

Pain Easer Acupressure

Marcus A. Pfeiffer

Arthritis Relief at Your Fingertips Michael Reed Gach,2004-09-23 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.

8 Most Effective Acupressure Points for Stress and Pain Relief - The Great 8! Sherri

Obermark,2020-03-07 Learn how to use the 8 most effective acupressure points to help you achieve the results you need - relieving stress and pain. This book is designed to teach beginners or anyone with stress or pain to use these acupressure points without complex instructions or tools of any kind. This introductory text will give you the understanding and confidence to help release tension, increase your ability to relax, reduce pain and improve your health with acupressure. Each point is described with its unique characteristics: names, Chinese name, meridian number, how to find the point, how to activate the point, benefits of the point and illustrations describing where the point is on the body. Everything you'll need to start on these Great 8 points (plus Bonus Points)! Quickly Learn: • how to find the points • how many points to work • how to apply pressure to points • duration for pressure on the points • frequency for performing acupressure • breathing techniques You'll learn about this ancient acupressure healing system from both the eastern and western perspectives, as well as gain an understanding of Traditional Chinese Medicine (TCM) acupressure concepts such as points and meridians – the pathways for life-energy and qi. This knowledge will allow almost anyone to begin to practice acupressure with the confidence they need to help themselves relieve stress and pain. By the end of this book you will have a clear understanding of this powerful form of physical healing, which has served human beings for thousands of years. It can work for you too!

Massage for Pain Relief Peijian Shen,2011-08-10 This fully illustrated, step-by-step guide to simple pain relief covers everything from headaches to back pain to tennis elbow, all using Oriental massage and pressure techniques. Full-color illustrations and diagrams throughout. From the Trade Paperback edition.

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.

Acupressure Card Deck Skye Alexander,2010-06-01 Acupressure, the practice of applying finger pressure to specific pressure points throughout the body, has been used for thousands of years to relieve pain, promote relaxation, and heal illness. This card deck shows readers how to use acupressure techniques on themselves or others to naturally alleviate physical and emotional conditions from PMS, to migraines, to carpal tunnel syndrome. Each individual card has a photo that identifies each pressure point or massage technique so that the reader can execute it easily and conveniently while in action. On the flip side, the card explains the technique for stimulating the point to relieve pain, and heal discomfort. Introduction cards

explain the history of acupressure and the philosophy behind it.

Acupressure for Natural Pain Relief in Labour Debra Betts, 2011 Forlagetets beskrivelse: Debra Betts has taught acupressure to promote a better birth experience to midwives, practitioners and pregnant women for many years. Now - at last - this professionally produced DVD offers a detailed explanation, fully demonstrated, of the techniques involved. Deal for practitioners of acupuncture, acupressure, shiatsu and massage, doulas, birth helpers and pregnant women, the DVD includes testimonials from women and their partners who have used the techniques during labour and a 16-page printed booklet that sits in the DVD pack with illustrated reminders of the points and their application

Acupressure and Reflexology For Dummies Synthia Andrews, Bobbi Dempsey, 2011-02-10 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

Step-by-step Massage for Pain Relief Peijian Shen, 1996

Pain's Healing Secret Michael Turk, 2001 If the ancient Chinese are correct and pain is injured Qi, that changes everything, including the way Westerners evaluate and treat pain. If pain is our life force working to heal injuries and infections, then suppressing pain will have tragic consequences, such as chronic debilitating pain and disease. Now is the time for a reevaluation of how we treat pain by learning more about energy.

Instant Pain Relief with Acupressure Marcus A. Pfeiffer, 2017-01-06 Acupressure is an ancient Chinese healing method that involves applying pressure to certain points on the body to relieve pain. The human body has fourteen highways that carry energy throughout the body. These highways are called meridians. All acupressure points are on one of these meridians. Acupressure is the most effective and most easy method for self-treatment of many ailments, especially tension-related ailments, by simply using the power and sensitivity of the human hand. In this book you will find easy to learn and easy to apply treatments for ailments like * Anxiety * Nausea * Eye pain * Diarrhea * Sore throat * Depressions * Acne * Allergy * Back Pain * Lack of Concentration * Acute bronchitis * Headache * Menstrual complaints * Migraine... and others. All treatments are very easy and fast to learn and you can immediately apply them after learning them. You not only can apply them at yourself, but you also can apply them at your beloved ones. There is no reason to suffer from any pain, you have the tool to help yourself and others.

