

Acupressure

Synthia Andrews,Bobbi Dempsey

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 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.

Press Here! Acupressure for Beginners Bob Doto,2019-01-29 Alleviate pain, release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and reflexology.

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.

Acupressure: Simple Steps to Health: Discover your Body's Powerpoints For Health and Relaxation Jacqueline Young,2013-08-29 Acupressure is one of the simplest and most truly effective ways to treat yourself – naturally. Our practical guide makes Acupressure simple for even a complete beginner.

Acupressure with Essential Oils Merina Ty-Kisera,2019-04-30 Discover the healing powers of pairing essential oils with ancient acupressure techniques in this holistic self-care guide for treating 24 common ailments such as cold/flu, migraines, and muscular aches and pains. Fast, easy, and fun, Acupressure with Essential Oils empowers you to take control of your health to dissolve tension patterns, relieve symptoms and pain, and rediscover an integrated sense of self. Author Merina Ty-Kisera introduces her unique Aroma Acupressure method for self-care—applying the healing properties of essential oils to points on the body that cue energetic changes to bring the body and mind back to balance. Including simple routines for relief of common ailments such as cold/flu symptoms, digestive issues, muscular aches and migraines, Acupressure with Essential Oils also provides care for uplifting emotions and rejuvenating the mind. Learn daily practices to soothe a racing mind, ease into restful sleep, and lift fatigue caused by burnout and stress. The results—in as little as five minutes—can be complete relief as well as feeling more centered, calm, alert, and fully present, offering a powerful new dimension to healing the self and others. With helpful illustrations and a reader-friendly layout for quick reference, this guide will help you improve your quality of life—without big lifestyle changes.

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!

The Healing Power of Acupressure and Acupuncture Matthew Bauer,2005-03-03 This accessible, up-to-date resource guide leads you through the foundations and techniques of acupressure and acupuncture. Acupressure and acupuncture can relieve painful conditions such as migraine headaches, lower back pain, joint disorders, carpal tunnel syndrome, asthma, allergies, stress, nausea, heart problems, and many others. Today, most health-care plans cover these treatments, making them more popular than ever. Filled with insights into the history of these two age-old therapies, The Healing Power of Acupressure and Acupuncture helps readers choose when to see a licensed therapist, and even provides information about doing certain treatments at home. Matthew D. Bauer delves deeply into the traditions and remarkable benefits of acupressure and acupuncture, explains the many benefits of both, describes techniques for self-treatment, and illustrates how Chinese healing can augment modern Western medicine.

Acupuncture And Acupressure Guide Satish Goel,1997

All You Wanted to Know about the Healing Touch Acupressure Dolores Rodriguez,2002

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

The Complete Idiot's Guide to Acupuncture & Acupressure David Sollars,2000-08-09 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

Acupressure for the Soul Nancy Fallon,1993 Acupressure for the Soul: How to Awaken Biological Spirituality and the Gifts of Emotions, offers a revolutionary view of the emotions inspired by Seth's comment, “Any strong emotion carries within it far more energy than, say, that required to send a rocket to the moon” Emotions send thoughts from this interior reality through the barrier between nonphysical and physical into the “objective” world” no small feat, and one that is constantly repeated.” Seth, session 625, The Nature of Personal Reality Emotions, instead of something to manage or get rid of, are portrayed as magnificent sources of power to fulfill one's innately “good” purpose for being on Mother Earth at this time. The ancient teachings of Oriental Medicine, combined with the author's knowledge and personal Shamanic-like experiences provide the reader with a unique formula of how to experience BIOLOGICAL SPIRITUALITY and utilize THE GIFTS OF THE EMOTIONS.

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.

Secrets of Longevity: Acupressure Healing Maoshing Ni,2012-04-29 This book helps you unlock the Eastern wisdom of acupressure, teaching you how to activate specific energy points on your body to heal a wide array of conditions and boost your vitality. With helpful anatomical illustrations, this book shows you how to perform acupressure on yourself to relieve conditions like allergies, cold and flu, insomnia, headaches, low energy, memory loss, weight problems, lower back pain, and much more! This book also includes a special herb section, which shows you how to heal common conditions with herbal therapy.

The Acupressure Atlas Bernard C. Kolster,Astrid Waskowiak,2007-10-29 A fully illustrated and comprehensive reference guide to acupressure • Provides acupressure treatments tailored for a wide variety of health disorders, including back pain, heart and circulatory problems, and even the common cold • Contains step-by-step instructions illustrated in full color for self-treatment or treatment of a partner • A simultaneous hardcover and paperback release Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

Instant Emotional Healing George Pratt,Peter Lambrou,2008-12-18 The revolutionary, highly effective technique that allows you to free yourself from emotional hang-ups—forever! Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy—an easy-to-use practice often referred to as “acupressure for the emotions”—can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body's meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges, or painful emotions such as embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself—and open the door to a lifetime of emotional control and well-being.

Handbook of Acupressure 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.

The Acupressure Warmup Marc Coseo,1992 Already in use by physical therapists in several hospitals and by professional athletes like the Miami Dolphins, this book offers a revolutionary

alternative to traditional warm-ups. Based on the ancient Chinese healing art, these simple, low-tech, no-impact exercises take as little as 10 minutes, require only two tennis balls, and can be done at home in advance. 200 photographs and 22 anatomical sketches.

Acupressure Michael Reed Gach,2004 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

Immerse yourself in the artistry of words with Experience Art with is expressive creation, Immerse Yourself in **Acupressure** . This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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