# **Acupressure Doctor Max**

Larry Trivieri, Jr.,John W. Anderson

<u>Needleless Acupuncture</u> Justin Trosclair, 2018-03-08 I've been fortunate enough to work hand in hand, day in and day out with six different Traditional Chinese Medicine doctors for 5 years in China. In fact, I got the very first License to Practice Medicine as a Foreigner Doctor in the county I worked. Over time I was able to craft the most common acupuncture points that got results for 40 different conditions. What really surprised me was how often patients would come directly to our department for conditions besides neck and back pain; of course not every one got better. This book is not about the history of acupuncture nor an almanac of all the points in the body. What you get are the protocols (actual acupuncture points) needed to try a no needle acupuncture version at your own home for 40 common conditions in as little as 25 minutes. I'll tell you what to use to stimulate the points as well. Look, this book has a reference list of all the points you will need, descriptions on how to find them written for nondoctors and pictures of each point for each condition on actual human diagrams. As in, the headache blueprint has several pictures on a page with the acupuncture points and names clearly shown. You can now go find a description of each point in a different section of the book to make sure you are on the exact spot. Plus, there are quick reference charts for each condition and the acupuncture points listed underneath. Get it today. I even added auricular ear points for 30 of the conditions as a bonus Needleless Acupuncture is for you EVEN IF: You tried acupuncture in the past but the bills got to high before you could experience relief. You prefer a natural approach to dealing with your health concerns. There's not an acupuncturist within an hours drive . You need a health tune-up at least every month and it's time to do it with self-care. You already tried chiropractic, physical therapy and massage but you didn't get the results you expected. You might be taking medication but are worried about the side effects and longterm consequences. You are too busy during the day to spend two hours getting treatment at the local clinic. Your health is your priority and you want to try and take care of this on your own. \*Doctor's can't make promises and guarantees on results and this book can't either. If any of these sensational headlines about what is inside this book resonate with you and your health, then it should be in your hands. My Stop Commuting 90 Minutes One Way To Find An Acupuncturist Now So You Can Start Reaping The Rewards Of Time Savings (And Also Get Health Improvements From Your House). The Save So Much Time You Can Finally Stop Asking Your Boss To Take Off Work For 2 Hours A Day & Make It To Your Kids Game Blueprints. The Infamous Secret To Doing Any and All Activities You Want Method. The Cold, Hard Truth I Call My Actually Written By A Chiropractic Expat Who Understands And Sees It In Action Blueprints Book. The Practical, Useful, Implement-This-Now Treatment Protocols Pulled Right From The Minds Of Multiple TCM Doctors in this East Meets West System. My Nope This Is NOT Washed Up Information That You've Seen Before...100% Unique & Invaluable Acupuncture Points Selection. Look, this book has a reference list of all the points, descriptions on how to find them written for non-doctors, pictures of each point for each condition on actual human diagrams, a bonus section on ear points and what tools to use instead of needles. Get it today.

*Chinese Medicine for Maximum Immunity* Jason Elias,Katherine Ketcham,1999-02-02 Reflecting on the connection between the rise in chronic immune disorders and toxic environmental and lifestyle patterns, herbalist and acupuncturist Jason Elias and collaborator Katherine Ketcham looked to the 5,000-year-old The Yellow Emperor's Classic of Medicine to seek clues for restoring the balance of body and mind. In Chinese Medicine for Maximum Immunity, Elias and Ketcham show how to use the preventive strategies and gentle, supportive remedies of traditional Chinese medicine to heal contemporary chronic illnesses and bolster immunity. The book teaches readers how to identify which element--Wood, Fire, Earth, Metal, and Water--most directly influences them and how to correct imbalances that can lead to particular physical, emotional, and spiritual disorders with step-by-step instruction for using stress-reduction techniques, diet and exercise, herbs, and acupressure.

<u>101 Q&A Acupressure & Reflexology</u> Dr. A.K. Saxena/Dr. Preeti Pai,2014-06-10 Over a period of time; acupressure has gained a lot of prominence for the precise reason that it is free from any side effects since no medication/surgery is required. It is totally non-conventional; non- invasive and non- interventional. Moreover; it is seen that this therapy is very effective in helping patients suffering from cervical/ lumber spondylitis; sinusitis; backaches; knee pain; heel pains; sciatica; prolapsed disc; constipation; indigestion; IBS; PMS; insomnia; depression; tennis elbow; asthma; hypertension; migraine; neuro problems; etc.; to name a few. There was demand from many quarters for having a book in question and answer form; answering the questions that generally trouble the mind of learners/readers about the efficacy and usefulness of this therapy. As the title of the book itself suggests; an attempt has been made to answer probable questions that may come to the mind of the reader. All possible efforts have also been made to explain the precise location of the trigger points shown in the figures with as much clarity as possible.