Massage Therapy Ace McCloud, 2016-08-18 Are you tired of living in pain, but can't afford professional massage therapy? Whether you want to (1) feel better (2) learn exactly how to massage all the different areas of your body, or (3) relieve stress and eliminate pain, then this is the book for you. How much longer are you willing to suffer? You'll be amazed at how much you can do on your own to relieve pain, dissolve muscle tension and release stress. The increased blood circulation provided by massage therapy can enhance healing and boost your immune system. Whether you slept wrong and woke up with a kink in your neck, or you're dealing with chronic emotional or physical pain, massage therapy can help. Easily learn from step-by-step instructions. You don't have to spend hundreds of dollars on professional massages! Learn how to take care of yourself and your loved ones like a pro, and on your own time schedule! Detailed instructions will walk you through the process of finding a specific location to work on and then

performing the appropriate therapeutic treatment. Detailed instructions are included for muscle relaxation, how to use trigger points, and how to perform acupressure therapy. Treat yourself and others to a top-of-the-line massage experience. Wouldn't you like to treat your close friends or loved ones to the restorative refreshment of massage? Once you have learned how to perform these therapeutic treatments on your own body, it's a simple matter to offer the same benefits to others. Whether you massage them directly or provide them instructions on how they can massage their own tight muscles and release their painful trigger points, you will be offering them a priceless gift of increased joy and health. Learn simple skills that have been proven to work effectively. With a bit of time investment, you will be able to come up with your own massage routine that benefits your specific needs. Each time you discover a new treatment option, you will have another tool in your arsenal for living a happy and healthy life. What will you learn about massage therapy? Detailed instructions for massaging yourself and others.. A step-by-step guide for treating key body trouble spots. The locations of critical trigger points and acupressure points. The best products to enhance and enjoy your massage experience. Aromatherapy and essential oils for massage use. You Will Also Discover: How to give yourself and others a top-of-the-line massage from home. Secrets of pain management and stress relief. How to combine what you've learned into a workable strategy for boosting your health and well-being. Treatments designed to relieve or totally eradicate your suffering. Get the relief you need: Buy It Now!

Drug-free Pain Relief G. T. Lewith, Sandra Horn, 1987

The Encyclopedia of Healing Points Roger Dalet, 2010-08-20 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.

The Bum Back Book Michael Reed Gach, 1995-11

22 Healing Acupressure Points Karl Swope, Karl Swope DC, 2014-06-05 22 Healing Acupressure Points; Fast Easy Guide to Natural Healing is for everyone. Young and old this book can help you on your path to wellness. This is a practical guide that is safe and easy to use. Natural healing is at your fingertips, literally. This guide will help you with a whole range of issues from an emergency acute pain, to chronic

symptoms, this book will help you find a holistic approach to managing your pain without the use of medications. There is hope, you can find healing. This book will help you find a better way to live a pain free life. Whenever I start to get a headache I will immediately follow the headache prodigal. I find myself reaching for this book instead of the medicine cabinet. This book really has helped me find alternatives to traditional western medications. L. Monroe

Needleless Acupuncture 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 non-doctors 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 too high before you could experience relief. You prefer a natural approach to dealing with your health concerns. There's not an acupuncturist within an hour's 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 long-term 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.

Acupuncture Without Needles J. V. Cerney, 1999 Do-it-yourself acupressure--the simple, at-home treatment for lasting relief from pain.--Cover

Pain Erasure Bonnie Prudden, 1980-01 Introduces and explains myotherapy, a pain-relief system

developed through the author's work with Drs. Janet Travell, Hans Kraus, and Desmond Tivy

The Best of Massage Therapy, Trigger Point Therapy, and Acupressure Ace McCloud, 2014-06-11

Learn The Art Of Massage Therapy, Trigger Point Therapy And Acupressure Therapy To Relieve Pain And Tension Now! Get the Pain Relief that you need with Massage Therapy, Trigger Point Therapy, and Acupressure Therapy! You may be amazed at how much you can do on your own to relieve Pain, Tension and Stress in order to live a much happier and healthier life! This book will teach you how to massage yourself and others along with the critical trigger and acupressure points to hit for maximum effectiveness! You don't have to spend hundreds of dollars on professional massages, learn how to take care of yourself and your loved ones like a Pro on your own time schedule! Here Is A Preview Of What You'll Discover... All the Benefits of Massage, Trigger Point, and Acupressure Therapy A Step By Step Guide To Treat Each Major Area Of The Body The Locations of Critical Trigger and Acupressure Points The Best Products For An Enhanced And Enjoyable Experience Aromatherapy and Essential Oils Learn How To Give Yourself Or Others A Top Of The Line Massage From Home Putting It All Together For Long Term Health and Happiness Much, much more! What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Get Your Copy Right Now!

Buddhist Healing Touch Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05 Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.

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