

# Acupressure Heal Yourself

Michael Blate

Acupressure R. P. Gupa,2004-06 Acupressure Is A Step Towards The Body Fitness And To Develop Resistance Against Body Stress, Strain And Sickness.

**Heal Yourself with Chinese Pressure Points** Laurent Turlin,2018-06-05 Through targeted self-massage, acupressure can relieve ailments ranging from headaches and colds to stress and insomnia. This comprehensive introduction, packed with illustrations and diagrams, presents the 12 key acupressure points along with a simple overview of the body's meridian system of energy channels. Easy-to-follow instructions outline different massage techniques before presenting directions for healing over 40 common conditions using just 12 pressure points.

*Acupressure for Emotional Healing* Michael Reed Gach, PhD,Beth Ann Henning, Dipl., A.B.T.,2008-11-19 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.

**Heal Yourself with Chinese Pressure Points** Laurent Turlin,2018-02

**How to Heal Yourself** Michael Blate,1989-01-01

*How to Heal Yourself* Michael Blate,1989-01-01

How to Heal Yourself Using Hand Acupressure Michael Blate,1982

*How to Heal Yourself Using Foot Acupressure (foot Reflexology)* Michael Blate,1982

**G-Jo Hand Acupressure** Michael Blate,2005-01-01

**G-Jo Foot Acupressure** Michael Blate,2005-01-01

**Acupressure's Potent Points** Michael Reed Gach, PhD,2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

**Powerful Body, Peaceful Mind** Brian Carter MSci LAc,Brian Benjamin Carter,2004 In this comprehensive how-to guide, America's Acupuncturist shows readers how to use personalized acupressure, herbs, and foods to heal and prevent disease, get more energy, feel peaceful and strong, beat colds and flus, and sleep soundly--the natural way.

**Heal Yourself with Emotional Freedom Technique: Teach Yourself** John Freedom,2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon. It is a safe and non-invasive healing method, based on tapping acupuncture points while you focus on a particular issue. It has been shown to be effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

Acupuncture Dr Barnes Bell,2021-07-14 Did you ever wonder how acupuncture works? This book strips away the mystery. Each acupuncture point has unique functions, which are explained in plain English for the non-acupuncturist. How to do acupressure effectively to treat yourself. ---- New Book Available: Acupressure Made Simple. This book explains which points are the best to treat different ailments. Acupuncture treats pain, stress, fatigue, emotional disorders, insomnia, digestive problems, and many internal disorders.

**Home Massage Therapy** Dahn Healer School,2004 This book presents Dahnhak Hwalgong as a home massage therapy method. Dahnhak Hwalgong is a traditional health regimen that originated in ancient Korea and means 'healing hands.' It is a healing method that can easily be administered anywhere without necessity for special tools. Dahnhak Hwalgong maximizes healing capacity by stimulating relaxation points, energy channels, and organs of the body. This book provides detailed illustrations that show a step-by-step and easy-to-follow guide to each massage technique.

*Acupressure Comprehensive Index and the Stressaway Acupressure Program of Self Healing* Monte Cunningham,2009-09 Stressaway Acupressure can have a profound effect on one's health. Learn methods for self-healing using ears, hands, feet, and other acupressure points to ease more than 4,000 indexed conditions.

*Five Point Touch Therapy* Pierre-Noël Delatte,2013-04-19 Simple and fast-acting self-treatment of emotional issues with acupressure points • Illustrates how to quickly treat emotional difficulties arising from acute crises or loss and long-term issues such as depression and anxiety • Explains how to remove the emotional blocks and scars at the root of many common physical ailments, such as eczema, ulcers, and weight gain • Provides guidance on treating others, including babies and children, and daily treatment routines to combat stress and create emotional and energetic balance Does emotion rule you or do you rule your emotions? With five point touch therapy, you can quickly counter negative emotional states as they arise, leaving you better able to cope with a crisis, as well as treat long-term issues such as depression and anxiety. More than just a self-help method, this technique, also

called psycho-bio-acupressure (PBA), is also effective for children and babies, particularly for sleep problems and colic. Based on Dr. Delatte’s 20 years of research and decades of hands-on practice, PBA works by sequential activation of 5 acupressure points to produce an energetic circuit in the body. This circuit can provide immediate relief from acute negative emotions and, when applied regularly, prevent future emotional overreactions and treat deep-seated destructive emotional states. The book includes 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks and scars at the root of many common physical ailments, such as eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional emotional and physical ailments as well as how to use this technique with homeopathy and Bach Flower Therapy for more stubborn conditions. Providing a daily routine of self-treatment to combat stress and balance your energetic centers, this book allows you to take control of your emotions as well as protect and enhance your health.

**Healing with Pressure Point Therapy** Jack Forem,1999-04-01 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.

*Acupressure Fundamentals* Cunningham,2011-12-15 20 Primary acupressure points for over 250 symptoms and parts of the body.

Acupressure Made Simple Deborah Bleecker,2019-04-11 Learn how to use the most effective acupressure points to resolve your health problems. Acupressure is an effective way to treat many health issues. But which acupuncture points work best for acupressure? How do you treat the points to get the results you need? Acupressure is easy to learn, and easy to apply effectively. No special tools are necessary to treat the points. Learn how to locate acupressure points accurately. In addition to the top acupressure points to treat each health issue, information on which supplements work best is included. Top 10 Acupressure Points Chinese Medicine Quick Guide How To Make Acupressure Work For You -- How To Locate Acupressure Points -- How Acupuncture And Acupressure Treat Pain --- Ear Acupressure Explained --- Acupuncture Meridians --- Acid Reflux, Heartburn, GERD. Allergies, Angina, Ankle Pain, Anxiety, Arm Pain, Baby Bedwetting, Baby Colds and Flu, Baby Colic, Baby Constipation, Baby Diarrhea, Baby Digestion, Baby Ear Pain, Baby Fever, Baby Sleep, Baby Stress, Baby Vomiting, Back Pain, Carpal Tunnel Syndrome, Colds And Flu, Constipation, Cough, Depression, Diabetic Neuropathy, Diarrhea, Dizziness, Ear Pain, Elbow Pain, Eye Pain, Fatigue, Fever, Finger Pain, Foot Pain, Frequent Urination, Weak Bladder, Incontinence, Gallstones, Hand Pain, Headache, Heart Arrhythmia, Hiccups, High Blood Pressure, Hives, Hormonal Health, Hot Flashes, Impotence, Libido, Erectile Dysfunction, Infertility, Insomnia, Kidney Stones, Knee Pain, Lasik Dry Eyes, Meniere's Disease, Migraine Headaches, Morning Sickness, Nausea, Neck Pain, Plantar Fasciitis, PMS - Premenstrual Syndrome, Sciatica, Shoulder Pain, Sinus Pain, Stress, Irritability, Stroke Recovery, Toe Pain, Water Retention, Swelling, and Edema, Weight Loss.

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