**4 Weeks to Maximum Immunity** Editors Of Prevention Magazine, Kim Galeaz, 2008-04-15 Publication of Prevention's Maximum Immunity couldn't be more timely. As health experts are ever more loudly sounding the alarm about the dangers of a flu pandemic and the general rise in treatment-resistant disease strains, men and women increasingly find themselves juggling hectic, stressful schedules that deplete their immune defenses. Now Prevention, the magazine widely recognized as the premier source for cutting-edge, authoritative health information, examines the various lifestyle factors that influence immune function-including diet/nutrition, exercise, sleep, stress, and environment-to construct a scientifically sound, 28-day program that measurably improves the body's ability to ward off illness both short- and long-term. Developed specifically for this book, the program features: - Daily menus of immune-boosting foods - Daily tips to create an immune-friendly lifestyle - The keys to maximum immunity-including moderate and consistent exercise, 2 servings of fruits and vegetables at every meal, adequate sleep, 15 minutes outdoors without sunscreen, and a few laughs whenever possible - Targeted self-care strategies-ranging from nutritional supplements to behavioral changes-that enable anyone to tailor the program to fit individual needs - Preventive and treatment measures that help people fight back against specific conditions, from allergies, asthma, and food poisoning Lyme disease, shingles, and pneumonia.

Explorations of Traditional Chinese Medicine Stevenson Xutian, Dongyi Cao, John Junion, 2023-09-22

Maximum Pain Relief with Your TENS Unit Doctor Jo, 2019-08-20 Tips, Techniques, and Step-by-Step Color Photos to Get the Most Out of Your TENS Unit Pain can hinder every aspect of your life, making even the simplest of tasks unbearable. Instead of endlessly ingesting only partially effective over-the-counter painkillers or turning to dangerously addictive opioids from your doctor, there is now a powerful at-home alternative solution: TENS. Transcutaneous electrical nerve stimulation (TENS) units can decrease acute and chronic pain while significantly reducing, or even eliminating, the need for medication. For beginners to more advanced users, this book has solutions for everyone. It offers not only an overview of how the units work, but also how to properly place the electrodes and how much power to use to get the best results for various injuries and ailments throughout the body, including: Upper and Lower Back Pain Neck and Shoulder Tightness Hamstring and Calf Strains Fibromyalgia Peripheral Neuropathy Tension Headaches Maximum Healing H. Robert Silverstein, M.D., 2011-10-18 Based on his CAIM (Complementary-Alternative-Integrative-Medicine) approach, Dr. H. Robert Silverstein outlines a program that integrates modern medical practices with alternative and ancient forms of healing. Recalling the work of Andrew Weil and Larry Dossey, the book argues that our self-healing mechanism—the immune system—is more powerful than we think. If we make wise diet and lifestyle changes, says Silverstein, the immune system can function at an optimal level, restoring health and preventing future illnesses. Part I explores the five keys to health—five critical domains that affect the immune system: the quality of our air, water, and food; the degree of physical activity we engage in; and the degree of positive feelings and stability in our psychological and emotional lives. Providing a clear description of the immune system, the book details the elements of good health, which include healing foods, minerals, antioxidants, herbs, physical activity, and the avoidance of unrealistic thinking. Part II contains a thirty-day program divided into four parts: diet, exercise, outlook on life, and creating balance in daily life. The book concludes with over sixty restorative recipes designed to boost immunity and help fight chronic illnesses. Acupressure for Common Ailments Chris Jarmey, John Tindall, 1991 Manual providing directions for the use of thumb and finger pressure for relief of the symptoms of common ailments.

**Fire Your Doctor!** Andrew W. Saul,2005-12-01 The focus of this book is how we can get better using practical, effective and safe natural therapies. The effective use of nutritional supplements and natural diet saves money, pain and lives. This title provides information on: Nutritional therapy for more than 80 health conditions; How to improve one's health through changes to diet and lifestyle; Practical tips on juicing and growing a

vegetable garden; The latest scientifically validated supplement recommendations.

<u>Acupressure and Acupuncture During Birth</u> Claudia Citkovitz,2019-12-19 For acupuncturists and birth professionals, this engaging book explains how yin/yang and other principles of Chinese medicine can improve birth experiences and outcomes. It includes information on what happens before, during and after birth from both a biomedical and Chinese medical perspective, and a toolkit of treatment strategies for birth work.

