

Acupressure uses the same pressure points of acupuncture but instead of needles, you simply use your fingers to gently but firmly stimulate your body's natural ability to heal. With its easy and conversational style along with step-by-step photos, you'll discover how to heal your concerns naturally while living a pain-free and vibrant lifestyle. When acupressure points are correctly stimulated they promote blood circulation and release muscular tension. This helps to heal pain and is ideal for preventative health because it actually boosts your immune system and increases the flow of energy throughout your body. This book covers everything you need to know about acupressure along with the history and philosophy of Traditional Chinese Medicine, 64 pressure points and how they help to heal 64 specific health concerns. The book is broken down into easy-to-understand sections beginning with:

Part 1: Understanding Chinese Medicine and Treatment of Disease History and philosophy of TCM, The 5 Elements, The Symbolic System, Acupressure defined and its connection to our energy flow

Part 2: 12 Systems of Chinese Medicine Head (including eye, nose throat), Respiratory, Digestive, Reproductive health for women and men, Integumentary (skin disorders), Musculoskeletal, Endocrine, Lymph/Immune, Urinary, Circulatory and Nervous

Part 3: 64 Key Acupressure Points for Treating Disease Comprehensive instructions and step-by-step photos describe and explain how to apply the correct pressure for optimal health

Part 4: Treating Health Problems with Acupressure and Aromatherapy Techniques for treating all the conditions and specific instructions for treating 64 common health conditions such as: toothache, tinnitus, headache, cough, asthma, acid reflux, bloating, hot flashes, morning sickness, eczema, tennis elbow, adrenal fatigue, bladder infections, anxiety and insomnia. Discover the art of acupressure and enjoy a wonderful sense of enhanced well being and health.

Child of the Theatre, Star Wars: The Hand of Thrawn Duality (Specter of the Past and Vision of the Future), The Note Book Of An English Opium-eater, Mana Maori & Christianity, Simple C listings for databases, Frommers Belgium (Frommers Comprehensive Travel Guides), [Learn to Do Applique in Just One Weekend (Updated)] LEARN TO DO APPLIQUE IN JUST ONE WEEKEND (UPDATED) by Daniel, Nancy Brenan (Author) ON Oct - 22 - 2010 Paperback,

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The ebook title is The Essential Step-by-Step Guide to Acupressure with Aromatherapy Treatments: Relief for 64 Common Health Conditions. Thank you to Madeline Black who give us a downloadable file of The Essential Step-by-Step Guide to Acupressure with Aromatherapy Treatments: Relief for 64 Common Health Conditions for free. Maybe you love a ebook, visitor Im no host the book in my blog, all of file of ebook in nomadworldcopa.com hosted at 3rd party web. No permission needed to read a file, just click download, and the file of the ebook is be yours. I ask visitor if you crazy a book you have to buy the legal file of this book for support the writer.