illnesses with the stimulation of acupressure points • Provides treatment points for conditions ranging from diabetes and heart problems to insomnia and stage fright • Offers a safe and effective alternative, or supplement, to standard allopathic medical treatment and pharmaceuticals A safe and effective technique for finding relief from pain and illness--be it a cold or flu, asthma or arthritis--is, quite literally, right at your fingertips. We have all experienced how the simple power of touch can bring such comfort and relief. Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Illustrated in full color, *The Encyclopedia of Healing Points* presents a complete guide for treating more than 150 diseases and disorders--from chronic conditions such as arthritis, diabetes, and heart problems to more minor problems such as tinnitus, insomnia, and stage fright. Each treatment protocol includes Dr. Dalet's guidance on how acupressure can best help the situation--whether it is capable of completely curing a condition or whether it should be used in conjunction with other healing modalities. A valuable resource for any home, the acupressure treatments presented in this book can provide immediate relief to pain and injuries as well as be used preventively. Most important, they offer an effective method of self-care and a way to provide comfort and relief to ailing loved ones--especially the delicate immune systems of children. In addition to the commonly known and prescribed acupressure points, Dr. Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers, such as obesity and eye strain. He also recommends the most effective options for stimulating the points, including devices for electrical stimulation.

Finger Acupressure Tallgrass Pub Llc

This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence. More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations.

Healing with Pressure Point Therapy B Jain Publishers Pvt Limited

Discover a self-care approach for treating specific ailments and enhancing wellness. This book shares the foundational concepts of Chinese medicine and shows you how to integrate acupressure, herbalism, Qigong, diet, and lifestyle so that you can achieve optimal health outcomes. The ancient wisdom and practical techniques in this guide will help prevent the onset of disease, improve your day-to-day wellness, and promote longevity. Chinese medical physician Steven Cardozo provides integrated healing prescriptions for dozens of common conditions, including: Pain Insomnia Arthritis Common Cold Headache Poor Memory Angina Impotence Motion Sickness Asthma Flu Menstrual Disorders Abscesses Hemorrhoids Dry Skin Hepatitis Allergies Fatigue Bronchitis Morning Sickness Hernia Poor Appetite Prostatitis Eczema High Blood Pressure Nausea Hives Praise: "The conceptual basis of Chinese medicine isn't simple, but it has availed countless people over the course of centuries. If you want to employ TCM as a potent tool in your own health arsenal, Chinese Holistic Medicine in Your Daily Life can help."—Energy Times

Acu-Yoga Penguin

Whatever your age, whatever your lifestyle, you can discover the remarkable, hands-on healing power of Finger Acupressure. Over the centuries, the Chinese have perfected the art of locating specific pressure points that can be used to enhance the body's natural healing processes. Now, here is a book that puts these ancient insights at your fingertips. As safe and soothing as massage, Finger Acupressure offers simple, painless step-by-step processes that will help you relieve more than thirty common, everyday aches and ailments, including abdominal pain, asthma, the common cold, headaches, hypertension, lower back pain, nervousness, toothache, and more.

Acu-Dog Bantam

Maintain your good health through the ancient healing art of acupressure.

The Yoga Bible Penguin

The handbook examines the location, indication, and needling methods of each point on the 12 primary channels as well as the du and ren vessels, extra points, scalp acupuncture, auricular acupuncture points, face acupuncture points, nose acupuncture points, hand acupuncture points, foot acupuncture points and needling insertion points of wrist and ankle acupuncture. Many illustrations are inserted in the text. The very clear combination of text and illustration for each point gives TCM students and acupuncturists a practical way to locate and use acupuncture points.

Sole Guidance Prentice Hall Direct

The Life of Gargantua and of Pantagruel is a pentalogy of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

Foot Reflexology & Acupressure Piatkus Books

Point location book written in easy to understand terms, for the layperson.

Acupressure's Potent Points Prentice Hall

From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.