Holistic medicine in China learn to use Qigong, acupressure and herbal remedies for natural healing, 2023-12-30 Introduction This book teaches a theory and practice of two natural healing methods used in China. Every branch of Chinese medicine is holistic, but there are countless beds of possible holistic interconnection. To achieve greater synergy, they must be integrated in accordance with the principles contained herein. So these methods are used with greater advantages in China, with some variations, as you can learn them Chapter 1 and everywhere PART 2. The book is presented in two distinct parts, more closely intertwined, and follows the guidance of many wise professors who have the privilege of knowing over decades of study. Two central ideas were repeatedly found and, some teachers embodied them as formulas in a different way, the essential meanings were always the same. The first central idea is "To learn any practice or discipline, you need both a solid intellectual understanding and a solid foundation in its practical application." Everyone agrees that one's own practice (Qigong, Taiji, healing exercises, acupressure) or the application of the method (acupuncture, herbal medicine, food therapies) is the ultimate goal. Greater intellectual understanding may support greater practical ability, but it is valuable to the extent that it serves to promote that enterprise. If not, it may provide some interesting conversations, but it won't tangentially improve your health and life. A second central idea is "Mastery means mastery or basic." Basic principles are the reason for theory and practice. A broad, solid foundation provides stability for quality construction and growth. Even if you choose to build only one base, that will be your base in any time of difficulty. PART 1, "Teorias Fundamentais da Medicina Chinesa", presents the theoretical foundations of all Chinese medical science and philosophy. Embora is not as detailed as a medical book, it is quite extensive for two reasons. It provides the intellectual core necessary to understand and realize, and deeply familiarize the Western reader with a different way of seeing the world, from a Chinese perspective. The concepts and practices taught throughout this book arise from a cultural perspective and, if we want to learn to apply those practices in our daily lives, it will be necessary to make some effort to abandon our own cultural preconceits and see things with new eyes. The details in Part 1 are intended to facilitate that change in perception. A majority of PART 2, "Holistic Self-Care with Chinese Medicine," carefully teaches the practical foundations of two Chinese holistic self-care methods using the principles learned in Part 1 and offers plenty of room to grow as you become more adept at each. Doing practices regularly is the most important thing and, in the final analysis, leads to the domain, giving you the simple, most valuable and effective options to assume or control your health in a variety of natural and holistic ways. These are methods that you can use forever and that greatly reduce the likelihood of needing to see any doctor, whether Chinese or Western.

Acupressure Guide Dr. Satish Goel,200?

**Blended Medicine** Michael Castleman, 2002-10-18 Discusses the best choices in mainstream and alternative therapies for treating over 100 health conditions and ailments.

#### 2009, The Point

*Our Inner Ocean* LeCain W. Smith,2014-08-12 Good health is something we all aspire to, but it's so much more than just being free of disease. A perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. Our Inner Ocean describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean—the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

Smart Medicine for Healthier Living Janet Zand, James B. LaValle, 1999-05-01 Written by a medical doctor, a naturopath, and a registered pharmacist, Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common disorders and their treatments, using both alternative care and conventional medicine. Comprehensive and easy-to-follow, Smart Medicine for Healthier Living is divided into three parts. Part one explains the full spectrum of approaches used to effectively treat common health problems. It provides an overview of the history, fundamentals, and uses of conventional medicine, herbal medicine, homeopathy, acupressure, aromatherapy, diet, and nutritional supplements. It also includes a helpful section on home and personal safety. Part two contains a comprehensive A-to-Z listing of various health problems. Each entry clearly explains the problem and offers specific advice using a variety of approaches. Part three provides step-by-step guidance on using the many therapies and procedures suggested for each health problem. Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again, whenever the need arises.

<u>Handbook of Acupressure</u> Dr. A.K. Saxena & Dr. Preeti Pai,2017-01-01 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.

Alternative Medicine Larry Trivieri, Jr., John W. Anderson, 2002 21st Century Science Collection.

Current Therapy in Equine Medicine Norman Edward Robinson, Kim A. Sprayberry, 2009 Stay up-to-date on the latest advances and current issues in equine medicine with this handy reference for the busy equine practitioner, large animal veterinarian, or student. This edition of Current Therapy in Equine Medicine brings you thorough coverage and expert advice on selected topics in areas that have seen significant advances in the last 5 years. Content emphasizes the practical aspects of diagnosis and treatment and provides details for therapeutic regimens. Arranged primarily by body system, the text also features sections on infectious diseases, foal diseases, nutrition, and toxicology. With this cutting-edge information all in one reliable source, you'll increase your awareness of key therapies in less time. Focuses on the latest therapy for equine diseases, emphasizing detailed discussions and the most reliable and current information. Organized approach to important problems brings you up-to-date, practical information organized by organ system. Concise, easy-to-read format saves you time; most articles provide essential information in 2 to 5 pages. Renowned group of contributors share their expertise on the timely topics you need to know about. Photos enhance information. Line drawings illustrate important concepts. NEW! Emerging topics include issues such as disinfection in equine hospitals; complimentary modalities to traditional medicine; chemotherapy for oncological diseases; and protecting yourself with medical records. Each section has NEW topics including medical management of critically ill foals in the field; oral cavity masses; radiology of sinuses and teeth; biochemical tests for myocardial injury; protozoal myeloencephalitis update; management of bladder uroliths; skin grafting; managing the high-risk pregnancy; shock wave therapy; and more! Radiant Healing Isabel Bellamy, Donald MacLean, 2005 A compendium of information covering various aspects of the subtle energies of Man. With illustrations and diagrams, this work presents an account of how our bodies and our world work and how our etheric, astral and mental bodies channel cosmic and earth energies through our meridians and chakras.

Fuel your quest for knowledge with Learn from is thought-provoking masterpiece, **Acupressure Doctor Max**. This educational ebook, conveniently sized in PDF (PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons.

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